

THE GREAT BODY SHOP

Parents' Bulletin

Brought to you by The Children's Health Market, Inc., P.O. 7294, Wilton, CT 06897 800-782-7077 or 203-762-2938

GET WELL SOON

THIS MONTH IN THE GREAT BODY SHOP, WE'LL SEE HOW PEOPLE GET SICK AND HOW THEY STAY WELL. WE'LL TALK ABOUT SOME OF THE SIGNS OF SICKNESS. CHILDREN WILL LEARN WAYS TO KEEP CLEAN AND TO KEEP THEIR GERMS FROM SPREADING TO OTHERS. PLEASE REINFORCE THIS MATERIAL AT HOME BY HELPING YOUR CHILD TO KEEP THE CHART BELOW. THANK YOU!

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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| I washed my hands before I ate. | | | | | | | |
| I washed my hands after I used the bathroom. | | | | | | | |
| I brushed my teeth morning and night. | | | | | | | |
| I ate a lot of fruit and vegetables. | | | | | | | |
| I got plenty of sleep. | | | | | | | |
| I exercised today. | | | | | | | |
| I did not share forks or glasses. | | | | | | | |

Put a star in the box each day you do something to stay healthy.

