

CHILDREN'S HEALTH MONTH

Simple Steps to Help Keep Kids Safe and Well

Supporting children's health starts with everyday habits at home, at school, and on the go. Small steps can make a big difference in helping children stay healthy, active, and safe.

Healthy Habits That Matter

- Encourage **healthy foods**, regular meals, and plenty of water
- Aim for at least **60 minutes of physical activity each day**
- Support good **handwashing habits** to help prevent illness
- Make sure children get enough **sleep**, based on their age
- Keep up with **vaccines**, annual checkups, and dental visits

Everyday Safety Tips

- Always use the right **car seat or seat belt**
- Teach children to **cross streets safely**
- Use **helmets and protective gear** for bikes, skating, and sports
- Keep medicines, cleaning supplies, sharp objects, and other hazards **out of reach**
- Never leave young children unattended near **water, cars, beds, or bathtubs**

Help Prevent Illness

Teach children to wash their hands often, especially in these situations:

- Before eating
- After using the bathroom
- After coughing, sneezing, or playing with pets

Children should also stay home when they are sick to help recover and avoid spreading illness to others.

When to Keep a Child Home From School

Consider keeping your child home if they have:

- A **fever, vomiting, diarrhea, pinkeye, a frequent or severe cough, or any symptoms that make it difficult to take part in the school day**

In general, children should be **fever-free 24 hours** before returning to school.

A FINAL REMINDER

Children learn by example. Healthy routines, kind encouragement, and safe habits at home can help set the foundation for lifelong wellness.

Healthy kids thrive with prevention, routine care, and everyday support.

Disclaimer:

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Sources:

<https://healthylearn.com/connerstrong/a-to-z-guide-to-help-kids-be-healthy-and-safe.html>

<https://healthylearn.com/connerstrong/hc/children-s-health.html>