



Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

February 2026

DENTAL HEALTH

Share Valentines Day Love with your Teeth

Valentine's Day is a wonderful time for children to enjoy treats and share sweets with loved ones, but it's also important to remember that **frequent exposure to treats can increase the risk of dental cavities**.

If Valentine Day treats are on the menu choose to have them with a meal instead of in-between meals. The Canadian Dental Association shares a supportive article about candy and oral health https://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/halloween.asp. Their guidance is sweet treats can be enjoyed but best to be **as part of a meal**, choose treats that dissolve quickly rather than stick to teeth, and follow up with **good brushing habits** to help protect healthy smiles.

💡 Tips to Enjoy Valentine's Treats While Protecting Your Smile:

- Enjoy treats with meals rather than snacking on them throughout the day.
- Drink water after eating treats to help rinse your teeth and mouth.
- Reduce frequency of sucking on candies.
- Brush twice daily with fluoride toothpaste and floss every day.
- Try these healthy valentines day treats [20 Healthy Valentine's Day Treats | Healthy Family Project](#)



This Valentine's Day, show your teeth a little love too. A healthy smile is one of the sweetest things you can do for yourself ❤️

PHYSICAL ACTIVITY

Webinar: What Diverse BC Families Need to be Physically Active



Join the BC Alliance for Healthy Living for a webinar to hear **insights and practical steps for making physical activity more accessible** to all British Columbians, especially equity-deserving families. All are welcome! For more information or to register, click [here](#).

Date: **Thursday, February 12, 2026**

Time: **10:00 — 11:15am (PST)**

MENTAL HEALTH

ADHD for Parents and Caregivers: Webinar Series

BC Children's Hospital ADHD Clinic and the Kelty Centre hosted a learning event designed to support parents of children with ADHD, covering topics like ADHD basics, self-regulation, behaviour at school, and medication. If you missed it, the speaker sessions available now: [ADHD for Parents and Caregivers: Webinar Series | Kelty Mental Health](#)

The Truth about SAD: Seasonal Affective Disorder

Between colder, wetter weather and less light – keeping your own and your family's well-being top of mind can take a little extra effort. Check out this [article](#) from Kelty Mental Health a few **tips you can put in place to make the chilly season a bit easier.**



HEALTHY EATING

Eating Disorders Awareness Week

Provincial Eating Disorders Awareness Week (Feb 1-7) is a province-wide campaign put on by [EmbodyBC](#) and the [National Eating Disorder Information Center \(NEDIC\)](#) to **raise awareness about eating disorder prevention, early intervention, and treatment.**

If you suspect your child may be struggling with disordered eating or an eating disorder, you'll want to attend this upcoming event:

EmbodyBC
Kindness for every body

| For Parents & Caregivers | For Professionals | For Me | Resources | Events | About |

Provincial Eating Disorders Awareness Week (PEDAW)

- [For Families: A Conversation About Eating Disorders](#) – join the free online webinar to find ways to support those who are navigating the challenges of a child's eating disorder.
 - February 4 @ 6:30 pm - 8:00 pm PST, register [HERE](#)

Additional Resources:

- [Embody BC](#) – Resources for parents and caregivers.
- [Body image \(Vancouver Coastal Health\)](#) - support a positive body image
- [Foundry BC](#) - youth support and services for ages 12-24
- [National Eating Disorder Information Centre \(NEDIC\)](#)

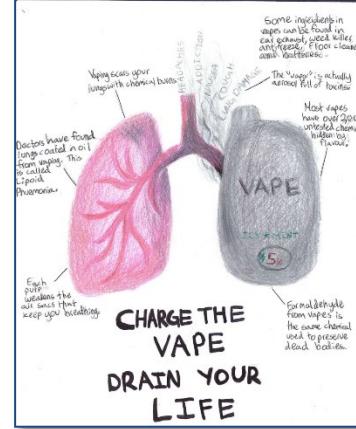


HARM REDUCTION & LEGAL SUBSTANCES

Beyond the Buzz 2.0 Winners

Interior Health (IH) is pleased to announce the winners of this year's **Beyond the Buzz 2.0: Youth Voices on Substance Use** poster contest. The intent of the poster contest was to spark meaningful conversations about the use of commercial tobacco, cannabis, vapour products and alcohol among youth, and their impacts on youth's health, their environment and communities. By using impactful peer-to-peer messaging based on their real-life experiences and perspectives, youth across the region are empowered to make positive and informed decisions.

To view the winning posters, learn more about the poster contest, and find substance use information for youth, visit: <https://www.interiorhealth.ca/information-for/youth/beyond-the-buzz-contest>



New Resource: Honest, Youth-Friendly Info About Drugs

Interior Health has launched a **new online hub** designed to **help young people access reliable, easy-to-understand information about substances**. The site offers practical guidance and connects youth with supports available in their communities.

Explore the resource: <https://www.interiorhealth.ca/information-for/youth/get-to-know-more-about-drugs>