

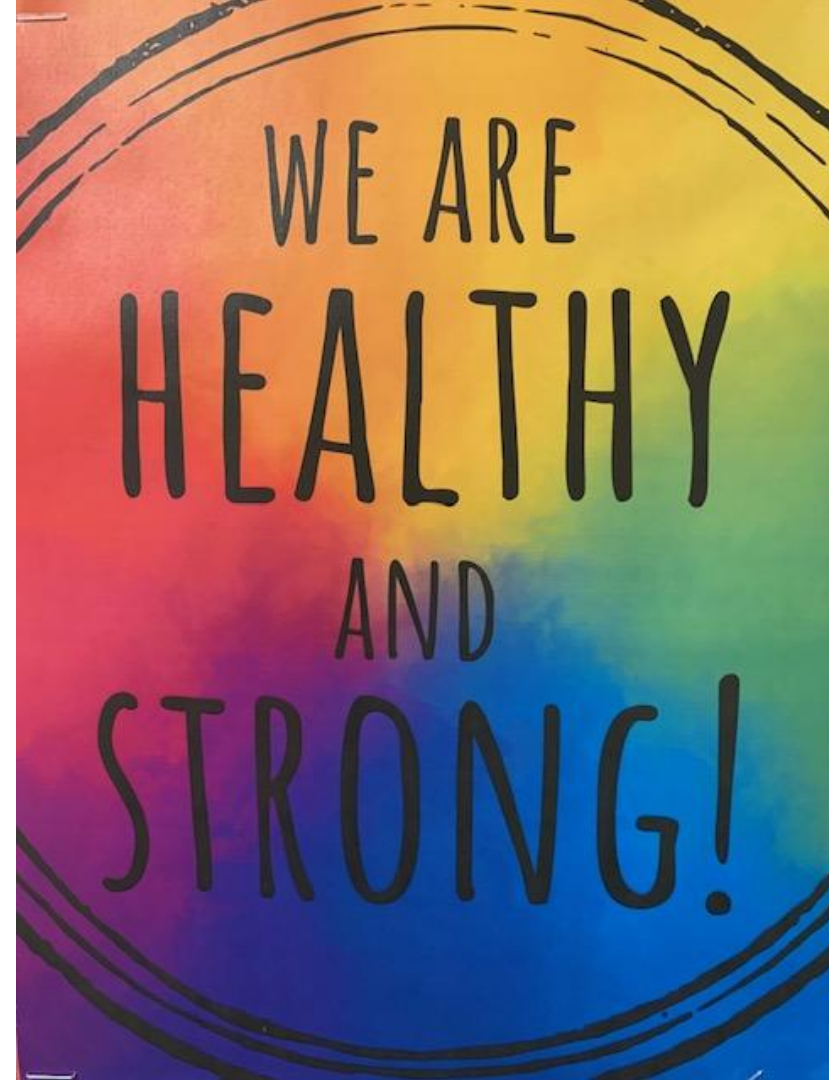
Healthy Habits For Preschoolers



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Our Healthy Body and Immune System

1. Keeping children under 5 healthy can be a difficult task at times for all parents.
2. Preschool age is when our little ones are growing their immune system.
3. There are some things you can do to BOOST your child's immune system.
 - **Healthy diet and vitamins.**
 - **Stay hydrated.**
 - **Get enough sleep.**
 - **Get them active.**
 - **Manage stress - De stress right after school.**
 - **Make sure they are up to date on important vaccines.**
 - **Simple precautions: Handwashing, covering a cough, staying away from people that are ill.**



Oral Health

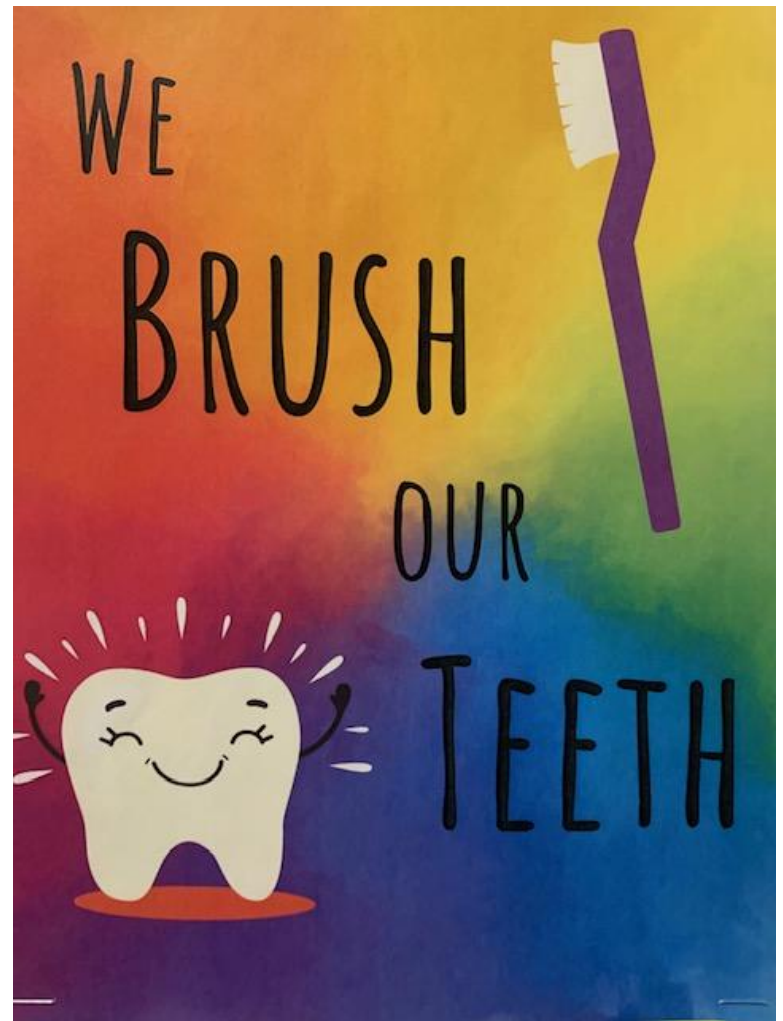
BRUSH 2 MINUTES, at least TWICE A DAY, morning and night. Ages 3 and 6 years, use a pea-sized amount of **Toothpaste**.

FLOSS once a day (preferably before bed), especially if their teeth are tight together.

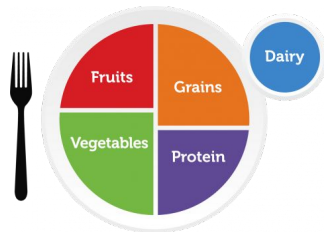
TOOTHBRUSHES should be changed approximately every 3 months - ADA

DENTAL VISITS every 6 months. Routine teeth cleanings remove tartar and prevent gingivitis

FLUORIDE Talk to your child's pediatric dentist about the right amount for your child. Ask if your child should be brushing with toothpaste that contains fluoride and/or if your child needs a fluoride supplement.
Nutley's water does not have added flouride.



Food Choices



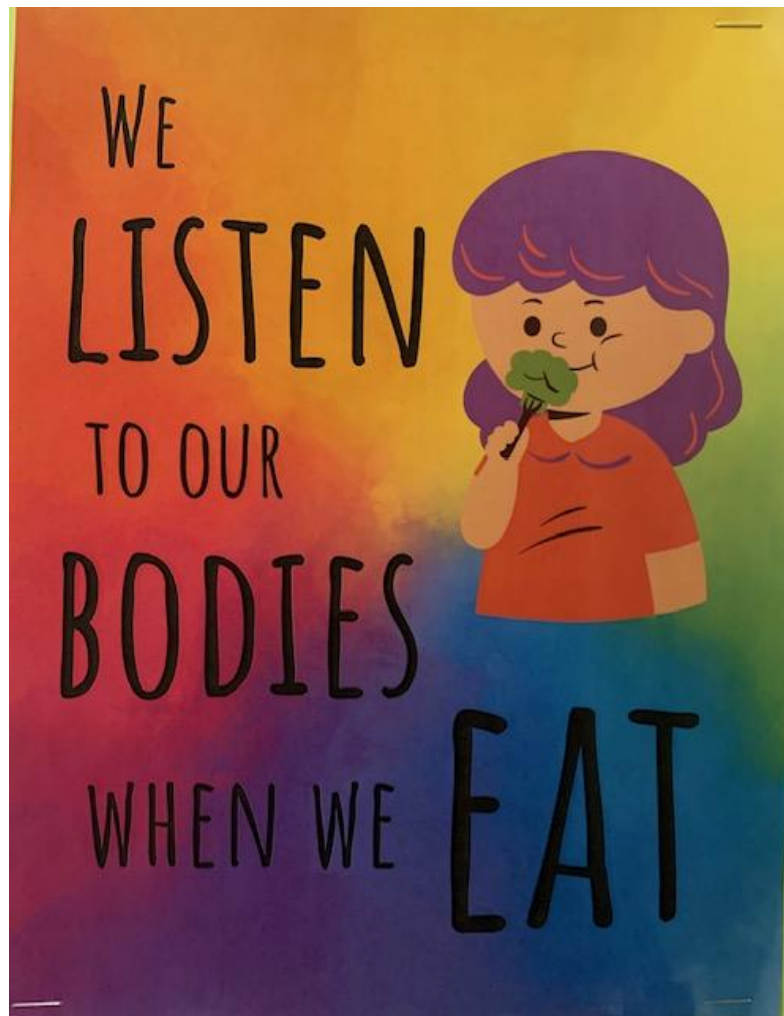
My Plate: [What is MyPlate? | MyPlate](#)

A diet with a lot of **Fruits** and **Vegetables** - 5 servings a day are recommended, and they should take up half of every meal plate **Whole grains**, and **Lean Protein** make up the other half.

A healthy diet also has **Dairy** or another source of calcium, and healthy fats, like vegetable oils, avocados and nuts.

Packing Lunch and Snacks

- Healthy, balanced diet.
- Sources of protein, fruits, vegetables and grains.
- Bottles of water and try to avoid juice boxes or other sugar sweetened beverages (6oz/day).
- Stay away from snacks that are very “sticky and tacky” in nature.
- It's never too early to discuss making healthy food choices.



Preschool Eaters

“**Picky eating**” is typical for many preschoolers as they grow and become more independent. Try to help with this behavior in a positive way.



- Your preschooler may not eat the exact amounts suggested **every day** - IT'S OK!
- **Balance the amounts over a few days or a week.**
- **Offer** different foods from day to day. **Encourage variety.**
- **Small portions** at scheduled meals and snacks.
- **Unwilling to try new foods.** Serve a new food alongside a familiar food in the same meal.
- It may take up to a dozen tries for a child to accept a new food, Be persistent :)
- **Let your child help prepare meals.** Children get excited about tasting items when they have been involved in the preparation. [Kitchen Activities for 2-5 Year Olds - azureedge.us](https://azureedge.us/kitchen-activities-for-2-5-year-olds)

Exercise for Preschoolers

Pre-schoolers recommended activity is **3 hours** doing a variety of physical activities **spread throughout the day**.

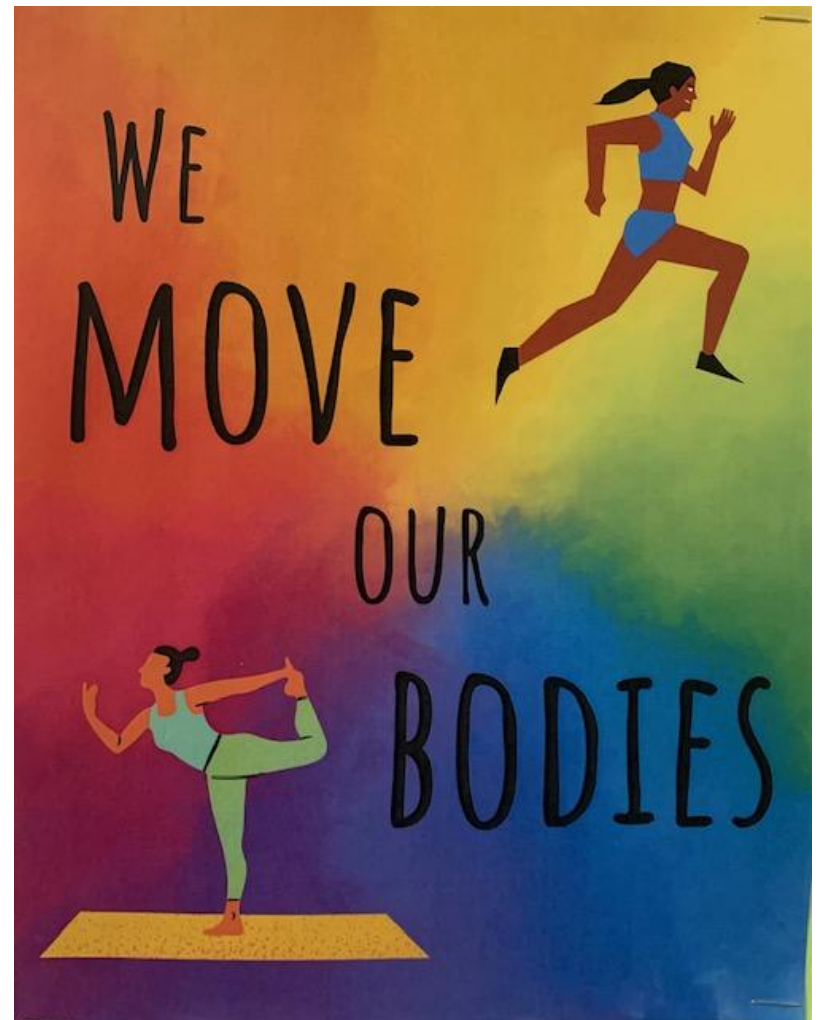
The **3 hours** should include at least **60 minutes** (1 hour) of **moderate-to-vigorous** intensity physical activity.

Moderate– intensity aerobic games such as tag or follow the leader • Playing on a playground • Tricycle or bicycle riding • Walking, running, skipping, jumping, dancing • Swimming • Playing games that require catching, throwing, and kicking • Gymnastics or tumbling

Muscle strengthening • Games such as tug of war • Climbing on playground equipment • Gymnastics

Bone strengthening • Hopping, skipping, jumping • Jumping rope • Running • Gymnastics

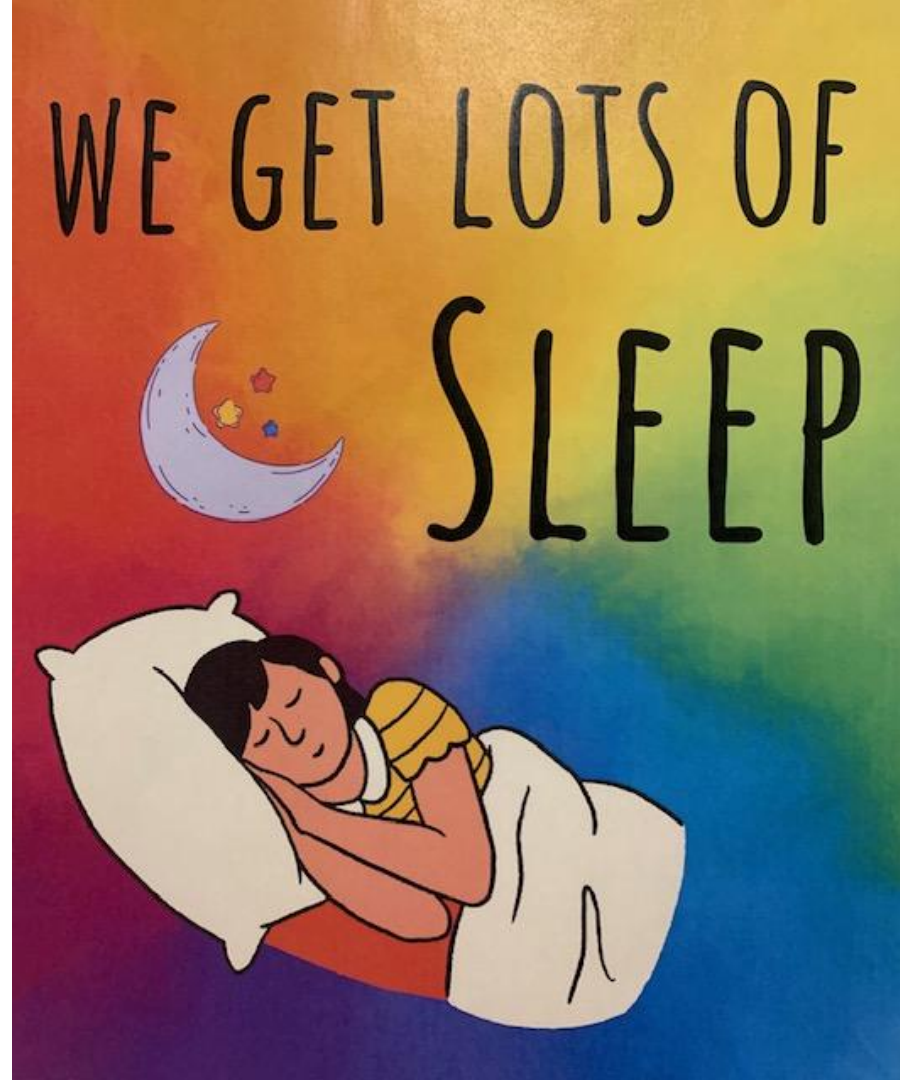
So get moving! Do activities you enjoy! Be a good role model for your child. Even better, go home and get them moving, too.



How much sleep does a 3-4 year old need?

ANSWER- 3-5 years olds need 10-13 hours of sleep daily.

- **Total sleep** including nighttime and naps. Can vary by 1-2 hours.
- Using up their energy during the day allows them to **unwind before bedtime**. This makes it easier for them to fall asleep and stay asleep through the night.
- **Sleep Hygiene** improve this by ensuring that your child has a **calm and quiet environment** for sleep. **Minimizing distractions**, such as from TV or other electronic devices.
- **Pre-bed routine**, can reinforce the importance of bedtime and cut down on night-to-night variability in sleep.



When to keep your child home...

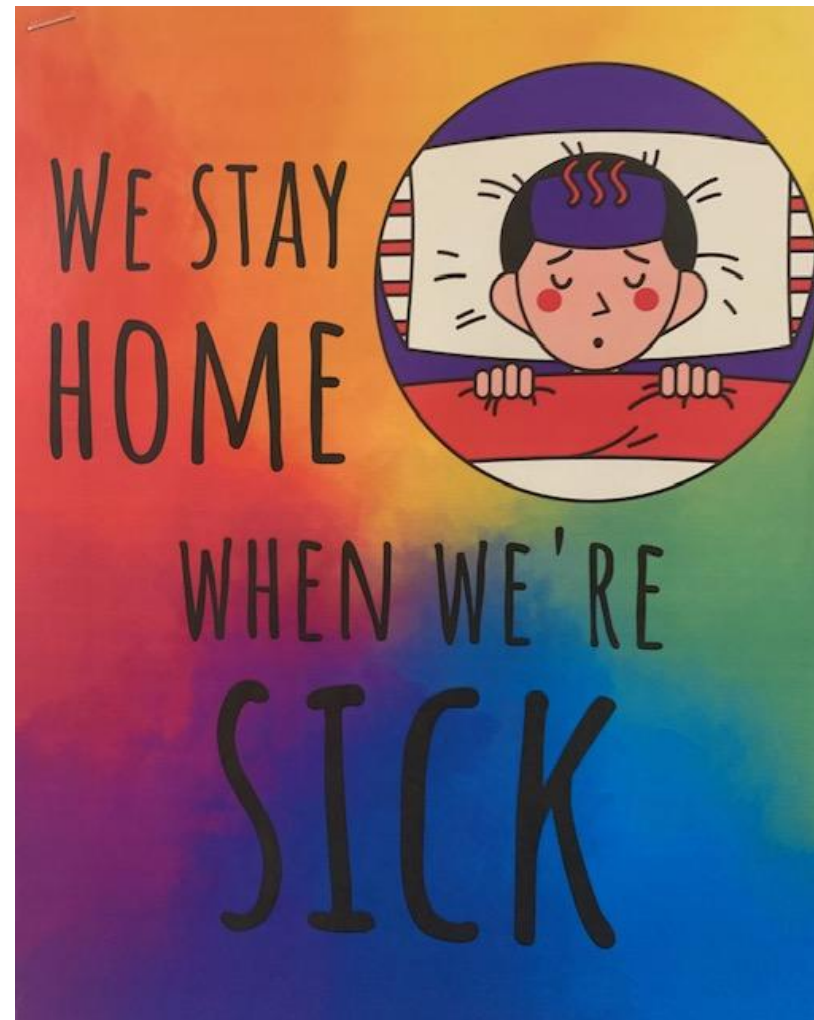
Nothing puts a dent into the day like a child waking up feeling sick. Any parent is empathetic to this situation.

Reality children 3-5 years of age have approx. **12 illnesses a year on average**. Some children unfortunately have more.








Some hard and fast rules:

- **Fever** 100 degrees or higher
- Nausea and vomiting
- Diarrhea
- A difficult night (ex. if your child was up throughout the night w/ a cough)
- Listlessness, lethargy “not themselves”
- No or change in appetite
- Sore throat with white or red spots
- Pink eye/ discharge, sticky or crusty upon waking
- Ear pain, or drainage from the ear

Plan Ahead: have a trustworthy individual available to care for your child when sick or to pick up your child if they become ill during school hours.



I NEED TO STAY HOME IF...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100 or higher	Within the past 24 hours	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, Itching, and/or "crusty" drainage from eye.	Hospital stay and/or ER Visit

I AM READY TO GO BACK TO SCHOOL WHEN I AM....

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school	Released by my medical provider to return to school.
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Resources:

<https://www.cdc.gov>

<https://health.gov>

<https://www.aap.org> American Academy of Pediatrics

<https://www.sleepfoundation.org>

<https://www.chop.edu>

<https://www.aapd.org> American Academy of Pediatric Dentistry

<https://www.fns.usda.gov/>