

## Heart Health Month

Your heart is an important part of your body, and there are a lot of different things you can do to keep it healthy and strong in honor of "Heart Month": Check out these different suggestions below:

### Physical Activity

Getting exercise is a great way to keep your heart strong. Kids should aim for 60 minutes of exercise daily, and this can be playing outside, gym class, walking/running, sports or even virtual fitness classes!

### Nutrition

What we eat makes a big difference on how we feel and keeping your heart strong. It's important to eat lots of fruits and vegetables, lean proteins (like chicken, beans and fish), and make sure grains are whole grains. Limit the number of sweets, fats, and processed foods.

### Healthy Weight

Talk to your child's provider about what is the right weight for their height at their age, and if it is over or under what is recommended, you can work together on a plan to achieve that ideal weight.

### Movement with Screen Time

With many kids doing virtual learning, screen time is inevitable. Encourage your child to take stretch & movement breaks throughout the day, and to limit phone, tablet and tv time.

### Don't Smoke or vape

Smoking/vaping not only hurts your heart, but it also hurts your lungs, blood and other organs. Just say no!

## How to Handle an Emergency

### Calling for Help

- Take a deep breathe
  - Call 911
- Tell the operator your name, and that there's an emergency. If you know the address, tell them that too.
- Explain what happened and how many people are hurt.
- Follow the directions of the operator carefully and don't hang up until they do.

### Being Prepared

Knowing what to do ahead of time can help you stay calm in an emergency. Make sure to carry a cell phone or know where access to a phone is, and learn basic first aid to help in an emergency situation.

Source: [Being Prepared for an Emergency](#)

## Train Your Temper

Everyone gets angry from time to time, but it's important to practice three steps to "Train Your Temper" before you "explode" from being so mad:

### Take a break

Removing yourself from the situation (an argument, for example) can help you calm down.

### Get the anger out

Anger that builds up can leave you feeling ready to explode! Burning off some of that anger through exercise, dancing, listening to music or writing can help you express your feelings.

### Learn to shift

This is something you may have to work hard at, but it's learning to shift from a really angry mood, to a more in-control mood, and to improve angry thoughts to better, more positive ones.

Source:

KidsHealth ["Train Your Temper"](#)

## Children's Dental Health Month

Taking care of your teeth is an important part of your health. Keeping your teeth healthy allows you to chew your food, talk clearly and smile big, and dental health is something that everyone should be practicing.

By starting children with healthy dental habits early, it can help prevent different dental ailments later in life—such as cavities, gingivitis (causes gums to be red, sore and swollen) and other conditions.

Here are different ways you keep your teeth and gums healthy:

### Brushing

Brush at least twice a day, everyday! When brushing, it's best to use a toothbrush with soft bristles, and to make sure your toothbrush cleans ALL teeth—including the ones in the front, side and back of your mouth.

### Flossing

Flossing at least once a day helps to remove germs and leftover food that gets stuck in between your teeth, and can cause bad breath, gingivitis and cavities.

### Nutrition

Sweets, candies, soda and sugar are not good for teeth, and can cause problems. Focus on eating lots of fruits and vegetables, whole grains and protein!

### Visiting your dentist

Dentist check-ups and cleanings should be scheduled twice a year to be sure you're on track!