

Parent Tips:

Healthy Child Care

Summer may be over, but playing outside shouldn't be. It is very important for children to play outside, even during the cold winter months. Many people think cold winter air can cause a child to become ill but the opposite is true—fresh air actually keeps children healthier. Children confined to indoor environments tend to get more illnesses because germs accumulate in closed areas, causing children to re-breathe these germs over and over.

There are other benefits to playing outside in the winter. Children can burn off some energy by getting their hearts, lungs, and large muscles working. Children tend to rest better when their little bodies have had some exercise and exposure to fresh air. Outdoor physical activity also prevents children from becoming “stir crazy.” Children tend to be happier and get along better when they have an opportunity for outside play. And outdoor play provides children with valuable learning experiences. When playing in the snow, children develop an understanding of temperature and it's effect on the environment. Outdoor play is an important way to keep children healthy, develop muscles, and exercise their brains. This takes time and preparation, but the benefits will be easy to see—happier and healthier children!

POOR ATTENDANCE SPELLS TROUBLE:

When your child is absent from school, they miss more than the day's lessons. Class discussions are just as valuable. If your child is sick, they should stay home, of course, but missing school for any other reason can become a bad habit. Studies show that kids who have poor attendance in the elementary years are much more likely to drop out of high school later.

You can show your child how important you think good attendance is. Schedule doctor's appointments, haircuts, shopping, and family vacations after school hours.

If your child must stay home due to illness, ask the teacher if assignments can be sent home. Keeping up with school work will make things easier when they return.

Finally, remind your child that going to school is their number one job!