



## Tips for keeping kids healthy at home

### KEEPING CLEAN WHEN YOU'RE A PRETEEN



Most kids know by age 8 or 9 that changes will start happening to their bodies as they get closer to being teenagers and then young adults. What a lot don't know, however, is that there are also changes they'll need to make in how they care for themselves. As a parent you spend quite a bit of time and energy helping your child learn basic hygiene when he or she is very young: how to wash hands and for how long, brushing teeth, coughing or sneezing into the elbow, and so on. This kind of teaching and coaching is a lot less common but still really important for older kids, especially as their bodies begin to change.

### AT HOME ACTIVITY

Today your child learned about acne, shaving, body odor/bathing, and hair care. Together with your child, do a walk through of your shower/bath area, bathroom, linen closet and anywhere else you keep self-care supplies. Make sure you have on hand the items your child needs or wants (and that you approve of) in order to help your child feel as comfortable as possible in his or her changing body. Different families have different expectations and norms about hygiene so be sure to ask your son or daughter about the things he or she learned today and share your own thoughts on the topics.

Items to consider always having on hand in your household as your child enters puberty:

1. Toothpaste, toothbrush, floss and mouthwash
2. Shampoo and conditioner
3. Deodorant or antiperspirant
4. Acne creams or treatments
5. Shaving supplies such as razor(s), shaving cream and after-care lotion
6. Tampons and/or pads for girls

### ON THE ROAD TO GOOD HEALTH

With so many changes happening throughout the adolescent years, it's important to make healthful choices each day!



- Eat five or more servings of fruits and vegetables.
- Get plenty of sleep! Preteens and teens need nine to 10 hours each day.
- Manage your stress! Stress can often lead to acne breakouts or flare ups.
- Get moving! Kids and teens should get 60 minutes of exercise every day.