

# 10 MONTHS – Eating Together = More Veggies!



Hello! We hope you and your family are doing well. Your baby is learning so much each day! We are so happy to be on this journey with you. Today we'll be talking about family mealtimes, the impact of drugs and alcohol on parenting, and the importance of smoke and vape free homes and cars.

## Family Mealtimes

Families who eat together tend to eat more nourishing foods. Family meals can help children explore new foods, establish positive eating routines, and experience cultural foods. It can also be a time to share and connect with one another.

Start making family meals a habit now (if you haven't already) and include your baby at the table!

To make the most of family meals:

- Limit distractions during mealtimes, such as toys and screens.
- Enjoy light conversation.
- Avoid using food as a reward or punishment.
- Don't pressure or force your baby to eat.

Your role as a parent is to decide what foods to offer, and when and where to offer food. Your child's role is to decide how much to eat, and whether to eat at all.



## Safely Store All Medications/Drugs

Babies and toddlers love to touch, hold, climb and explore. It is important for your home to be a safe place for them to explore. The leading cause of poisoning in children is eating medications.

Here are some tips to childproof your home and to keep harmful substances out of reach of children:

- Keep track of all medicines and other drugs in your home including the ones of your visitors.
- Keep harmful substances in the original packaging.
- Keep harmful substances in a locked place that is out of reach and out of sight of children.
- Never tell your child that medicine tastes like candy.
- Keep important poison control numbers handy.

Edible cannabis products often look like foods that are very appealing to children. Don't rely on the packaging alone to keep your child safe. Child resistant and childproof is not a guarantee.

If you or your child has accidentally consumed medication or drugs, contact the [Ontario Poison Control Centre](#) at 1-800-268-9017.

Second-hand cannabis smoke is harmful for everyone. **Cannabis poisoning in babies and children is a medical emergency. Call 911 if your child is ill or has difficulty breathing.**



## How Alcohol, Cannabis, or Other Drug Use Affects Parenting

As a parent, you're trying to do the best you can for your child. Alcohol, cannabis, or other drug use can impact your child as well as yourself.

Don't use alcohol, cannabis products or other drugs in front of your child, or when caring for your child.

When you're affected by alcohol, cannabis, or other drugs, you might not be able to do things like:

- Supervise your child and keep them safe.
- Complete daily tasks, like making meals.
- See your children's emotional needs or be available when your child needs support or comfort.
- React or drive in the event of an emergency.

Children who see their parents under the influence of alcohol and other drugs are more likely to:

- Experience stress.
- Develop social, emotional, and behavioural problems.
- Start smoking tobacco.
- Have their own alcohol, cannabis, or other drug problems in the future.

[Click HERE if you need help with  
drugs or alcohol](#)



## Tips to Keep your Home and Family Smoke and Vape Free

Having a [smoke and vape free home](#) is healthiest for you and your children. Children who grow up in smoky or aerosol filled air have more chest colds, coughs, ear infections, and asthma.

There are ways to limit the amount of smoke and aerosols from vaping your child is exposed to:

- Make your home and car smoke and vape free. Let visitors know this too.
- Go outside to smoke or vape.
- Make sure the smoke or aerosols from vaping are not drifting back inside through open windows or doorways.
- Have one ashtray and clean it out after each use. Cigarette butts are poisonous to children and pets.

Click [HERE](#) if you need help to  
**Quit Smoking**

For more information:

- [Risks of Cannabis on Fertility, Pregnancy, Breastfeeding and Parenting](#)
- [Mixing Alcohol and Breastfeeding](#)

See you next month!

