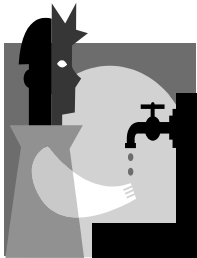


# Keeping Children Healthy

## Handwashing

The best way to keep children healthy is to model and teach healthy habits. The number one habit that can prevent the spread of communicable disease is hand washing. Help children get into the routine of washing their hands before and after eating, after visiting the restroom, after playing outside and when they are around friends and family who are ill. Make it fun!



**When the children are at the sink, teach them the song below to the tune of "Row, Row, Row your Boat"**

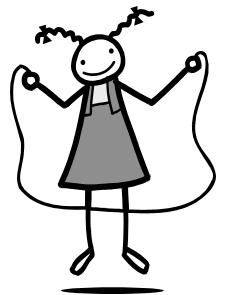
*Wash, Wash, Wash your hands  
Play our handy game.  
Rub and scrub and scrub and rub.  
Germs go down the drain. Hey*

If the children wash their hands under running water with soap during the time it takes to sing the song twice, they will have thoroughly cleaned their hands.

## Outdoor Play

Children need to get outside everyday to run, jump and play. Here are a few hints to keep it safe.

- Always watch the children when they are outside.
- Don't forget to check the play area for hazards.
- When the sun is out, make sure the children are covered with sunscreen.
- On hot days let the children play outside in the morning hours.



Remember, getting out and moving is an important part of a child's healthy development!

## Healthy Food

Children need a variety of foods that are rich in vitamins and nutrients. According to the U. S. Department of Agriculture, children need a minimum of five fruits & vegetables a day, 2-3 servings of milk and dairy products, 2-3 serving of meat and/or poultry, beans & legumes, 6 servings of whole grains, and very little fats and oils.



In this day of fast food and busy daily schedules many children are not getting a healthful diet. This impacts their ability to learn, grow and develop. It's really not that difficult to provide healthy snacks. The trick is staying away from the processed foods and shopping in the fresh food aisles.

For more tips on keeping children healthy go to [www.ucsfchildcarehealth.org](http://www.ucsfchildcarehealth.org)  
Or call Healthline 1-800-323-3212