



Think:

What can you do to stay healthy?

What is important to use if something in your nose needs to come out?

Do:

Draw a picture on tissue boxes to remind you to use them.

Tips for Teaching Kids to Keep and Stay Healthy



1. Be a Booger Expert, and expect your kids to become one too:
 - Don't pick me without using a booger ghost
 - Don't flick me across the room
 - Blow me into a tissue, throw the tissue away and then wash your hands with soap and water for 20 seconds
 - Try not to ever leave me hanging
 - Never, ever, ever eat me!
2. Make hand washing a fun, happy event, and make sure you include all 5 steps
 - Wet your hands with clean water
 - Make soapy bubbles and rub them all over your hands
 - Scrub your bubbly hands for at least 20 seconds
 - Rinse your hands well with clean, running water
 - Dry your hands with a clean towel, paper towel, or air dryer
3. Encourage frequent hand-washing
 - Before, during, and after when preparing food
 - Before eating
 - After using the bathroom
 - After blowing their nose
 - After touching garbage
 - After playing with an animal or handling animal food
 - Before and after being around somebody who is not feeling well
 - After touching things or areas that other have touched
4. Teach your children to sneeze or cough into their elbows.
5. Encourage your children NOT to touch their face.
6. Practice social distancing with your child
7. Be a healthy example – YOU are your child's hygiene professor



Julia Cook, M.S., is a national award-winning children's author, coordinator, and parenting expert. She has presented to thousands of schools nationally and internationally, regularly speaks at education and counseling conferences, and has published children's books on a wide range of character and social development topics. The goal behind Cook's work is to actively involve young people in fun, memorable stories and teach them to become skilled problem solvers. Inspiration for her books comes from working with children and carefully listening to classroom, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the unique ability to enter the perspective of a child through storybooks, giving children both the "what to say" and the "how to say it."

A fun
resource
to help
calm and
educate
kids!



Activity:

Make a poster for your house that reminds everybody how to keep and stay healthy.