








## BUILDING HEALTHY HABITS

### Healthy Harvest, Healthy Homes

Hey families,

Fall is here, the season of colorful leaves, cozy hoodies, and maybe a pumpkin spice treat or two. But it is also the time when sniffles, coughs, and asthma flare-ups like to sneak in. This month, we are all about harvesting healthy habits to keep your little ones feeling great and ready to learn and ready to enjoy all the good things this season brings.

#### Stay Ahead of Fall Illnesses:

-  **Wash those hands:** turn it into a dance! Sing your child's favorite chorus while scrubbing.
-  **Dress in layers:** mornings can be chilly, but afternoons can warm up fast.
-  **Asthma check-in:** if your child's symptoms or medication have changed, give your school nurse a quick update. Remember asthma can be managed at school when you stay connected.
-  **Encourage rest:** sleep helps boost immunity and mood. School-age kids (around 3–10 years old) need 10–12 hours of sleep each night.
-  **Asthma families:** Check out the CHF Family Asthma App to help track symptoms and learn everyday tips for managing asthma at home. Get it at [www.HRL.NYC/chf-family-asthma-app](http://www.HRL.NYC/chf-family-asthma-app)

 **With a little extra care, we can help our kids stay healthy and happy through the cooler months.** 

### Early Childhood- HRL Preschool

#### Early Childhood Corner: Little Germ Busters!

Colds, coughs, and sniffles are everywhere this season especially where little ones share toys and hugs!

#### Here's how to help your child stay healthy:

- Teach them to sneeze or cough into their elbow (make it a superhero move).
- Wipe down favorite toys or shared items often.
- Keep tissues handy and show how to toss them in the trash after one use.
- Keep them home to rest when sick - rest is the best medicine!
- Offer warm fluids like soup or tea (let it cool first) to soothe little throats.

**Small healthy habits help everyone - teachers, classmates, and families - stay healthy.**

### Resource Family Corner

#### Family Time: Harvesting Moments Together

Fall nights were made for cozy family time! Try this fun, simple idea to bring everyone together:

#### DIY Hot Chocolate Night!

Mix warm milk with cocoa powder, a drizzle of honey or sugar, and a sprinkle of cinnamon. Add whipped cream or mini marshmallows for extra smiles. Use a fun recipe for your next family night!

Then, snuggle up under blankets, sip slowly, and go around the room sharing one thing you're thankful for. You can even start a **"gratitude pumpkin."** Write what you're grateful for on little paper leaves or sticky notes, and collect them in a jar.

**The best harvest this season?**  
**Family time, laughter, and love.** 

