

Children's Health

Tips To Help You Raise Healthier Kids

(NAPSA)—According to the experts at the Centers for Disease Control and Prevention (CDC), here are a few tips for keeping kids healthy:

Keep your child's checkups and immunizations up to date.

Routine exams and screenings help you and your kids prevent, identify and treat health problems when they arise. Vaccines help prevent infectious diseases and save lives.

Provide healthy meals. Eating right will help provide the nutrients needed to have energy, build strong bones, and fight diseases and other conditions. Pay attention to what and how much your kids eat.

Keep kids active. Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels.

Teach kids healthy habits, such as hand washing. Provide your kids with a good foundation to help them make healthy choices every day. Seat belts, helmets, sunscreen, toothbrushing and hand washing are just a few of the things that help to keep us all safe and healthy. The CDC says hand washing is one of the most important things children can do to help stay healthy. The agency says it's best to wash your hands by vigorously scrubbing with soap and clean running water for about 20 seconds.



The Centers for Disease Control and Prevention says kids should vigorously scrub their hands with soap and clean running water for at least 20 seconds.

Twenty Seconds of Hand Washing:

The Parental Challenge

Of course, the challenge is how do you get kids to wash their hands for about 20 seconds? Some experts recommend singing the "Happy Birthday" song twice. Now there's an easier alternative that may be more fun.

SquidSoap by Airborne®, with its patented technology, is designed to teach and train proper hand-washing technique to children ages 3-8. It's the only liquid-soap dispenser with a specially designed pump that stamps a child's hand with vegetable dye. It takes about 20 seconds of thorough hand washing to remove the ink mark, leaving the child with clean hands.

Visit www.squidsoap.com for more information.