



Healthy Beginnings

September

building a
healthier
community
Shasta County
Public Health

CHAMPIONS
for CHANGE
Network for a Healthy California

Nutrition: Hand Washing

Hand washing = good health!

Unwashed hands spread germs. Help to keep your family healthy by teaching your child good hand washing habits.

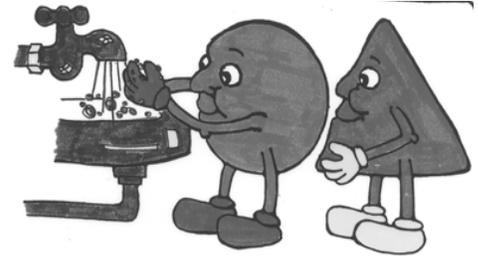
Ask your child: “When should you wash your hands?”

Before:

- Eating or touching food

After:

- Using the bathroom
- Petting an animal
- Coughing or sneezing
- Combing hair
- Touching garbage



Physical Activity: How Much Activity?

How much activity does your preschooler need?

Your preschooler needs to...

- **Play and explore often**, totaling at least 60 minutes* (and up to several hours) of free play each day.
- **Play an organized physical activity** on most days to get his or her heart rate up.
- **Learn and practice skills** such as running, catching, and balance.
- **Not sit still** (i.e. watch TV) for more than one hour except when sleeping.**

* Several shorter playtimes (3-5 minutes) can be added together to reach 60 minutes.

** Preschool children should watch no more than 1-2 hours of TV in a day. They need 10-11 hours of sleep each night and often a daytime nap.



Check it out! The back of this newsletter has activities that you can do with your children to help them be successful at washing their hands and throwing and catching!



Healthy Beginnings Homework

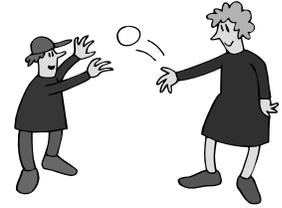


Try these fun, easy activities with your child! Every time you help your child learn a new skill, you are helping him or her to be successful and build self-esteem.

Physical Activity

Help your child learn: hand-eye coordination and counting skills.

You will need: a beach ball, soft ball or rolled-up sock.



With your child:

1. Toss the ball low, medium, and high. Count each time you toss the ball. When children are first learning to catch a ball, it helps to start with a large ball.
2. Toss and catch the ball with both hands (tip: remember to keep your eye on the ball).
3. Now try tossing and catching with one hand.
4. Toss and catch with your right hand only and then your left.
5. Toss and catch, backing up one step after each throw to your child.



Nutrition

Help your child learn: hand-washing skills.

You will need: vegetable oil and cinnamon.

With your child:

1. Mix vegetable oil and cinnamon together in a small bowl.
2. Have your child rub cinnamon oil on his or her hands.
3. Have your child try washing his or her hands in the four ways listed below. Reapply the cinnamon oil each time. After each hand washing, look for “germs” (cinnamon) on your hands.
 - Wash with *cold water only* for 10 seconds.
 - Wash with *cold water and soap* for 10 seconds.
 - Wash with *warm water and soap* for 10 seconds.
 - Wash with *warm water and soap* for 30 seconds.
4. Talk to your child about how it takes warm water, soap, and rubbing for 30 seconds to get all the germs off our hands!

Sing the hand washing song!

Singing this song 3 times (to the tune of “Row, Row, Row Your Boat”) should equal about 30 seconds.

**Wash, wash, wash your hands
Make them nice and clean
Tops, bottoms, all around
And even in between!**



Read it! Talk to your child about table manners after you read *Lunch* by Denise Fleming. The mouse in the story is very messy!