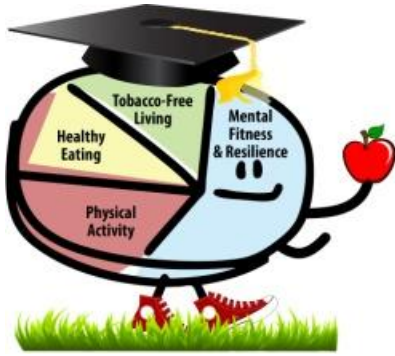


# Kindergarten: Mentally Fit....Ready to Learn



## Mental Fitness

Preparing your child for school is important. "Health and education go hand in hand. Healthy children learn better and better educated individuals tend to be healthier for life" (Basch CE, 2011).

Children need to hear that they are special. Listen when they talk to you. They are never too old or big to be hugged so please do it often. As families we need to look at how to help our children succeed. Encourage their talents, and focus on their strengths.

## 40 Developmental Assets

"A set of 40 positive qualities, skills, and experiences that research shows every child needs to become a healthy, caring, responsible adult". ( Search Institute 2005)

[www.search-institute.org](http://www.search-institute.org)

## Healthy Eating

Physical health is related to nutrition. What children eat affects their performance in and out of the classroom. It also affects their health in years to come. Families can teach and role model healthy habits. It is recommended to follow Canada's Food Guide to Healthy Eating.



<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.

<http://www.gnb.ca/0000/pol/e/711A.pdf>

## Physical Activity



Children need to be physically active at least 60 minutes each day. Research shows children who are active do better in school. Limit screen time to 1 hour each day for this age. Encourage outdoor play. Connecting outside with nature has positive benefits for physical and emotional health.

<http://www.participaction.com/get-moving/bring-back-play/>

## Sleep

Sleep is important. It promotes alertness, memory and performance. Five year olds need 11 hours of sleep a night. A sleep routine is a good habit to help children sleep at night.



## Hand Washing

Hand washing for 20 seconds is the best means to prevent the spread of germs. Singing "Happy Birthday" twice will help children know how long to wash their hands. Avoid touching the T-zone (eyes, nose and mouth) with unclean hands. Encourage children to cough into their sleeve, or a tissue.

## Immunization

Immunizations are required for school entry. Including the 4 year old booster.



Questions? Call Public Health at 453-5200  
For Upper Valley call 1-888-829-6444

<http://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/immunization.html>

<http://www.gnb.ca/0000/pol/e/706a.pdf>

## Head Lice

Head lice are a common school nuisance. Get in the habit of checking your child's head weekly. Discourage your child from sharing combs and brushes. Encourage them to tuck hats in the sleeves of their coats. Tie long hair back. The best action is to be proactive.

For information on Head Lice visit:

<http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Pages/default.aspx>

## Websites

ASDW Healthy Learners: <http://web1.nbed.nb.ca/sites/ASD-W/HealthyLearners/Pages/default.aspx>

Health: [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)

Health Canada: <http://www.hc-sc.gc.ca/index-eng.php>

Public Health Agency of Canada: [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

We hope you enjoy this exciting time in your child's development. Remember children have to be healthy to learn and they have to learn to be healthy.

