

Children's Environmental Health Center of the Hudson Valley

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CHILDREN'S ENVIRONMENTAL HEALTH CENTER OF THE HUDSON VALLEY

PROTECTING CHILDREN AGAINST ENVIRONMENTAL THREATS

www.ChildrensEnvironment.org

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Ten Important Back to School Health Tips

SEPTEMBER 20, 2014: It's that time of year again. Summer has come to a close and its back to school for most kids. As children across the country return to school, parents and school staff should work together to do everything they can to keep students healthy, one of the keys to a successful school year.

The start of a new school year is a great opportunity to reinforce healthy habits and maybe create some new ones for your kids and entire family. The daily routine kids have during the school year is interrupted during the summer months, but now's the time to help your children shift back into a healthy routine.

There are a number of ways parents and the school staff can make healthy living easier while kids learn and play. *Remember, children are watching their parents. The best way to teach healthy living habits is for parents to be good role models.*

Here is a list of 10 things you can do to keep your child healthy:

- Remind children to wash their hands regularly throughout the day.
- Encourage your children not to share drinks and personal hygiene products (like hairbrushes) with friends.
- If at all possible, try to keep your child home from school if you think he or she is sick.
- When children sneeze or cough, show them how to do so into a tissue. If there are no tissues available, teach them how to turn and cough or sneeze into the bend of their arm.

- To reduce the risk of becoming sick with the flu, all children should get a flu shot. *Be a good example and get one yourself.*
- Add at least one serving of fruits or vegetables to your child's daily diet. Have “grab-n-go” fruits available at a moment’s notice. Try keeping a bowl of apples, oranges, or bananas in an easily accessible area for a quick snack.
- Build exercise into their schedule. Encourage kids to sign up for after-school sports, running clubs, and other physical activity opportunities offered by the school—or volunteer to lead such activities.
- Help your child get more--and better--sleep.
- Make a plan for decreasing homework stress.
- Schedule downtime.

Have a great school year!

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