



BUILDING HEALTHY HABITS

Healthy Summer, Happy Summer!

Hey families,

Summer is a great time to enjoy the outdoors, stay active, and make healthy memories together. A few simple habits can help children stay safe and feel their best all summer long.

Keep your family healthy this summer:

- **Drink water often.** Offer water throughout the day, especially when it's hot or after playing outside.
- **Protect skin from the sun.** Use broad spectrum sunscreen with SPF 30 or higher before going outside. Reapply every 2 hours and after swimming or sweating.
- **Wear sunsafe clothing.** Hats, sunglasses, and lightweight clothing help protect children from the sun.
- **Take breaks in the shade.** Try to play outside in the morning or later in the evening when it is cooler.
- **Choose healthy summer snacks.** Fresh fruit, yogurt, cheese sticks, and cut-up vegetables are great options.
- **Keep moving every day.** Ride bikes, play at the park, dance, swim, or go for family walks.
- **Wash hands often.** Clean hands before eating and after playing outside help stop germs from spreading.

Did you know?

Children can become dehydrated faster than adults, especially during hot weather. Encourage water breaks before they say they are thirsty!



Early Childhood - HRL Preschool

Learning Outside

Young children learn through play and exploring the world around them.

-  Count flowers, birds, or butterflies on a walk.
-  Draw pictures with sidewalk chalk.
-  Collect leaves, rocks, or sticks and talk about their colors and shapes.
-  Blow bubbles and practice counting how many you can pop.
-  Read a favorite book or story under a tree or in the shade.

Even 15-20 minutes of outdoor play each day helps children build healthy bodies and curious minds.



Resource Family Corner

Simple ways to beat the heat:

-  Carry a water bottle when leaving home.
-  Eat water rich foods like watermelon, strawberries, cucumbers, and oranges.
-  Dress children in light colors and lightweight clothing.
-  Never leave a child or pet alone in a parked car.
-  Know the signs of heat illness: dizziness, headache, tiredness, or nausea. Move to a cool place and drink water if these happen.

Did you know?

When the temperature is high, playground slides, swings, and sidewalks can become hot enough to burn skin. Touch the surface with your hand first before letting children play.

