

Tips to Help Keep Your Kids Healthy



- ♥ Stay current on vaccines and regular checkups
- ♥ Establish a consistent sleep schedule and bedtime habits
- ♥ Boost their lunch with high-protein snacks
- ♥ Avoid sharing plates, cups, and utensils with schoolmates
- ♥ Emphasize the importance of handwashing
- ♥ Minimize lice risk by avoiding hat and helmet sharing
- ♥ Prevent ringworm: change into fresh clothes post-gym, wear shower shoes, avoid towel sharing, and keep sports gear clean
- ♥ Ensure your kids wear appropriate playground attire

To learn more helpful tips about maintaining a healthy lifestyle, visit **BEWELLSHBP.COM/HEALTHY** or call a well-being coach at **888.616.6411**.

Source: sharecare.com, Michael Gollust.