

# Agape Schools Awareness & Prevention Newsletter

*Awareness and prevention information for the health and wellbeing of Agape families.*



## September – Healthy Habits & Germ Prevention

### **“The Agape Difference” Quote:**

*“Love cares by keeping one another well.”*

### Infants (6 weeks–12 months)

- Hand Hygiene: Wash your hands before feeding or playing with your baby.
- Toy Safety: Clean and sanitize toys that go in mouths regularly.
- Illness Signs: Know when to call the doctor—fever, cough, or unusual fussiness.

### Toddlers (1–2 years)

- Handwashing Fun: Sing a short song while scrubbing to make it engaging.
- Modeling Sneezes/Coughs: Show how to cough into elbows.
- Healthy Snacks: Introduce colorful fruits and veggies for strong immune systems.

### Preschoolers (3–5 years)

- Self-Care Skills: Practice proper handwashing (20 seconds, front & back-don’t forget the thumbs!).
- Sharing with Limits: Teach children **not** to share utensils, cups, or food.
- Healthy Routines: Encourage sleep, exercise, and balanced meals to support strong bodies.

### **FAMILY TIP OF THE MONTH:**

Keep a “wellness basket” at home with tissues, hand sanitizer, & a thermometer.

***Information in this newsletter is not intended to replace advice by a health care professional.***

