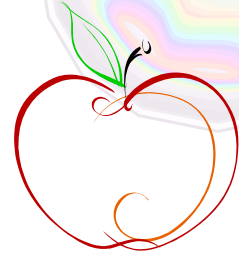


Feeling Good and Keeping Healthy

Important messages you can share at home and with your minded children.

- Enjoy a balanced diet with plenty of fresh fruit and vegetables. Have sweets, crisps and biscuits only as a special treat.



- Encourage children to manage at the toilet and wash their hands afterwards.
- Always ask children to wash hands before handling food.

- Encourage children to clean their teeth, especially after eating something sweet.



- Have some form of vigorous exercise daily. Go for walks, swim or visit the park. In bad weather enjoy exercise, such as dancing to music, indoors.

- Show children how to cross roads safely and talk about what to do if they are lost .



- Emphasise dangers in the house such as electrical appliances, open windows and stairs.

- Talk together about likes and dislikes.

- Ensure that children have lots of choices and ask their opinions.



- Talk together about what makes them happy, angry or sad.



- Give lots of praise and encouragement.
- Make bedtime routines relaxed and happy to ensure a good nights sleep.

Bubble Picture

Stir together 1/2 cup water, 1-2 tablespoons of ready mixed paint, and 1/2-1 tablespoon washing up liquid; pour it into a shallow dish, paint pot or wider topped container. Place one end of a straw in the paint/soap mixture and gently blow to make bubbles. Blow until the bubbles are almost over the edge of the container. Place a piece of paper on top of the bubbles and hold it in place until several bubbles have popped and transferred their shape onto the paper - this makes a fun bubble print! Continue the process with different colours if you want. Blow more bubbles as needed. Set aside to dry. When dry, you can add drawings to your bubble pictures if you want.

