

“Happy Healthy ®” summer

Give the Best Gift.

One of the best gifts you can give your children this Summer is a “Happy Healthy ®” You. Making the transition from day-long school may be nothing but joy for your kids, but may *at times* be not-so-much joy for you! Please, take care of yourself. Set up a weekly sitter or kid-swap with a friend. Here are a few “Happy Healthy ®” hours for yourself. Buy yourself a latté. Get a pedicure. Visit a museum. Read The Book, and pray daily in a quiet place. Think of what you love to do, and do it. Refreshing your heart and mind will reenergize you to be the best you can be for your kids. You are setting a “Happy Healthy ®” example for your children

Not your car Pool.

The pool is a must for Summer time as well. Pools are great substitutions for video games and TV! Kids gain the fundamental life skill of swimming, as well as the social skills that taking turns, sharing pools toys and participating in pool games. Use sunscreen **generously and repeatedly** as one bad sunburn doubles your child’s chances for skin cancer. Buy the highest protection you can find that protects against both UVA and UVB Rays. And sunglasses for your kids aren’t just a fashion statement any more! They are crucial for protecting your children’s vulnerable eyes (particularly before the age of 10, including infants). Cataracts and Macular Degeneration are both linked to UVR exposure. Buy your children sunglasses that fit snugly and have both UVA and UVB 99-100% protection. Have your kids sit in the shade during adult swim, and babies under 12 months of age should not be exposed to the sun at all.



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Put a reading contest into place.

Each time your children complete a book, they can write the title on a circle and add it to their *homemade bookworm*. Setting reading times help to structure your day, and are an ideal time for you to give some quality attention to a younger child who may get lost in the wake of their older siblings. Then, acknowledge your children’s diligence. An outing to The Georgia Aquarium is an excellent reward. If you have a teenage child, consider creating a list of books that you and your spouse would like your children to read

before they leave your home.

Vacation Bible Schools

are also an excellent way to have your children in a “Happy Healthy ®” environment where they can learn important values in fun and child-friendly way. Many local churches hold one-week VBS’s for free or a very small fee.

Applying these Summertime Tips will help you to have a more organized, focused and productive schedule. Have a wonderful, safe and blessed summer!