

# Parent Page March 2016



JCCCA  
303-969-8772  
www.jeffcochildcare.org

Nominate  
Your Child  
Care Provider  
For JCCCA  
Provider Of The  
Month!!!  
E-Mail Sheryl  
sortizkids@msn.com

## Keep Kids Healthy

by Patti Ghezzi

Too many sick days? Teach your kids these 6 ways to fight germs, and be sure to follow 6 additional keep-healthy tips yourself. Everyone agrees kids need to be in school so they can learn. But illnesses such as cold and flu can derail good intentions. Although there is no way to completely avoid catching a cold, there are steps parents can take to minimize the chances of contracting an illness.

### Teach your child to follow these 6 tips:

**Wash hands with soap and water.** Warm water is best, but cold water is fine. In most places, liquid soap or foam soap is best. Bar soap is OK for the bath and shower. Antibacterial soap isn't necessary. Unless your child has sensitive skin, you can let her select a fun, scented soap. If your child does have sensitive skin, find a cheerful soap dispenser to make hand-washing more fun.

**Use proper hand-washing technique.** Your child should wash his hands often: before eating, after using the restroom, after sneezing, and after playing outside. Teach your child to scrub well between his fingers and wash for at least 20 seconds, which is enough time to sing the "Happy Birthday" song twice.

**Use hand sanitizer when soap and water aren't available.** Read labels to find hand sanitizer that is at least 60 percent alcohol. It's the alcohol that kills germs. Products labeled "antimicrobial" or "antibacterial" are not recommended because of concerns about germs becoming resistant.

**Cough and sneeze into a sleeve.** It's tempting to cover your mouth with your hands, but an elbow or upper arm is a much better way to prevent the spreading of germs. If you teach your kids this habit at a young age, it will become second nature.

**Use tissues only once before tossing.** Carrying around the same wadded-up tissue all day is not the way to keep germs from spreading. Use a tissue once, throw it away, then wash your hands.

**Resist the temptation to share a water bottle with a friend.** Kids think nothing of drinking out of the same water bottle or cup or eating with the same fork. Explain to your children why it's important not to do so.

### In addition to modeling healthy habits, parents should follow these 6 tips:

#### Get everyone in the family vaccinated.

**\*Make sure everyone eats a healthy diet.** A healthy, well-balanced diet builds a healthy immune system. No matter how busy your family is, make time to eat a varied diet that includes foods rich in vitamin C, vitamin D, zinc, and iron. Keep everyone hydrated by making sure water is always accessible.

**\*Make sure everyone gets a good night's sleep.** A good night's rest gives your body and immune system a chance to recuperate after a long day.

**\*Disinfect high-traffic areas.** Use a diluted bleach solution or products with antiviral agents to kill germs on tables, toys, handrails, and other frequently touched surfaces.

**\*Discuss supplements, vitamins, and herbal remedies with the pediatrician.**

**\*Help your child's teacher keep the classroom healthy.** Teachers appreciate tissues, hand sanitizer, wipes, and other tools to keep the classroom environment as healthy as possible. Parents can also volunteer in the classroom, wiping down surfaces while students are at lunch or on the playground and supervising kids in the restroom to make sure they wash their hands properly.

## Wash, Wash, Wash Your Hands!

Sung to the tune of "Row, row, row your boat"

Wash, wash, wash your hands,

Play our handy game.

Rub and scrub, scrub and rub,

Germs go down the drain.

(Sing it two times to take about  
20 seconds.)

### Easy Chicken Noodle Soup

48 oz. canned chicken broth

1 c. sliced carrot

1 c. sliced celery

1 c. frozen peas

1 c. frozen corn

2 c. cooked chicken

1 c. uncooked noodles

2 tbsp. parsley

1 dash coarse pepper

Put all ingredients except frozen vegetables in large pot. Bring to a boil, then cover and simmer for about 20 minutes. 5 minutes before serving, add peas and corn. Serve with toasted rolls.



Parent Page Editor: Kelly Froyen  
froyen@msn.com