



[Hebrew translation](#)

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MRS. H.'S HEALTHY TIPS

I'd like to share some tips and habits to keep your child(ren) healthy and safe during cold and Flu season:

- **Encourage frequent handwashing.** Practice good hand hygiene by washing hands for at least 20 seconds. Specifically, it's important to wash hands after coughing/sneezing, after leaving a public place, after the restroom, before & after eating, and before touching their face.
- **Get enough rest.** According to the American Academy of Pediatrics, the following is the recommended amount of sleep based on age group: Children ages 3 to 5 need 10 to 13 hours of sleep per day (including naps); Children ages 6 to 12 need 9 to 12 hours of sleep; Teenagers need 8 to 10 hours of sleep. Help your child establish a good bedtime routine.
- **Eat a healthy diet.** Children need a variety of foods, rich in vitamins and minerals. Meals should be well-balanced, including lean proteins, fruits, veggies, whole grains and dairy. A healthy diet can help their bodies function well and prevent disease. Remember, breakfast is very important to start their day in a healthy way- ready for learning!
- **Stay up to date on well-visits & vaccinations.** Post-pandemic, many families have delayed routine care including vaccinations. This can certainly have long-term effects. Follow up with your healthcare provider for further guidance regarding vaccines and well check-ups.
- **Mental health matters.** Be mindful of the mental health of your child and stress they may be feeling. Check in with your child frequently to see how they are doing. Watch out for warning signs of anxiety, such as changes in sleep, eating or behavior.

As always, I am here for questions/concerns. Feel free to contact me in the nurse's office (201) 768-3860 x.41121 or via email (haeneltk@nvnet.org).