



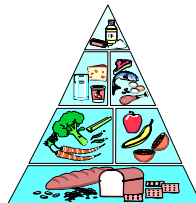
# Let's Be Healthy!

Physically Fit For School

## Fit & Healthy For School !

**G**ood health comes from good habits and wise choices. To enjoy good health now and in the future, youngsters must learn how to exercise, control stress, be clean, and reduce the risk of disease.

**T**hey must get into the habit of eating nutritious foods, getting plenty of sleep, and understanding how physical and emotional health are related.



**Children who are healthy do well in school.**

**F**ollowing good health practices will help children be ready to learn:

**T**each your child how to stop the spread of germs by using a tissue when they cough or sneeze before a meal.

**M**ake sure your child is vaccinated against disease at the right age. Keep a chart of the shots your child has already had.

**E**ncourage your child to exercise: jogging, walking, jumping rope, bicycling, roller-skating, dancing, swimming.

**T**each your child how to handle stress through exercise, getting enough sleep, discussing problems, and breaking jobs down into small parts.

A project of The Florida Partnership for Parent Involvement

Center of Excellence ♦ Louis de la Parte Florida Mental Health Institute ♦ Florida's Children's Forum  
Home Instruction Program for Preschool Youngsters ♦ Hillsborough County Head Start ♦ Hillsborough County Even Start

**T**each your child how to protect him/herself by saying "no", walking away from fights, or talking about dangerous situations.

## Healthy Activities for preschool children.



**W**hen it is time for your children to brush their teeth, sing a silly song together about tooth brushing.

### For example:

✓ This is the way we brush our teeth, brush our teeth, brush our teeth.

This is the way we brush our teeth, So early in the morning!

Make sound effects:

"**ZOOM, ZOOM, ZOOM** or **VROOM, VROOM, VROOM,**" while you watch them brush.

✓ Have your children give their teeth names, and use these names when you talk about them.

"**Now don't forget Cutters, Doggies, and Chompers!**"

## To Share or Not to Share

**H**elp your child understand that there are some personal things that we don't share because they can spread germs and disease.

✓ Have your child collect pictures of a toothbrush, cup, comb, hairbrush, and spoon.

✓ Ask your child to paste the pictures on a large piece of paper. With a crayon, pencil, or marker, have your child put an X or \ through each picture.

✓ Title the poster, "Things I Do Not Share."



✓ Have your child collect pictures of things that it is safe to share with others.

✓ Use these pictures to make a poster with the title, "Things I Can Share."

Resources: Information was based on Helping Your Child

Be Healthy and Fit and from the ERIC Digest.



---

For more information contact:



**The Center for Parent Involvement** (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at [www.fmhi.usf.edu/cfs/dares/fcpi](http://www.fmhi.usf.edu/cfs/dares/fcpi). The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPI (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

School Readiness Series, Parent Tip Sheets, #3: lets Be healthy.

© 1999, Tampa, Florida

This is a publication of the Florida Center for Parent Involvement which was funded by the U.S. Department of Education. The opinions contained in this publication are those of the grantee and do not necessarily reflect those of the U.S. Department of Education. All or portions of this work may be reproduced providing the Florida Center for Parent Involvement, Louis de la Parte Florida Mental Health Institute, University of South Florida is properly credited on all reproductions.

---

Events, activities, programs and facilities of the University of South Florida are available to all without regard to race, color, marital status, sex, religion, national origin, disability, age, Vietnam or disabled veteran status as provided by law and in accordance with the University's respect for personal dignity.

**University of  
South Florida  
USF**