



Healthy Habits For Kids

1 Hair

Brush or comb your hair twice a day to keep the tangles out. Never share your brush or comb.

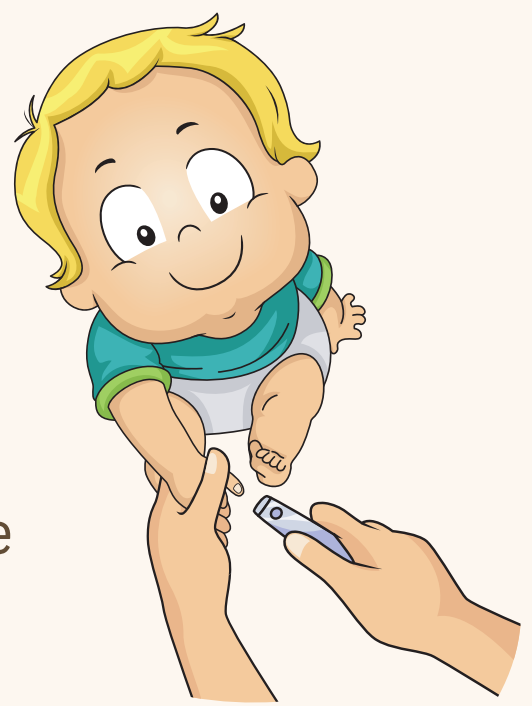


2 Teeth

Brush teeth twice a day - after breakfast and before you go to bed

3 Nails

Keep fingernails and toenails clean and trim the once a week. Bath time is usually best for trimming and cleaning under the nails.



4 Sleep

Go to bed at about the same time every night. Spend some time doing a quiet activity such as reading a book or listening to music.

5 Body

Take a bath or shower once a day. Wash your hair with shampoo often.



6 Hand Washing

always wash your hands with soap and water before eating, after playing outside, after going to the bathroom and after coughing or sneezing