



How to Keep Your Child Healthy and Happy

One of the most important lessons a child can learn is how to lead a healthy life.

- Provide a balanced diet with healthy snacks. Breakfast is a good start!
- Provide adequate rest, sleep and exercise.
- Teach good personal hygiene.
- Be aware of his or her developmental milestones and maturity.
- Make sure your child has regular medical check-ups and scheduled immunizations.
- Provide protection and firm, consistent discipline but encourage independence.
- Listen to your child and help him or her handle stress, worry, loneliness, anger – these may cause headaches, stomachaches and sleeplessness, and may lead to depression or other illnesses.
- Consult your physician for any special needs or concerns.
- Give lots of Tender Loving Care!