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# CHILD INJURY PREVENTION NEWSLETTER

saskatchewan  
**preventioninstitute**  
our goal is **healthy** children

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# GROWING AWARENESS OF CANNABIS POISONING IN CHILDREN

Cannabis is also known as weed, marijuana, hashish, hash, and pot. The active ingredient in cannabis is THC or tetrahydrocannabinol and even small doses can be dangerous to children. There is a risk of poisoning if children eat or drink items containing cannabis. This often occurs when children mistake foods containing cannabis for regular foods (e.g., gummy bears, brownies, lollipops, sweet drinks). Smaller children are at higher risk of cannabis poisoning because of their smaller size and weight. The effects of cannabis poisoning are also more severe in younger children.

## TIPS TO PREVENT CANNABIS POISONING

- Store all cannabis products in a locked container or space that is out of the sight and reach of children.
- If possible, store all cannabis products in the original packing or in child-resistant containers that are clearly labelled.
- Never consume cannabis in any form in front of children, either for medical or recreational purposes. Children like to imitate the actions of adults.
- Program the number for the Canadian Centre for Poison Control (1-844-POISON-X or 1-844-764-7669) into your phone's contact list or keep it in a visible location, such as on your fridge.

## 4-110 CANNABIS AND CHILDREN POSTER



[DOWNLOAD HERE](#)

## SIGNS OF CANNABIS POISONING



- Changes in heart rate (increase or decrease)
- Changes in blood pressure (increase or decrease)
- Sleepiness, weakness, and dizziness
- Confusion and poor concentration
- Anxiety, panic attacks, and paranoid thoughts
- Nausea/vomiting
- Seizures

If you suspect a child has eaten a cannabis product, contact **Canada's toll-free Poison Centre at 1-844-POISON-X (1-844-764-7669)** immediately. If a child is unconscious or not breathing, dial 911.

**POISONED?**  
**CALL: 1-844-POISON-X**



To learn more about childhood poisoning risks and strategies for prevention, visit <https://skprevention.ca/safety/poisoning/>.

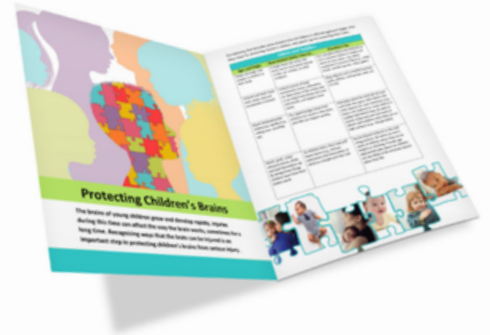
# EARLY CHILDHOOD BRAIN DEVELOPMENT

The early years (ages 0-6) are a critical period for brain growth and development. As infants and young children grow, play, learn, and explore, their brains undergo rapid changes as connections form and become stronger. These connections help different parts of the brain communicate with each other as well as with the rest of the body. This important period of early childhood brain development is also a time when the brain is vulnerable to injuries. **By recognizing how the brain can be injured, parents, caregivers, educators, and service providers can take important steps in protecting young children's brains from serious injury.**

## TIPS FOR PROTECTING YOUNG CHILDREN'S BRAINS

- **Use safety equipment to prevent falls (e.g., safety straps, baby gates, window guards):** Children's still developing balance and motor skills, along with larger and heavier heads in relation to their body, can lead to sudden, unexpected falls.
- **Keep objects such as stuffed animals, quilts, pillows, and bumper pads out of cribs:** An infant's limited control of their head, neck, hand, and arm movements can lead to suffocation if an object blocks their nose and mouth.
- **Secure heavy furniture to the wall using anchors:** Children often build gross motor skills and learn how their bodies work by pulling up, cruising, and climbing on furniture.
- **Be within an arm's reach of children when they are at heights, climbing, or in and around water:** Children's still developing balance and motor skills, along with their larger and heavier heads, can lead to sudden, unexpected falls and difficulties keeping their head above water.
- **Use a properly fitted and installed car seat to protect children's heads and necks on every drive:** Children's small size and still developing head and neck muscles make them vulnerable to serious injury in the event of a motor vehicle collision if they are not properly restrained.
- **Keep hard foods (e.g., candy) and objects like small toys, coins, and plastic bags away from young children:** Choking can cause serious brain injury due to an extended period of time where the brain is not supplied with oxygen.
- **Learn about developmental milestones like rolling over, crawling, standing, and walking to better predict when a child's physical abilities will change.**

## 4-219 PROTECTING CHILDREN'S BRAINS BROCHURE



[DOWNLOAD HERE](#)



March is **Brain Health Awareness Month!**  
Learn more about the *BrainLove* campaign  
and the Saskatchewan Brain Injury Association  
(SBIA) by visiting [www.brainlove.ca](http://www.brainlove.ca).

To learn about early childhood brain development, visit  
<https://skprevention.ca/child-development/brain-development/>.

# RESOURCE ROUND UP

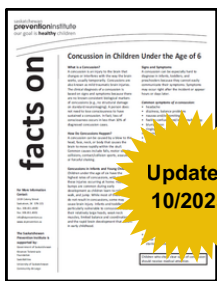


## 4-901 TRAUMATIC HEAD INJURY DUE TO CHILD MALTREATMENT (THI-CM): A LITERATURE REVIEW

This report provides health professionals and service providers with current, evidence-based information on Traumatic Head Injury due to Child Maltreatment (THI-CM). It covers multiple aspects of THI-CM, including mechanisms of injury, risk factors, diagnosis, long-term outcomes, and strategies for prevention.

[DOWNLOAD HERE](#)

## 4-001 CONCUSSION IN CHILDREN UNDER 6 FACT SHEET



This fact sheet defines what a concussion is, how concussions happen, and the signs and symptoms of a concussion. Information on treatment, potential long-term outcomes, and prevention is also provided. Aimed at health professionals and service providers who work with young children and families.

[DOWNLOAD HERE](#)

Find more evidence-based resources here: [\*\*SPI Resource Catalogue\*\*](#)

# IN CASE YOU MISSED IT... RECORDED WEBINAR

## TRAUMATIC HEAD INJURY DUE TO CHILD MALTREATMENT: PREVENTION STRATEGIES AND DETECTION TOOLS

Traumatic head injury due to child maltreatment (THI-CM) affects infants and children up to five years of age, with infants most commonly impacted. This webinar provided current, evidence-based information on THI-CM and is intended for health professionals and service providers. The presenter focused on prevention strategies, detection, and diagnosis of THI-CM, while also covering its causes, mechanisms of injury, risk factors, and long-term outcomes. Information shared during this webinar is based on the Prevention Institute's newly released report, *4-901 Traumatic Head Injury Due to Child Maltreatment (THI-CM): A Literature Review*.

**Please note: The content of the presentation may be triggering or emotionally challenging. Topics will include violence against children and child maltreatment.**

[WATCH THE RECORDING HERE.](#)

Join Our Next Webinar

**Traumatic Head Injury due to Child Maltreatment:**  
Prevention Strategies and Detection Tools

March 17th, 2026  
10:00 AM - 11:00 AM CST  
Advance registration is required.



**SPEAKER**  
**Suzanne Hartman**  
Research and Evaluation Specialist

saskatchewan prevention institute  
our goal is healthy children

To learn more about upcoming learning opportunities, visit <https://skprevention.ca/events/list/>.

# SASKATCHEWAN CHILD INJURY PREVENTION NETWORK - JOIN US!



Do you teach children and caregivers about safety? Is the prevention of childhood injuries important to you? The Saskatchewan Child Injury Prevention Network (SK-CIPN) is an online group where you can ask questions, engage in discussions, share information and resources, as well as network with others working in the area of child injury prevention. For more information or to join, please email Beth Blakley at [bblakley@skprevention.ca](mailto:bblakley@skprevention.ca).

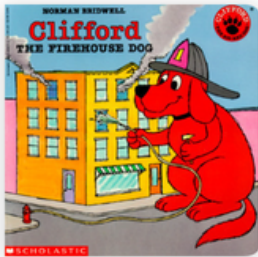
## CHILD INJURY IN THE NEWS

'Viral Doesn't Mean Verified': The Alarming Rise of Unsafe Baby Sleep Advice Online  
- Parents.com

Make infant sleep environments as safe as possible  
- Winnipeg Free Press

## VISIT THE LIBRARY: RECOMMENDED READING

Books available through Saskatchewan's Public Library System.



Clifford the firehouse dog  
by Norman Bridwell



Sleep baby, safe and snug  
by Dr. John Hutton and  
illustrations by Leah Busch

We welcome you to distribute this newsletter to others with an interest in child injury prevention. If someone you know would like to receive future editions of this newsletter, you would like to contribute content to this newsletter, or you would like to be removed from this distribution list, please contact Beth Blakley at [bblakley@skprevention.ca](mailto:bblakley@skprevention.ca).