

# Healthy Kids Habits, Hangouts and Hikes

Hey there Awesome Rocky Mount Families. Summer is over, winter is coming. Here are some ideas on how to stay Healthy during the next few months of festivities leading into the New Year:

\*\*\*Also, National Crossing Guard Appreciation Week starts on November 18<sup>th</sup> and we would like to recognize our AMAZING Rocky Mount Crossing Guard, Mrs. Alice Medlin! So please follow this link to VOTE for her for 2019's Outstanding Crossing Guard:

<https://docs.google.com/forms/d/e/1FAIpQLSew8SsQ9wmImEpxgscVgSGdp7q76T4dzN30P8BZ0AVMWaY1A/viewform>

## Healthy Habits

### 5 Tips for Healthy Families during the Winter Months

#### **1. Teach them self-care and make sure they are getting enough sleep**

Good self-care habits, such as washing hands, brushing teeth twice a day every day and getting enough rest at night, can stick with your kids for a lifetime. Sleep is essential to a healthy immune system—it allows the body to heal and repair itself.

#### **2. Get them active**

Encouraging your children to lead an active lifestyle now can create lifelong healthy habits and attitudes. Incorporate regular physical activity into your family's routine every day. If it's too cold to go outside, create fun ways to move and breathe inside. Hardwood Roller Derby, Pillow fights in the basement, Indoor Dance Marathon. The ideas are endless. Just make it fun.

#### **3. Hand washing**

It goes without saying that our hands are the biggest source of germs in everyday situations, especially when runny noses and coughing are at their peak during cold months. Remind them to wash, before and after meals, after they've come home from anywhere and singing the Happy Birthday song is a perfect amount of time while washing hands to ensure the germs are cut to a minimum.

#### **4. Don't forget fluids, Keep Kids Hydrated**

Water not only carries nutrients to cells, it also sweeps toxins out of the body. Experts recommend children drink half their weight in ounces every day. So, if your child weighs 50 pounds, try to get them to drink 25 ounces of water each day.

#### **5. Use a humidifier**

When little lungs or throats are irritated by a cough or nasal drainage, running a humidifier can be a big help. Set it up on a towel in an out-of-the-way area where it won't be in danger of getting knocked over and keep it going at night or at naptimes to help everyone rest easy. You can also incorporate aromatherapy by putting a few drops of essential oils into some humidifiers, such as Eucalyptus, Lavender or Jasmine essential oils. Eucalyptus is a Natural menthol that has a similar effect as Vicks Vapor without the chemicals.

## Hangouts

<https://www.stonemountainpark.com/>

<http://www.mariettasquarefarmersmarket.com/>

<https://theescapegame.com/atlanta/>

## Hikes

<https://www.atlantatrails.com/hiking-trails/winter-hiking-in-georgia-our-favorite-trails/>

<https://www.chattnaturecenter.org/>

All Healthy Kids information is posted inside the school on our **Healthy Kids Wall** opposite the Pre-K classroom, before you get to the Media Center as well as on the below links:

#### **Rocky Mount Elementary Website**

<https://www.rockymountelem.com/healthy-kids>

#### **Rocky Mount Parents Facebook Page**

<https://www.facebook.com/groups/234419623373822>

And please send us your photos so we can post them on The Wall and the Parents Facebook Page.