

# QUICK TIPS *for parents* of school-age kids



*It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.*

## Get out a play!

Being active with your children not only shows them that you value time with them, it also encourages good health behaviors. By instilling healthy habits at a young age you are giving your child a better chance of keeping those habits into adulthood, which helps to ward off chronic diseases such as diabetes and high cholesterol.

### Here are some fun activities you can do this summer with your kids:

- **Take a Hike!** There are lots of trails to explore and many parks that are easily accessible. There is so much to see! Find a park or trail you can walk or bike to, or explore other areas of the County. While on your adventure, you may see a blue heron, turtle, fossils, or many other birds and creatures that are fun for both kids and adults to find. Remember not to disturb wildlife and to watch for ticks! Ticks can cause Lyme disease. Here are some resources for you:



- **Complete the DEC Bird Challenge!** Your kids will be entered to win one of 50 prizes when they submit their entry identifying 10 bird species. For more and access to the entry form info scan this code!



- **Go to the park** and learn to roller skate or bike with your child, **visit the local beach** and swim, or build a sand castle. Being outside **reduces screentime** and gives us a big dose of vitamin D! While you are outside, remember to use proper protection from the sun! Here are some useful sun safety tips:

