

HEALTH AND SAFETY TIPS FROM HSA

The new School Year Has Begun! Healthy Children Learn Better!

Nutrition:

Calories are needed for energy, nutrients for proper body function and growth.

- Be a good role model.
- Offer healthy choices and a variety of foods for meals and snacks.
- Don't buy or keep foods in the house that you don't want your kids to eat.
- Make eating a fun activity—picnic in unusual places, make food attractive.
- Read books about food—"Gregory The Terrible Eater", "The Very Hungry Cat" and "Bread and Jam For Frances".
- Look at the entire week when evaluating your family's diet.

Exercise:

One of the biggest contributors to obesity in children, is lack of physical activity.

- Make time for children to do activities that they enjoy, jumping rope, going to the park, biking, organized sports, rollerblading, or even board games that require thinking.
- Limit TV, video, or computer games to no more than 2 hours per day combined.
- For organized activity programs, check out Red Shield, YMCA, PAL, etc.

Immunizations:

Many childhood illnesses are preventable.

- Have children immunized on time, and keep a permanent record.
- Follow up with older children for tetanus boosters, MMR's, or entire Hepatitis B series.
- Health exams are mandatory prior to first grade, but should also be routine each year.

Communicable Diseases:

Hand washing is the #1 protection we can use to stop the spread of infection.

- Teaching children good hand washing is a lesson that will stay with them forever.
- A 10 second scrub with soap and running water will take care of most harmful germs.
- Wash after play, after using the bathroom, and before eating or touching food.
- Do not share food or beverages.

Sleep:

Adequate rest helps our bodies function at their best.

- Set a specific bed time and establish a routine.
- Do not allow children to fall asleep watching TV.
- Begin bedtime routines early to allow for appropriate actual sleep times.

Safety:

Make safety procedures a habit.

- Always store household items safely—medications, cleaners, chemicals, tools.
- Use safety equipment such as bike helmets, knee pads, car seats, etc.
- Personal safety—good / bad touch, names of parents, how to stay safe.
- Be clear about family rules—don't assume other families have the same ones.
- Teach children the proper way to use tools, kitchen implements, matches, etc.

For Immunizations call (209) 558-4818, for physical exam (209) 558-8860.