

## Healthful Hints

As the winter months approach us we need to do our part to keep our children healthy! Did you know that cleanliness is the best defense against infections and disease? Please encourage your child to:

- Wash their hands regularly. Use soap and water. Wash as long as it takes to recite the alphabet or to sing “Row, Row, Row Your Boat.”
- Cover cuts and scrapes with a clean bandage. This will help the wound heal and keep from spreading bacteria to other people.
- Not to touch other people’s wounds or bandages.
- Not to share personal items like towels. Drying clothes, sheets, and towels in a dryer rather than letting them air dry helps kill bacteria.



Keeping healthy is easily made possible by following good habits. If you desire that your child stay healthy and be able to attend school regularly, be sure that your child follows the following guidelines:

- Get plenty of rest each night. Proper amounts of sleep are necessary for a variety of reasons.
- Eat a nutritious, well balanced diet. This ensures that your child will develop strong muscles, bones, and an overall strong body.
- Exercise daily. The rewards of exercise are many.
- Drink plenty of water. Keeping hydrated is very important.



Now that winter is approaching, be sure to dress for the weather!