



Vision & Oral Care



Stress



Digital Safety



Contests

Physical Wellness

At every age, your family members can benefit from **routine vision and dental exams**. Experts advise that 80% of learning in the first 12 years comes through the eyes. Therefore, be sure to protect those eyeballs by going to the doctor regularly, getting enough sleep, eating a balanced diet and taking breaks while you're on the computer or looking at television.

Good oral hygiene is important and it starts with proper brushing. 1) Place your toothbrush at a 45-degree angle to the gums. 2) Gently move the brush back and forth in short strokes. 3) Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth. Also, did you know that dentist recommend that a toothbrush be kept at least six feet away from the toilet to avoid airborne particles resulting from the flush. Measure the distance from the toilet to your toothbrush to be sure your toothbrush is at a safe distance.

Mental Health Matters

Stress is your body's way of responding to a demand or threat. The stress response is the body's way of protecting you. However, some stress can be healthy. It may get you up in the morning, run away from danger or do important work. **The secret is learning to manage it.** Make a note of these 5 smart steps to lessen stress:

1. Know your stressors (learning what stresses you is the first step to dealing with it)
2. Make a plan (keep a journal, set aside time to do things that reduces your stress)
3. Take care of your body (exercise, daydream and think about a happy place, breathe slowly, take naps)
4. Take care of your feelings (cry, rest before & after stressful events, learn to say no, join a support group)
5. Ask for help (learn to seek and accept help by talking with a friend or professional)

**HAVING A HEALTHY MIND
IS JUST AS IMPORTANT
AS A HEALTHY BODY**

Digital Parenting

Digital Safety is important. **Pay attention to social outlets.** Here are 5 steps towards good digital parenting:

1. Talk with your kids (stay calm, talk early and often, be open and direct)
2. Educate yourself (try out apps, games and sites yourself before allowing your child to use them)
3. Use Parental Controls (monitor use, activate safety controls on game consoles and phones)
4. Set ground rules (sign a family safety contract, set time and place limits for devices)
5. Explore, Share and Celebrate (Go online with your child, learn from your child and have fun)
6. Be a good digital role model (curb your own bad digital habits, know when to unplug)

Go to fosi.org/parenting for more helpful tips or <http://blogs.henrico.k12.va.us/parents/> for more helpful tips.

Call To Action

We are calling on you to test your knowledge about these topics and you could **win a \$50 VISA gift card**. Stay tuned as contest rules and details will be sent home in early November.