3 Tips for Keeping Your Kids Healthy This School Year

With the approach of winter comes the approach of cold and flu season. In school, children are exposed to lots of germs and it might seem like getting sick is inevitable. Viruses like the common cold, influenza, and strep throat are [easily spread](#) through physical contact and through the air.

So how can your kids stay well?

Here are some simple steps that you can take to help them (and yourself) stay healthy this school year.

Teach proper handwashing

One of the best and simplest ways to ward off germs is practicing proper handwashing. Washing your hands often helps stop the spread of illness and it's important to teach your kids how to wash their hands.

Here are the steps to [washing your hands the right way](#):

1. Wet your hands with water

2. Use soap and lather your hands, making sure to scrub the backs and fingers, too

3. Continue lathering for at least 20 seconds

4. Rinse off the soap

5. Dry your hands with a clean towel or air dry

Tell your kids to remember to wash their hands before eating, after going to the bathroom, and after coughing or sneezing. If your kids are old enough, you might also consider giving them alcohol-based hand sanitizer to use when washing with soap and water isn't an option.

Establish healthy personal habits

In addition to handwashing, other personal habits go a long way to help keep kids healthy during the school year. Teach your children how germs are spread, and that it's important for them to keep their hands away from their eyes, nose, and mouth. When they have to cough or sneeze, remind them to cover mouth and nose with a tissue, then wash their hands.

Stick to a healthy sleep routine

When you sleep, your body works to repair itself and stay healthy. Sleep is important for kids, and taking steps to maintain a regular bedtime helps their bodies fight off germs that can make them sick during the school year. Turning off electronics at a certain time and making sure your children's bedrooms encourage sleep can help your family stick to a bedtime, too.

Conclusion

Your kids will be exposed to germs at school, but that doesn't mean they must get sick! Teaching them how to wash their hands and cover their cough and maintaining a regular sleep routine will not only help them stay healthy, but it will help stop the spread of germs in the classroom and at home.

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