

Tips to Help Keep Your Kids Healthy



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- ♥ 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.