
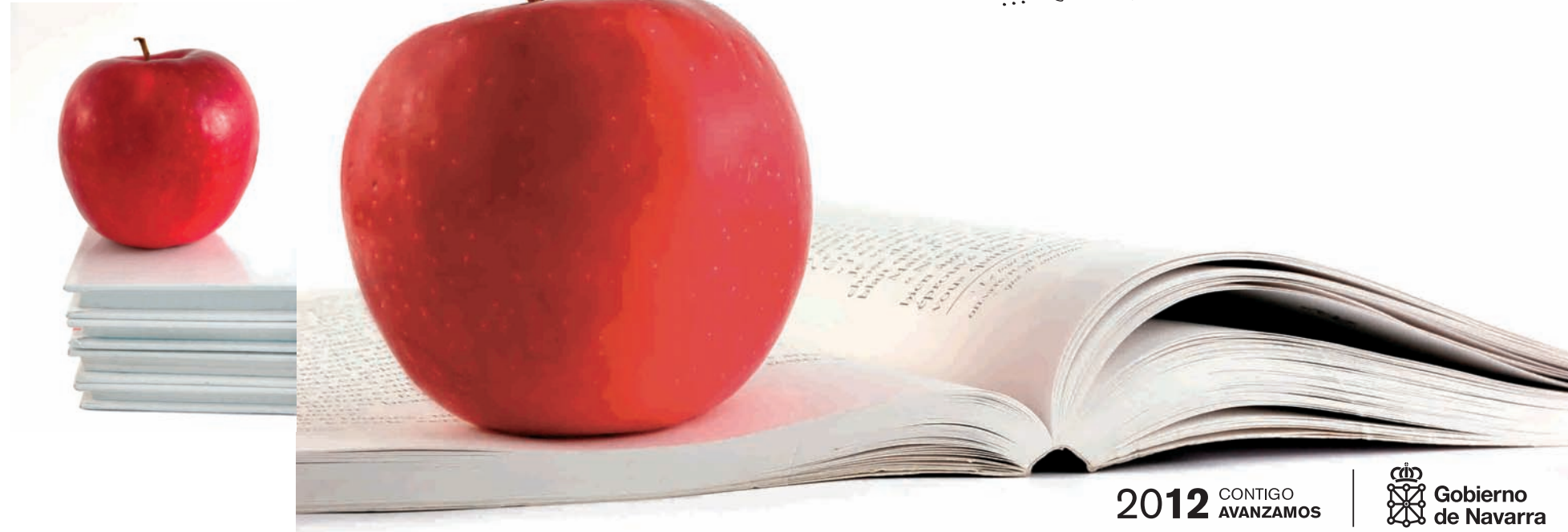


Returning to school...

... with health 



Para más ejemplares e información.

Instituto de Salud Pública - Tno. 848 423450 <http://www.cfnavarra.es/isp/promocion>

2012 CONTIGO
AVANZAMOS





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Returning to school is a time of change and adjustments: changes of schedules, space, rhythm of life. It often involve other relationships and makes an intellectual effort that has not been done during the summer.

As parents, it is important to address the situation calmly, slowly, and allow adjust period. It is a good time to consider how to help them maintain and improve their health. This booklet offers some general considerations for healthy return to school.

FOOD: What is healthy eaten in varieties of ways (there is no complete food), and taking each food as need. A good breakfast (fruit, milk and bread, crackers or cereals) promotes intellectual work. It's best for lunch (sandwich, fruit, yogurt drink ... that industrial pastries or biscuits).

PHYSICAL EXERCISE: Making regular physical exercise is necessary for growth and development, improving health and wellbeing at any age and helps prevent diseases. Everyone can choose which one he/she likes and gets along better. Is advisable to start and end the exercise gradually. We encourage them to walk, use bikes and do any other extracurricular activity or game for the little ones, including exercise.

HYGIENE OF THE SKIN: It is important to be clean and moisturized with shower or bath. Hands can transmit infections. It is advised to wash with soap and water when soiled, before eating and after clean nails with brush and cut them often.

It is important to wash genitals: girls from front to rear, also with the menstruation; young boys, lowering the skin of the foreskin and clean their glans.

If acne, wash the affected areas with soap and warm water or gel twice a day and dry them carefully. Sometimes they require specific products.



Returning to school...

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HYGIENE BACK: We recommend backpacks that are comfortable and weighing as little as possible, with wide and padded straps that are placed correctly on both shoulders to distribute the weight well.

We also recommend upright chair with back support attached to the table by the chair, and not inclined to read, using, if necessary, a lectern.

HYGIENE OF THE HAIR: Is useful to review it and wash the hair once or twice a week to detect the possible presence of lice, particularly in Infant and Primary. The first symptom of lice is often a persistent itching of the head which can be seen mainly in the neck and behind the ears. Treatments are available in pharmacies.

DENTAL HYGIENE: Wash your teeth after eating, further to the night with a fluoride paste, it is important to keep teeth healthy and able to chew food well. It is preferable to use a low sugar (sweets, candy, ice cream and bags, only sometimes) and review annually the teeth in the Children's Dental Care Program.



Returning to school...

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EMOTIONAL AND SEXUAL: It is important to know, accept and evaluate one's own body, to recognize their own emotions (to the father, mother, brother or friend, etc.). And be able to express them.

It aims to promote the acceptance of being a man or woman from equality, encouraging boys and girls alike roles and games that are sometimes assigned to only one sex. So we build a more complete personal identity.

People are sexual beings with sexual experiences and emotions (desire, attraction, love). Healthy sexuality involves the acquisition of a broad concept of sexuality, reproductive (our source, fertilization, pregnancy, childbirth), but also caring, communicative and relational.

SAFETY AND ACCIDENT PREVENTION: On the Road to the school, home ..etc. there are risks of accidents. To avoid them we need to walk slowly, without harebrained, crossing streets and passing zebra, always look before crossing, belt use in vehicles and safety devices, either seized or travel on the bus, etc..



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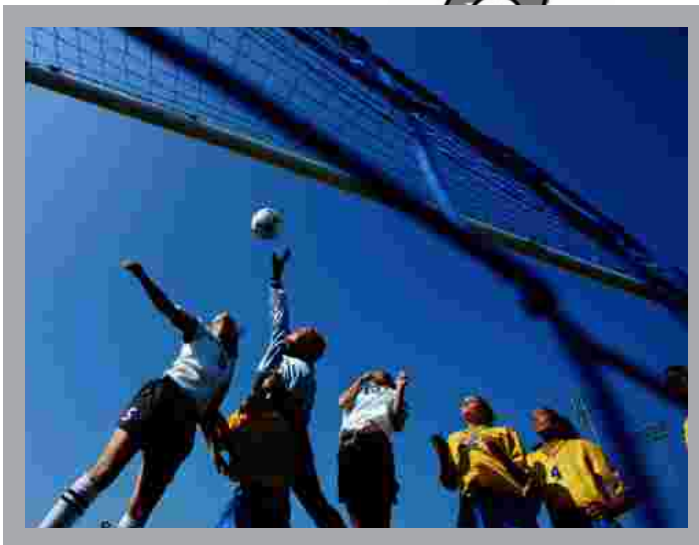
ACTIVITY AND REST: This is an active life without reaching fatigue, combining the activity with moments of rest, the tension of the school day with non-balanced occupations.

It is useful to promote a varied leisure sports, being with friends, going to the cinema, painting ... The best way we can teach them to enjoy a leisure time is being healthy and imaginative models and sharing it with them from an early age. To enjoy this leisure time is also taught.

Consumptions little attention in infancy (trinkets, clothes, toys, television, video games etc.). Not taught to control the consumption of harmful substances in young ages. It is therefore important that adults set an example and rational consumption of controlled substances and objects.

It is recommended to quit smoking and not contaminated by frequenting smoke snuff

Should sleep between 8 and 10 hours, longer hours with less age, quiet environment with a temperature between 18 and 20, a pillow that gives a slight elevation in the lead, a cushion, but flexible and not sink adequate bedding.



Returning to school...

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TOGETHER: We would treat them with humour and love, tell us what you like about them and they were acceptable as they are and not as we would like, respect them as individuals, to require as much as possible to encourage their autonomy, to exercise authority and rules reasonable and clear, without authoritarianism but with consistency, promotes health and personal development.

It is useful to foster positive relationships with family, old people, boys and girls, etc.. beyond the core nearby.

Conflicts are part of human relationships. It is possible to make every conflict an opportunity for reflection and communication, to find solutions that all parties win and be enriched.

Exercise authority over children, it is beneficial and essential to their education. This is done to respect the rules firmly and clearly, always avoiding physical violence or humiliation.

ENVIRONMENT: It is useful to prepare the physical environment (space and time to eat, play and study, possibly with noise and smoke snuff), emotional (pleasant climate, peaceful, friendly, mutual trust) and relational (sharing tasks, collaboration, joint family).

At this stage, the study requires an appropriate organization: we must arrange a schedule that includes times of rest and bring the fourth study in a way that is ventilated with adequate lighting, clean the table and, if possible, to have a seat with backrest.



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