

## *Winter: Notes from Mrs. Fritz...*

### **WINTER WEATHER:**

Ohio weather can be unpredictable. Please remember to wear coats, hats, scarves and gloves or at least pack them in your backpacks!

Please remember to check the lost and found for lost coats and hats.



### **ILLNESS:**

School breaks are a great time to help stop the spread of germs by washing backpacks and coats.

February is National Children's Dental Health Month - a great time to promote the benefits of good oral hygiene. Developing good dental health habits (including regular dental visits) helps children get a jump start on a lifetime of healthy teeth and gums.



Brush for 2 minutes, twice a day; floss daily and see the dentist twice a year to keep your smile healthy.



**FEBRUARY is...**

*heart health month*

# The Top 3 Tips For Preventing Heart Disease in Children



## 1. Start Early

Parents need to start heart disease prevention, especially for the prevention of the serious risk factor of obesity, early when your child is 3-5 years old. Ensure the child has heart healthy eating habits and exercise is part of child's daily routine.



## 2. Provide Good Nutrition

Parents need to introduce daily healthy food and snack options to their children early including colorful fruits, vegetables, and water. Avoid giving children access to food with excessive fat, sugar, and salt. Also, limit soft drinks and fast food consumption. Eating and preparing dinner together with your children can instill and ensure good eating habits for the entire family.

## 3. Increase Physical Activity

Make sure to play with your child to encourage their physical activity. Encourage daily aerobic activities such as walking, bicycling, skating, and swimming. Also, limit the child's television watching and playing on the computer.



The information for this infographic has been provided by:  
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Did you know more than 23,000 children experience cardiac arrest outside of the hospital each year? Learn CPR today so you can be ready and become a part of the Nation of Lifesavers. Because no one, especially our most precious ones, should face a life-changing moment alone.

[American Heart Association](http://www.americanheart.org)

Visit [www.mountsinai.org](http://www.mountsinai.org) for more information.