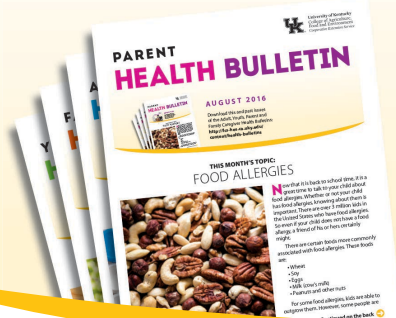


PARENT HEALTH BULLETIN



DECEMBER 2016

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

STAYING HEALTHY THIS HOLIDAY SEASON



There are many things to do and places to go this time of year. It seems like everyone is so busy! Nothing slows the family down like having someone who is not feeling well. Take a look at these ideas to make sure that your family is staying healthy this season. No one wants to feel sick during the holiday season.

Make sure everyone washes their hands

Washing hands is a very important part of staying healthy. Remember that there are many different times when washing your hands is important. These include: before, during and after handling food; after handling, petting or giving a pet treats; before you eat;

Continued on the back ➔



Be healthy by washing hands, eating fruits and vegetables, staying active and making sure to get enough rest!

➔ Continued from page 1

and after you sneeze, cough or blow your nose. Don't forget that it is also a good idea to wash your hands after encountering a family member or friend who is not feeling well. This is a good time of year to watch your child wash their hands to make sure he or she is doing it correctly.

Don't forget fruits and veggies!

There might be a lot of treats around during the holidays, but you should encourage your child to eat fruits and vegetables when they are available at get-togethers and parties. Fruits and vegetables are also a great snack to have handy. Whenever waiting, having a few snacks on hand can help keep your child from feeling too hungry. Whether it is a long line or waiting for a school program to start, having a piece of fruit or raw vegetables will help your child feel full longer.

It is important to wash your hands before, during and after handling food, after handling, petting or giving a pet treats, before you eat, and after you sneeze, cough or blow your nose.

Be active!

Although it may be chilly outside, it does not mean your child should not be active. It is recommended that children be active at least 60 minutes a day. When it is cold, with a proper jacket, gloves and a hat, your child can enjoy the colder weather. You also can be active with your child by doing some outside chores together. If the weather is truly frightful and your child needs to stay inside, try a few indoor activities. You can put on some music and have a dance party or have your child create an obstacle course for the whole family.

Get your Zzzzzs!

It can be hard for your child to get to sleep with so much excitement in the air. But it is important



to keep your child's normal sleep schedule. When children have enough rest they will be better able to enjoy the activities. And the same goes for you. Make sure you are also getting enough sleep. You don't want the family to be so tired that they are not able to join in holiday activities.

The holidays can be a lot of fun, but not if your child is sick. Try to make sure that everyone stays healthy by washing hands, eating fruits and vegetables, staying active and making sure to get enough rest!

SOURCE:

Nemours KidsHealth. <http://kidshealth.org/en/teens/holiday-tips.html>

PARENT
HEALTH BULLETIN

Written by: Nicole Peritore
Edited by: Connee Wheeler
Designed by: Rusty Manseau
Stock images: 123RF.com

