

Healthy Lifestyles Gazette

Winter 2009 A newsletter for childcare providers and families of preschool children Volume 12, Issue 1



Washing Hands Is One of the Best Ways to Stay Healthy

It sounds so simple but it's true. The National Center for Disease Control [CDC] identifies hand washing as one of the most effective ways people can fight illnesses. People of all ages, from preschoolers to seniors, must wash their hands to rid them of harmful germs. You can not see germs. Germs stick to hands and other things that hands touch, such as toys, door knobs, stair railings, telephones and computer keyboards. You can get sick when your germ covered hands touch your mouth, nose or eyes.

Keep yourself and your family healthy. It is important that hands are washed properly to make sure germs are washed away. Be sure to follow these simple steps when you and your children wash your hands:



1. Use warm running water.
2. Lather hands with soap.
3. Rub hands together for at least 20 seconds. Rub backs of hands, between fingers and under nails. This rubbing action with soapy bubbles is what makes germs slide off your hands.
4. Rinse with warm water.
5. Dry hands with paper towels.
6. Turn off water with a paper towel.



Be sure to wash hands many times throughout the day, like:

- ◆ Before and after preparing food and before eating
- ◆ When arriving at or leaving work or the child care center
- ◆ After touching an animal
- ◆ After "potty-time" [using, or helping a child use, the toilet, diapering a baby...wash babies' hands after each diaper change]]
- ◆ After blowing your nose
- ◆ After playing at the park, going to market, church or any other place where lots of people gather



Winter Fun and Safety

Winter is a wonderful time for children and their families to enjoy many fun, outdoor activities together. Here are some tips on how to stay safe and healthy during outdoor winter play time!

- ★ Wear dry gloves and boots with nonskid bottoms.
- ★ Dress in layers.
- ★ Wear a hat or hood that lets you see from side to side and hear all sounds.
- ★ Wear bright clothing or attach reflective material to clothes so you can be seen easily.
- ★ Walking, jumping and running will help you keep warm.
- ★ Walk on sidewalks even when covered with snow.
- ★ Drink plenty of water. Your bodies will need this after building a snowman or going sledding.
- ★ Be sure an adult is supervising children at all times.
- ★ A cup of soup or hot chocolate made with milk is a great way to warm up after playing outside.



SOAPY MATTERS

Do you have to use anti-bacterial soap to wash away germs?

NO.

Rubbing hands with soap and warm water for 20 seconds is what makes germs slide off, not the type of soap you use.



When a child is taught from an early age to eat right and play hard, the benefits last a lifetime!

WALK TO THE LIBRARY FOR A BEARY GOOD TIME



During the wintertime, take a walk to your town's library. Play some games along the way. Try a game of "Can You." Reach up high to see if you can reach the sky. Can you hop like a bunny? Can you jump like a kangaroo? How many different things can you do?

When you get to the warm library, the librarians will help you find many books or videos with songs and stories that make you move, laugh and have fun. These are all free! You can take them home and use them with your family. Upon returning the old books, you can borrow other books and videos that both you and your children can enjoy.



Don't stay home just because it's cold outside. Walk with your family to the library. Ask the librarian about special story times, activities and other programs the library may offer. After walking home from the library, have a warm cup of apple cider or hot chocolate and enjoy the books and videos you borrowed!

ABC SOUP

Enjoy making and eating this great soup the whole family will enjoy!

Ingredients:

- 2 cups low sodium chicken or vegetable broth
- 1 1/2 cups of water
- 1 can [8 ounce] tomato sauce
- 3/4 cup dried/uncooked alphabet pasta
- 1 1/2 cup frozen mixed vegetables, thawed
- 1 can [7 3/4 ounce] chickpeas, drained and rinsed
- 1/4 cup Parmesan cheese [optional]

Combine broth, water and tomato sauce in pot, cover; bring to a boil. Add pasta, vegetables and chickpeas; boil gently, uncovered, until pasta is done [6-8 minutes]. Stir occasionally. Serve, sprinkle with Parmesan as desired.

BE A HAND WASHING STAR!



Sing this song each time you wash your hands with soap and warm water. Keep rubbing your hands to make lots of bubbles while you sing.

Twinkle, twinkle little star.....look how clean my two hands are.....Soap and water, wash and scrub.....Get those germs off rub-a-dub..... Twinkle, twinkle little star..... Look how clean my two hands are!



RIGHT

Coughing and sneezing sends germs flying into the air where others can breathe them in and get sick. Cover your coughs and sneezes with your elbow, not your hands, to keep germs from getting onto your own hands.



WRONG

County of Bergen • Dennis McNerney, County Executive
Bergen County Board of Chosen Freeholders



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For more information on Comprehensive Cancer Control in New Jersey, please visit: www.njcancer.gov.