

# FAMILY INFORMATION

## THE PARTS OF ME!

Young children are curious about their bodies and enjoy naming and counting their body parts. Movement games, such as Simon Says and Follow the Leader, and movement songs, such as the “Hokey Pokey,” are fun ways to join children in movement as they learn the names of body parts.



Help your child use correct terms rather than nicknames for body parts. This skill is very important for times when your child is injured or does not feel well. Knowing the correct terms will help your child tell you, a teacher, or a doctor what part of her or his body is hurting.

## PROTECT YOUR BODY



Clothing helps protect our bodies. Dress your child in layers of clothing that can be removed if he or she gets hot while playing. Choose shoes that cover the entire foot and that close with ties or self-stick straps. Shoes that support and protect feet allow your child to run faster, jump higher, and have more fun!

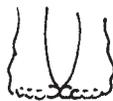
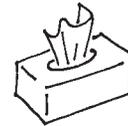
Teach your child how to protect body parts. Helmets help prevent head and facial injuries and are worn while bicycling, skating, or skateboarding. Elbow, knee, and wrist pads can prevent serious joint and bone injuries. Many sports and athletic activities also require protective gear.

Many communities have bike safety events and may provide free helmets. Check with your local police or fire department or city hall office.

Remember that your child watches what you do. Modeling safe behavior is the best way to teach young children!

# FAMILY ACTIVITY

Ask your child to name the body parts shown in the pictures on the left. Then help your child draw a line from each body part on the left to the item on the right that protects or goes with that body part.



# FAMILY INFORMATION

## MY FIVE SENSES!

Children learn by using their five senses—sight, hearing, smell, taste, and touch. They taste and smell new foods. When learning a new skill, they hear your directions and see you demonstrate the activity. Children learn through touch that items can be warm or cold. As you talk about the five senses, children also learn about body parts: eyes, ears, nose, tongue, and fingers.

One way to teach your child how senses work together is by cooking a favorite food. Ask your child questions, such as “Do you smell the cookies?” and “Do they look like they are done?” and “They feel warm but not too hot; should we taste one?”

## THE FIVE SENSES AND SAFETY

The five senses are important to your child’s safety. Teach your child to stop, look, and listen before crossing streets. Remember that children under the age of six still need your help in crossing a street.

The senses are also used for fire safety. You might tell your child, “If there is a fire, you may hear the alarm. You may smell the smoke. Get out of the house! Feel the door before you open it. If the door is warm or hot, get out through a window or another door.”

## PROTECT EYES AND EARS

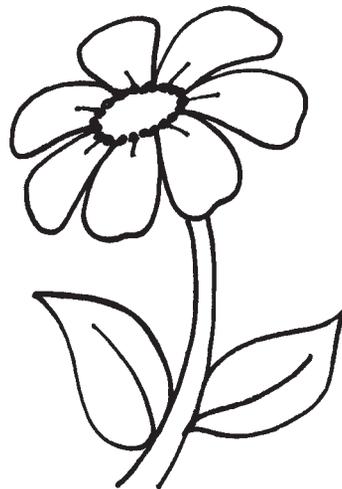
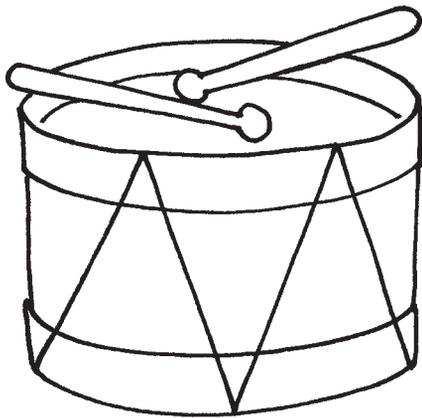
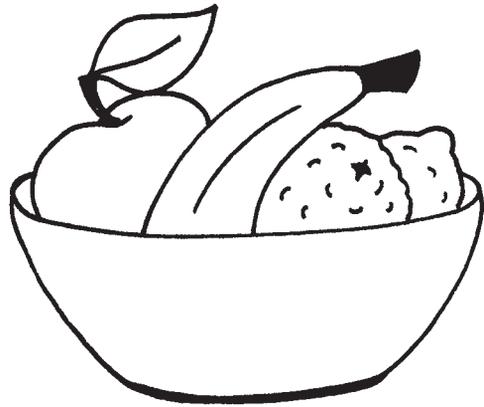
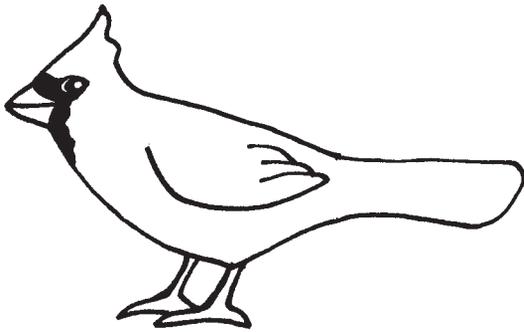
Children can learn ways to protect their sight and hearing. Talk to your child about how goggles and sunglasses help protect her or his eyes.



Loud music can damage hearing. Teach your child to keep the volume low when listening to music, especially with headphones and earbuds.

# FAMILY ACTIVITY

Encourage your child to color the pictures below, and then discuss the items in each picture and whether you can taste, touch, hear, smell, or see each one.



# FAMILY INFORMATION

## KEEPING ALL MY BODY PARTS CLEAN!

Being clean helps children stay healthy. Washing and bathing helps prevent infection in cuts and scratches, irritated skin, and sores. Bathing also helps stop the spread of ringworm, scabies, and other diseases.

Make bath time fun! Soap bubbles and lather, floating toys, and a little splashing can all help children explore and learn. Help your child wash every part of her or his body—even behind the ears! Help your child dress in clean clothes after bathing.



Take your child with you when you shop for bathing supplies. Let your child help select items he or she needs to take a bath or shower.

## KEEP BATH TIME SAFE

Never leave your child under age six alone in the bathtub! Young children can drown in just a few inches of water.

Children's skin is very tender; children can get a serious burn in just a few seconds. The temperature of hot water should be no more than 120 degrees Fahrenheit (49 degrees Celsius) when it comes out of the tap. You can control the water temperature by adjusting the water heater or by installing a temperature regulator.



## HAIR CARE

Even young children can learn about hair care. Explain to your child how you care for your own hair and how you care for her or his hair. If your child is interested, let her or him participate in hair care, including washing, combing or picking, and adding products or accessories (such as gel, barrettes, or ribbons).

# FAMILY ACTIVITY

Circle the pictures that go together in each row, or circle the one picture that doesn't belong with the others in the row. While assisting your child with this activity, discuss cleanliness and the activities and items that help us stay clean and healthy.



# FAMILY INFORMATION

## TAKING CARE OF MY SMILE!

All teeth are important, even primary (baby) teeth! Preschoolers usually have twenty teeth. Permanent teeth start to come in when children are about six years old.

Children should brush their teeth twice each day. The most important time to brush is before going to bed, because bacteria can build up in the mouth overnight if food particles are present. These bacteria can cause tooth decay, gum problems, and bad breath. Children should also brush after breakfast if possible.



Help your child use the correct technique for toothbrushing. Use a small toothbrush with soft bristles. Put a tiny amount (pea-size or less) of toothpaste on the toothbrush. Use toothpaste with fluoride if your child is over two years of age. Place the toothbrush at an angle against the gums. Gently move the brush, using a circular motion. Brush the outside, inside, and top of each tooth. Brush the tongue, and then spit out the toothpaste.

Brush for at least two minutes. Using a timer can help you and your child know when two minutes is over. Your child will need help brushing her or his teeth. As your child learns to brush, check his or her teeth, and help brush any spots she or he missed.

If brushing is not possible, encourage your child to swish and spit with water after eating. This action helps remove food and reduces bacteria in the mouth.

## VISIT A DENTIST

Children should visit a dentist at least every six months. Help prepare your child for a visit to the dentist. Most dental clinics have activities to make



visits more fun for children. Discuss how dentists and hygienists help take care of teeth. Look at each other's teeth in a mirror, and discuss how dentists use a small mirror to see teeth. Practice opening your mouths to see who can open the widest.

## FAMILY ACTIVITY

Glue this picture to one side of an empty cereal box, and then cut out the puzzle pieces, using the lines as guides. While working the puzzle with your child, talk about the importance of cleaning our mouths and teeth and when and how to keep teeth clean.



# FAMILY INFORMATION

## **STOPPING GERMS BEFORE THEY STOP ME!**

Children share germs in many ways. They put their fingers in their mouths, they explore their surroundings through touching, and their toileting and hygiene habits are not well developed. Most diseases are spread when children (and adults) touch their faces, eyes, noses, and mouths. Washing hands is the best way to prevent the spread of germs!

Using soap and running water is the best way to wash hands. Show your child how to make soap bubbles and how to rub the bubbles all over his or her hands and wrists and between fingers. Make sure your child checks for dirt under the fingernails too. Rub the bubbles for at least twenty seconds. This is about how long it takes to sing “The Alphabet Song.” Rinse your child’s hands with running water. Dry hands with a clean towel or a disposable paper towel.



## **HAND SANITIZER**

For children over two years of age, alcohol-based hand sanitizer can be used. A single pump of the sanitizer is enough. Rub the sanitizer all over the hands and between fingers. Waving hands in the air to dry them is a fun option!

Supervise your child when she or he uses hand sanitizer. Many of these products smell like fruit or candy, but they can be toxic if swallowed. Keep the hand sanitizer in its original container and out of your child’s reach.



# FAMILY INFORMATION

## MY MEDICINE IS FOR ME!

When your child needs medicine, you may need to purchase a prescription medicine, such as an antibiotic, from a pharmacist. In other cases, an over-the-counter medicine, such as acetaminophen or a medicine to settle the stomach, is appropriate. You can buy these medicines without a doctor's prescription. All medicines are strong. Taking more than one kind of medicine or too much of a single medication can be dangerous. Ask your doctor or pharmacist questions before giving medicine to your child:

- What is the name of the medicine?
- Does it need to be kept in the refrigerator?
- How much should I give my child in each dose? When should I give it?
- Will this medicine cause a stomachache, diarrhea, or drowsiness?
- How will I know if the medicine is working?
- Does my child need to take all the medicine? How many days should I give this medicine?

## KEEP MEDICINE OUT OF SIGHT AND OUT OF REACH

Explain to your child that medicine comes in pills, liquids, shots, nose sprays, drops (for ears or eyes), and creams for skin. Talk with your child about who can give him or her medicine and explain why he or she is taking the medicine. Explain that you may give medicine when she or he is sick. Your child should not get medicine on his or her own. Your child should not take medicine from other children.

Always keep medicine in the bottle it came in. Medicine bottles have a child-resistant cap. Keep medicine out of children's reach. A locked cabinet or closet is the safest option.



# FAMILY ACTIVITY

Assist your child in identifying someone from the following pictures who might be a parent or adult family member (mom, dad, aunt, uncle, and so on), a dentist, and a doctor. Also help in identifying various types of medicine found in the pictures, such as pills, creams, cough syrups, vitamins, and shots or syringes. Talk with your child about who can give her or him medicine and why.

