

## Report to **PARENTS**

# 4 Tips to Promote Winter Wellness

During the winter season, it becomes easier for kids to come into contact with germs that cause illnesses like cold and flu. Encouraging healthy habit practices at home—starting with these strategies—is a proactive measure to help ensure kids maintain their health and contribute to the overall well-being of their school communities.

## 1. Prioritize Nutrition

If you're sending your little ones to school with a packed lunch, try to incorporate a variety of food groups, offering essential nutrients to keep them energized and satisfied all day long. The CDC recommends that children aged 2 and older follow a healthy eating pattern that includes fruits and vegetables, whole grains, low fat dairy, oils, and a variety of protein-rich foods. Try including in-season foods like apples, brussels sprouts, carrots, and pears.

## 2. Bundle Up

While staying indoors when it's cold is enticing, it's important to get outside when you can. Dress your child in layers to protect them from the cold and use sun protection no matter the temperature outside. Outdoor activities boost physical health and contribute to better sleep and mood regulation.

## 3. Encourage Proper Handwashing

Handwashing is a fundamental line of defense in preventing the spread of germs. As soon as your kids walk in the door after school, remind them to wash their hands before eating a snack or playing with toys.



If your kids are younger, make it an activity you do together by going to the sink and reminding them that the correct technique for thorough hand cleaning is scrubbing for at least 20 seconds.

## 4. Refresh Your Disinfecting Routine

Wintertime is a great moment to restock classroom essentials like Lysol Disinfecting Wipes and Lysol Disinfectant Spray. When used as directed, Lysol products kill 99.9 percent of viruses and bacteria. Regularly disinfecting high-touch surfaces like kitchen tables and doorknobs can help cut down on the spread of illness-causing germs.

Find resources and downloadable activities about handwashing and germ transmission at [Lysol Here for Healthy Schools](#).