

PARENTING MATTERS NEWSLETTER

FALL
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The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the Homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.

saskatchewan
preventioninstitute
our goal is healthy children

Protecting Your Child Through Immunization

Vaccines are one of the safest and most effective ways to protect children from serious diseases. A vaccine is a medicine that helps the body learn how to fight a disease. When a child receives a vaccine, it is called a vaccination. The protection that develops after receiving a vaccine is called immunization.

By following Saskatchewan's recommended immunization schedule, parents can help keep their children healthy while also reducing the spread of illness within families and communities. Vaccines are offered free of charge through public health offices and are provided at specific ages and times to ensure children develop the strongest possible protection against disease. Some vaccines require more than one dose to build and maintain immunity.

Following the recommended schedule is important to ensure your child receives full protection when they need it most. If you have questions about vaccines or immunizations, speak with your healthcare provider or public health nurse. Staying up to date with vaccinations is an important step in giving your child a healthy life.

Helpful Resources

- Saskatchewan Immunization Schedule for Children - <https://bit.ly/4vw2Sax>
- Government of Canada Personalized Vaccine Schedule Tool - <https://bit.ly/4gEKuHH>
- CANImmunize App for Vaccine Tracking and Reminders - <https://www.canimmunize.ca/>



All parents want the best for their children. Getting vaccinated against diseases not only protects the child, but also prevents diseases from spreading. Vaccinations protect the child, their family, and the community.

Making Vaccinations Easier with the CARD™ System

Many children feel nervous about needles. There are simple strategies that can help reduce fear, pain, dizziness, and stress during vaccinations. The CARD™ System is an evidence-based approach that helps children prepare for and cope with vaccinations.

CARD stands for:



Comfort

- Help your child feel comfortable before and during their vaccination.
- Bring a favourite toy, blanket, or comfort item.
- Sit close to your child or provide physical comfort, such as holding them close, when appropriate.
- Have your child wear comfortable clothing that allows easy access to the vaccination site.



Ask

- Encourage your child to ask questions and share their concerns.
- Talk about what will happen before the appointment.
- Ask the healthcare provider about options that may help your child feel more comfortable, such as numbing creams or preferred positioning.
- Let your child know it is okay to tell an adult if they are feeling worried.



Relax

- Help your child stay calm.
- Practice slow, deep breathing together.
- Listen to calming music or think about a favourite place.
- Stay calm yourself - children often take cues from the adults around them.



Distract

- Focus attention away from the needle.
- Read a book, tell a story, or play a game.
- Watch a video or listen to music.
- Talk about something your child enjoys, such as a favourite activity or upcoming event.

Using the CARD™ System can help make vaccinations a more positive experience for children and families while teaching coping skills that can be used in other stressful situations.

Remember, it's okay to feel nervous about needles. With a little preparation and support, children can learn strategies to help them feel more confident and comfortable during vaccinations.

For more information, visit:

<https://immunize.ca/cardtm-c-comfort-ask-r-relax-d-distract>

Roasted Tomato, Pepper, and Bean Soup

Ingredients

- 4 red bell peppers
- 12 tomatoes, quartered
- 30 mL (2 tbsp) olive oil
- 5 mL (1 tsp) black pepper, divided
- 45 mL (3 tbsp) vegetable oil, divided
- 2 onions, chopped
- 5 cloves garlic, sliced
- 5 mL (1 tsp) dried oregano
- 5 mL (1 tsp) salt
- 1 L (4 cups) lower sodium vegetable broth
- 2 cans (each 540 mL/19 oz) kidney beans, drained and rinsed

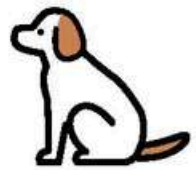
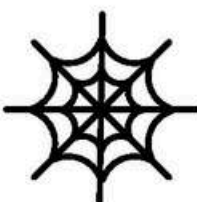
Directions

- Preheat the oven to 230°C (450°F). Roast bell peppers on a foil-lined baking sheet for 30 to 40 minutes, until peppers are soft and skins begin to blacken. Once cooled, remove seeds and stems. Roughly chop and put to the side.
- Mix tomatoes with olive oil and 2 mL (½ tsp) black pepper. Roast on separate baking sheet in the oven at 230°C (450°F) for 25 to 30 minutes until they begin to brown.
- In a large pot, heat vegetable oil on medium heat. Add onions and cook for 2 to 3 minutes, until softened. Stir in garlic and cook for 1 minute. Add oregano, salt, and remaining 2 mL (½ tsp) pepper.
- Add roasted tomatoes, roasted peppers, and broth. Cook uncovered for 20 minutes.
- Remove from the stove and, using a hand blender, blend until smooth in the pot.
- Return to the stove and stir in beans. Cook until beans are warmed and adjust the soup's consistency with water or broth to suit your family's taste.

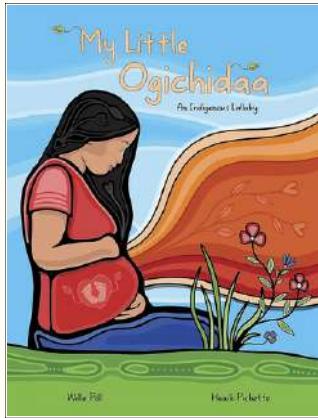
For more information, visit: <https://bit.ly/4uVLRW3>.



Fall Activities Scavenger Hunt

 hop like a frog	jump high like a dolphin	 wiggle like a worm	scurry like a skunk	 stretch down like a dog
crawl on hands and feet like a bear	 waddle like a duck	climb (a pretend tree) like a squirrel	 jump quickly like a rabbit	stand on one leg like a heron
 prance like a deer	become a ball like a hedgehog	 spin a web like a spider	bob up and down like a jellyfish	 march in a line like an ant
flap and hop like a robin	 zigzag like a bee	kick like a donkey	 crawl sideways like a crab	twist side-to-side like a snake
 skitter like a mouse	jump far like a grasshopper	 pounce like a cat	tiptoe like a sneaky racoon	 gallop like a horse

Read for Reconciliation



My Little Ogichidaa

Written by Willie Poll

Illustrated by Hawlii Pichette

Description from publisher

My Little Ogichidaa is inspired by Indigenous motherhood. It invites readers to explore the compelling dreams and hopes of an Indigenous parent for her soon-to-be-born warrior. This heartwarming and empowering story is a celebration of Indigenous love and the powerful legacy that it creates.

The word Ogichidaa itself means Warrior in Anishinaabemowin, and this beautifully illustrated book is a tribute to Indigenous families everywhere who are proudly raising their children to carry forward their culture, language, and love with resilience, strength, and kindness.

To view the author introducing the book, visit: <https://www.youtube.com/watch?v=R2jv5i1-cqA>.

Don't Wait, Vaccinate! A Guide to Immunization for First Nations, Inuit and Métis Peoples and Communities

Written by the National Collaborating Centre for Indigenous Health and the National Collaborating Centre for Infectious Diseases

This guide provides culturally relevant information about immunization for First Nations, Inuit, and Métis families and communities. It emphasizes that vaccines are a safe, effective, and important way to protect children, youth, adults, and communities from serious diseases. The resource is also available in Cree, Ojibway, and Inuktitut.



To access the guide and additional information, visit:
https://www.nccih.ca/485/NCCIH_in_the_News.nccih?id=499.

Saskatchewan Prevention Institute Resources



Attachment

Information Card, Updated 2026

This information card provides basic information about attachment - the connection that a baby forms with their caregivers that helps them feel loved, secure, and safe.

To order and/or download, visit:

<https://skprevention.ca/resource-catalogue/attachment/>.



Nurturing Early Childhood Mental Health

Information Card, Updated 2026

This information card provides general information about early childhood mental health and opportunities that parents have to increase their child's overall health in the early years.

To order and/or download, visit:

<https://skprevention.ca/resource-catalogue/nurturing-early-childhood-mental-health/>.



Stress and Trauma

Information Card, Updated 2026

This information card provides basic information about the impact of stress and trauma on a young person's body, particularly the development of their brain.

To order and/or download, visit:

<https://skprevention.ca/resource-catalogue/stress-and-trauma/>.



Your Young Child's Brain: How Does It Develop?

Information Card, Updated 2026

This information card provides basic information about the importance of brain development during the early years. Practical tips to increase opportunities for children's healthy development are included.

To order and/or download, visit:

<https://skprevention.ca/resource-catalogue/your-young-childs-brain-how-does-it-develop/>.



For additional Saskatchewan Prevention Institute resources, visit:

<https://skprevention.ca/resource-catalogue-page/>.

Important Dates

National Day for Truth and Reconciliation

Orange Shirt Day

September 30, 2026

<https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html>

Pedestrian Safety Month

October 1 - 31, 2026

<https://parachute.ca/en/injury-topic/pedestrian-safety/>

National Breastfeeding Week

October 1 - 7, 2026

<https://www.lllc.ca/information-parents>

Fire Prevention Week

October 4 - 10, 2026

<https://www.nfpa.org/fpw>

Fall Prevention Month

November 1 - 30, 2026

<https://www.fallpreventionmonth.ca/>

National Child Day

November 20, 2026

<https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/national-child-day.html>

National Day of Remembrance and Action on Violence Against Women

December 6, 2026

<https://www.canada.ca/en/women-gender-equality/commemorations-celebrations/16-days/national-day-remembrance.html>

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