

HEALTH TIPS

from Rosie Roo



Hi Friend,

HAPPY NEW YEAR! Let's make this a great year by starting (or continuing) some great habits!

Tip #1 – Healthy Bathroom Habits

Always make sure you wash your hands after you use the bathroom. When you wash your hands, you rinse away bathroom germs and avoid spreading them!

You also should try to use a paper towel to turn on the faucet and to open the door on your way out. That way, you touch less dirty surfaces.

Tip #2 – Avoid Getting Others Sick

Make sure you always cover your mouth with your elbow when you cough. This stops any germs you may have from spreading to others. You also should cover your nose when you sneeze.

Tip #3 – Healthy Dental Habits

Make sure you give your teeth the best care by brushing them at least two times a day! The best times to brush are after you wake up and before you go to bed. You should brush your teeth for at least two minutes to make sure they are really clean!

You also can make your teeth healthier by flossing once a day. Flossing keeps your gums healthy and cleans areas your toothbrush can't reach.

Tip #4 – Hydration Habits

We all want to be able to play all day. That's why we need to stay hydrated! You should drink around eight glasses of water a day. That replaces the water you lose from breathing, digesting food and sweating when you play or exercise.

Make sure you drink enough water before you have juice or soda!

Tip #5 – Balanced Diet Habits

You need to eat a balanced and healthy diet so your body can feel its best! This means eating lots of protein, fruits and vegetables. It also means limiting how many fats, oils and sweets you eat.

You can look at a food pyramid to see how much of each kind of food you should eat. [Check out this guide](#) to help you plan your meals!



ASK (About Special Kids)

MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746. Find out more at aboutspeakialkids.org.