healthpoweredkids™

SKIN HEALTH: HOW TO CARE FOR YOUR LARGEST ORGAN

Today your child learned about skin problems and skin care. In particular, we focused on ways to keep skin healthy. These include:

- Wash regularly (two times a day) with a gentle cleanser. No scrubbing.

- Stay hydrated. This means to drink plenty of liquids (water is best!).

- Protect your skin from the sun with sunscreen and/or protective clothing.

- Moisturize as needed with a gentle moisturizer.

- Choose healthful foods and beverages. Be sure to eat plenty of fruits and vegetables. Avoid processed foods and those with a lot of additives.

- If you have acne, treat it with an over-the-counter medicine or go see a dermatologist (a skin doctor). Never pick as that will make it worse and potentially cause lasting damage to your skin.

- If you have other skin problems (such as eczema, athlete's foot, rashes or warts) talk to a doctor or a dermatologist. A lot of skin care problems can be healed with the right treatment.

- Manage stress. Stress can cause a lot of skin problems, including acne.

AT HOME ACTIVITY

Do an inventory of all of the skin care products you have on hand right now. Check the expiration dates and get rid of any that are too old. Make sure you have enough soap or cleansers on hand. If any family members have a need for specific products, such as those recommended by a doctor, that you don't have, make it a priority to get some.

TAKE A STRETCH BREAK

Toe Touch – A toe touch stretch is one of the most basic stretches. This stretch targets largely the muscles of the legs, especially the calves and hamstrings. From a standing position with your feet together, bend over at the waist and reach for your toes. If you can't quite reach your toes, stretch just as far as is comfortable. From a sitting position, sit with legs outstretched and together. Bend forward and reach for your toes or as far as is comfortable. In both stretches, hold the stretch for 15 seconds and then release.

Allina Health

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