Help your kids stay well
Instill healthy habits

It’s never too early — or too late — to instill good habits that can help kids stay healthy, fit, and protected from disease and illness. These tips can help:

- **Teach healthy handwashing.** Practice counting to 20 while thoroughly rubbing hands and getting in between fingers with soapy water.
- **Stay on top of immunizations.** Don’t forget boosters (even until college). For more information, go to https://www.cdc.gov/vaccines/parents/index.html.
- **Encourage balanced diet.** It takes time for children to develop a taste for vegetables, in particular, so keep trying.
- **Limit total screen time to 1-2 hours per day** (Centers for Disease Control and Prevention).
- **Encourage physical activity.** The earlier exercise begins, the sturdier the bones.
- **Protect their skin.** Apply water-resistant SPF 15 or greater sunscreen 30 minutes before venturing outside.
- **Keep their stress levels in check.** Clues your child maybe stressed include stomachaches, nightmares, bedwetting and bullying.
- **Watch for signs of asthma.** Asthma is one of the the leading causes of school absences and hospitalizations in children. Signs include persistent dry coughing, wheezing, chest tightness and shortness of breath (Asthma and Allergy Foundation of America).
- **If you’re a smoker,** stop smoking and encourage your kids never to start.

Your Health Advocate services can help you get your children off to a healthy start, find a pediatrician, review routine vaccinations and more!

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