

Just for Families!



Eating healthy foods. Getting plenty of rest. Visiting the doctor for check-ups. These are all important concepts we will explore during our next unit, “Happy, Healthy & Safe.” We will be very busy as we learn more about wellness and how some very important community helpers help us to stay safe in our communities. Here are the main concepts we will explore:

- * What Does It Mean to Be Healthy?
- * Eating Healthy Foods
- * Emotional Wellness
- * Police Officers Keep Us Safe
- * Being Responsible for My Wellness
- * Doctors & Nurses Keep Us Healthy
- * The Importance of Exercise & Rest
- * Taking Care of Our Teeth & Gums
- * Firefighters Keep Us Safe from Fire

The following activities will help you reinforce the unit, “Happy, Healthy & Safe” at home.

During bath time: Talk about the importance of keeping your body clean while bathing your child.

During meals: Challenge your child to identify the “always” foods during mealtimes & snacks.

At bedtime: Lie down with your child and practice deep breathing together.

When riding in the car: Watch, and listen for, police cars, ambulances and firetrucks when riding in the car. Talk about why these emergency vehicles use sirens.

Recite the following rhyme with your child and practice coughing, and sneezing, into your upper arm/crook of your elbow as well as using a tissue and disposing of it properly.

IF YOU ARE GOING TO COUGH OR SNEEZE

If you are going to cough or sneeze,
Use a tissue...please, please, please!
But if a tissue is not nearby,
Cough or sneeze into your arm...let's try!

