

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

JUNE 2026

COMMUNICABLE DISEASE

Molluscum contagiosum

Molluscum contagiosum is a viral skin infection that causes small skin coloured bumps. This infection is most common in children. But teens and adults can also get it, often from taking part in sports like wrestling and gymnastics or from sexual contact. And it can occur in people with a weak immune system. The virus can spread from one part of a person's body to another part. Or it can spread to other people, such as among children at daycare or school. It can be spread through skin-to-skin contact, touching objects that have the virus on them, or through sexual contact. The virus is easily spread but **is not harmful**. The infection is contagious until the bumps are gone.

How can you prevent it?

To prevent molluscum contagiosum from spreading:

- Wash your hands.
- Try not to touch, scratch, or pick at the bumps.
- Cover the bumps with a bandage, medical tape, or clothing when around other people.
- Don't share towels or face cloths.
- If the bumps are on your face, don't shave.
- If the bumps are in your genital area, avoid sexual contact

For more information, visit [HealthLinkBC File #08i Molluscum contagiosum](#), or visit [BC Centre for Disease Control: Molluscum Contagiosum](#)

INJURY PREVENTION

Safe Kids Week – Parachute



[Parachute Safe Kids Week](#) is an annual awareness campaign designed to bring attention to predictable and preventable injuries in children. Safe Kids Week is from June 1 to June 7, 2026, with the theme of #SafeSpeedsForKids. Did you know that transport incidents, such as motor vehicle collisions, are the **leading cause** of injury-related death and **third-leading cause** of injury hospitalizations and emergency department visits in children from birth to age 14? June has the highest number of child bicyclist

injuries and deaths. Generally, these injuries happen in spring and summer when children are riding most often.

As a parent/caregiver:

- **Plan and use safe routes, where possible.** When walking or wheeling, you and your kids are safest away from motor vehicle traffic. Use sidewalks, paths and bicycle lanes when these are available.
- **Travel with your younger children.** Young children can navigate simple street structure. The skills to navigate more complex environments develop around the ages of nine to 11. While your children are developing skills, walk with your children and talk to them about pedestrian safety.

- **Teach your child where and how to cross streets safely.** Practise with them looking and listening for oncoming traffic, crossing once cars have come to a full stop, and crossing at corners or marked crossings. [Learn more about pedestrian safety.](#)
- **Check your ride.** Ensure your child's bike is adjusted correctly for their height. Have them do a bike check before riding to ensure tires are inflated and brakes are working properly.
- **Consider your child's skills before riding on the road.** Help your child build the physical and thinking skills they need to ride safely on the road. [Learn more about cycling safety](#)
- **Choose the right car seat or booster seat for your child and make sure it's used properly for every single ride.** When travelling by car, children are less likely to be severely injured when the right car seat, booster seat or seat belt is used on every ride. [Learn more about child passenger safety](#)

Everyone has a role to play in keeping kids safe on our roads. Creating safer roads for kids means slowing down, staying alert, and being especially cautious in places where children live, learn and play.

MENTAL HEALTH

Summer Resources

Summer is around the corner and parents might have children with ongoing mental health concerns. Below are Interior Health resources to help support:

- Call [**310-MHSU \(6478\)**](tel:310-MHSU(6478)) to reach your [local Mental Health and Substance Use Centre](#)
- Connect with [Access MHSU Services](#) for more information and links to services to help people in your care
- [Mental Health Services for Children & Youth](#) webpage contains a list of children & youth services to help young people with their mental health concerns
- [Child and Youth Mental Health & Substance Use Service Directory](#) contains a list of key service providers in the interior region. This resource will help you easily find services in your area.
- [Mental Health Services Overview for Children & Youth](#) is a one-page summary of services offered to young people in Interior Health.
- [Mental Health Services for Children & Youth Snap Shot](#) (linear diagram) contains clickable links. Click a link to see the service description and a list of MHSU Centres offering the service.

Online Event: Explosive Behaviour in Teens: Strategies to Empower Families (June 4 or 11)

When teens show up in explosive ways, parents sometimes blame themselves, or not know how to respond during those hard moments. Finding help can feel challenging. Kirk Shields-Priddy (MSW/RSW, Group and Family Therapist with Fraser Health START Program) explains some causes of explosive behaviour in teens, and strategies for parents and teens. For more information and registration- [Explosive Behaviour in Teens: Strategies to Empower Families | Kelty Mental Health](#)