



Spring is here! As the sun warms each day, children will be spending more time doing outdoor activities like swimming, camping, walking, bike riding etc.

Lois Bronz Children's Center has developed a Health Improvement Plan (HIP) to encourage our children, parents and employees in making healthy life style choices. Our plan includes nutrition and exercise options for the entire LBCC community. We encourage our children to be physically active because healthy, physically active kids are more likely to be academically motivated, alert and successful. Regular exercise provides the following benefits:

- Strong muscles and bones
- Weight control
- Decreased risk of developing type 2 diabetes
- Better sleep
- A positive outlook on life

It is fun to enjoy outdoor playtime, it is also important to keep your child safe and healthy. Here are some tips to keep your child safe this spring:

- Sun Safety - It is important to prevent damage from too much exposure to the sun. Sun screens can help to protect your child from damage from sun exposure and reduce the risk of skin cancer. Pick a sunscreen with a SPF of 15 or higher and which offers UVA and UVB protection.
- Water Safety - To ensure that your children are safe, never leave them unsupervised around water.
- Playground Safety - Playgrounds provide a great source of exercise and a place where children can socialize and play creatively. Supervise your child at play in order to avoid any serious injuries.
- Spring Allergies - Look out for common symptoms which include repetitive sneezing, runny nose and itchy eyes. Fever is not associated with allergies, so if your child is running a high temperature, please contact the pediatrician.
- Insect Bites - Bites that parents should be more concerned about include spider bites, tick bites and bee stings. If your child is stung by an insect and experiences difficulty breathing, swelling, dizziness or vomiting, get medical help right away.

Enjoy Spring!!

