



Wee Learn

Wee Builders

(3 – 4 years):

5 Healthy Habits for
Children to Prevent
Cold & Flu



While it's not possible to shield your children completely from catching a cold or the flu, you can teach them healthy habits to boost their immune systems and decrease their chances of picking up an infection.

Tips to teach your children important healthy habits to prevent colds and flu:

1. Get them into the hand washing habit. Hand washing is one of the most effective ways of preventing the spread of illnesses such as cold, flu, pinkeye, and more. Teach your child to wash his hands often, especially before eating, after blowing his nose, and after using the bathroom.

2. Teach them how to wash their hands properly. Your child should wash their hands properly for at least 30 seconds with soap and water. Simple soap will do -- you don't need antibacterial products (in fact, studies have shown that antibacterial soaps are not any more effective at killing germs than regular soap, and health experts have expressed concern that increasing use of antibacterial products may in fact be giving rise to antibiotic-resistant bacteria).

3. Show them how to cough and sneeze properly. Cold and flu viruses can become airborne on droplets of saliva when someone sneezes or coughs. Teach your child to cover a sneeze or a cough with a tissue or with the inside of her elbow. A recent study showed that most people cover their sneezes, but do so with their hands (a bad habit that can spread illness to others).

4. Tell them to avoid touching their eyes. If your child touches something that someone with a cold has touched and then touches his eyes or mouth, the cold virus can enter his body through those points.

5. Encourage them not to share utensils and cups with friends. Viruses and bacteria are easily transmitted through saliva, so this is one type of sharing that you should teach your child to avoid.

In addition to these healthy habits, be sure to give your child plenty of healthy and nutritious foods, which will help keep his immune system strong and ward off colds and flu. And make sure that he gets plenty of sleep, which is important for keeping him healthy but helps children focus in school and prevents crankiness and moodiness. Getting children to go to bed is important for his health as well as his emotional and cognitive well-being.

<https://www.verywell.com/good-kids-habits-to-prevent-cold-and-flu-620491>

