



Healthier Me



Guidance for Health, Nutrition, Fitness, and Safety



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I wash my body

1. When I wash my body, I go into a bathroom and close the door for privacy.
2. I take off my clothes so I can wash all parts of my body. If I have glasses, I take them off when I wash my face.
3. When I turn on the water, I need to make sure it is not too cold or too hot.
4. I put water on each part of my body. Once it is wet, I put some soap or body wash on that area and rub for about twenty seconds. I rinse the soap off with water after rubbing.
5. To wash my hair, I wet my hair completely with water. I put shampoo into the palm of my hand and put it into my hair. I am careful so shampoo doesn't get in my eyes.
6. I massage the shampoo onto my scalp and through all the strands of my hair to the ends, for about one minute. I close my eyes and rinse all the shampoo out of my hair.
7. When I am finished washing, I turn off the water. Then I dry myself with a clean towel. I rub the towel gently on each part of my body to dry it. I can wrap a towel around my hair to soak up some of the water.
8. Once I am dry, I put on my clean clothes.



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I Take Care of Myself



I brush my teeth.

1. When I brush my teeth, I go into a bathroom to get my toothpaste, my toothbrush, and a cup.
2. I turn on the water in the sink and wet the bristles of my toothbrush. Then I turn off the water.
3. I open the toothpaste and squeeze a small amount onto my toothbrush.
4. I open my mouth and put the toothbrush with the toothpaste into my mouth.
5. I brush in small circles along all of my teeth. I brush the outside, inside, top, and bottom of all my teeth. I try not to swallow the toothpaste when I brush my teeth.
6. After I have finished brushing all my teeth, I rinse my mouth with some water and carefully spit what's in my mouth into the sink.
7. When I am done brushing my teeth, I rinse my toothbrush under the water to clean it.



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I brush or comb my hair.

1. It is important to brush my hair once or twice a day. There are many different types of brushes and combs. I can pick the one I like most that works on my hair.
2. If my hair is long, it is easier to brush or comb my hair by separating into sections. I brush or comb one section at a time.
3. I start near the ends of my hair and lightly gently brush or comb my hair downward a few times, until there are no knots in that section.
4. Then I put the brush or comb higher on my hair near the scalp, lightly brushing or combing downward until the knots are removed.
5. I repeat this for each section of my head.





I use deodorant.

1. It is helpful to use deodorant before getting dressed in the morning, after I take a shower, and before exercising.
2. I remove the cap of the deodorant container.
3. I hold deodorant in the right hand while lifting my left arm up toward the ceiling.
4. I rub the deodorant in circles onto the skin of my left armpit three times. Then I put my left arm down.
5. I switch hands to hold deodorant in my left hand while lifting my right arm up into toward the ceiling.
6. I rub the deodorant in circles onto the skin of my right armpit three times. Then I put my right arm down.
7. I finish getting dressed.





I dress for the weather in clean clothes.

- The weather changes all the time. Each day, I pick out clean clothes based on the day's weather.
- When it is hot outside, I can wear a t-shirt, short-sleeved shirt, shorts, bathing suit, tank tops, and other lightweight clothes. I can wear flip flops, sandals, and shoes that keep my feet cool. It is too hot to wear heavy coats, winter boots, scarves and gloves.
- When it is cold outside, I wear a long-sleeved shirt, sweater, sweatshirt, sweatpants, long pants, or other clothes that will keep my body warm. When I go outside, I wear a coat, hat, scarf, and gloves when it is very cold. I wear closed shoes, or boots to keep my feet warm. It is too cold to wear bathing suits, shorts, flip flops, sandals, and open shoes outside.
- When it is snowing outside, I can wear a heavy coat, hat, ear muffs, gloves, mittens, and scarf. Boots protect me from getting my feet cold and wet. I don't wear flip flops or sandals in the snow.
- When it's sunny outside, I should wear sunscreen and sunglasses to protect my skin and eyes from the sun.
- When it's raining outside, I should use an umbrella to protect me from the rain. I can wear a rain jacket and rain boots, too.





I wash my hands.

I always wash my hands before I eat. I always wash them after I use the bathroom. It is also important to wash my hands after I blow my nose, cough or sneeze. I always need to wash my hands after I have been around someone who is sick. Other times I should wash my hands are after I touch an animal or handle trash. Whenever my hands look dirty, I should wash them.

- I turn on the water. I need to make sure it is not too cold or too hot. Once the water is the right temperature, I can begin washing my hands.
- I wet my hands with the water.
- I put a small amount of soap on my hands and rub the soap for about 20 seconds. I make sure I wash between the palms of my hands, my fingers, the tips of my fingers, my finger nails, and the back of my hands.
- I rinse my hands with water.
- Once all the soap is rinsed from my hands, I turn off the water.
- I dry my hands with a cloth towel or paper towel. I hang up the cloth towel after I use it. If I use a paper towel, I throw the used towel into the garbage can.





I use the toilet properly.

When I have the urge to urinate or have a bowel movement, I should go to the bathroom. I shouldn't wait too long to use the toilet after I have the urge to go. Sometimes people say "pee" for urine and "poop" for a bowel movement.

1. The bathroom is a private place. When I use the toilet, I close the door
2. I pull down my pants or lift up my skirt. Then I pull down my underwear. Some boys unzip their pants, instead of pulling down their pants.
3. I always sit on the toilet when I need to have a bowel movement. I never stand on the toilet bowl. Girls sit on the toilet to urinate. Boys can choose to stand or sit when they have to urinate. I make sure that the urine or bowel movement does not get on the floor or wall.
4. When I am finished urinating or having a bowel movement, I wipe myself. I pull toilet tissue from the roll. After urinating, I should only use a few pieces of toilet tissue. After a bowel movement, I need more. I should use a little paper at a time until I see that I am clean. I need to make sure there is not too much in the toilet so it doesn't clog. I can flush in between wipes to prevent the toilet clogging. I lean forward and wipe between my legs. When I wipe, I always wipe from the front to the back. I don't throw towels or other objects into the toilet bowl.
5. After my genital and anal areas are clean, I pull up my underwear. I pull up my pants or straighten my skirt.
6. I always wash my hands completely after I use the toilet.



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I Take Care of Myself



I cover my cough and sneeze.

- I always cover my mouth and nose when I sneeze and cough.
- If I don't cover my coughs and sneezes, germs will be spread to other people. If I use my hands to cover my mouth or nose, I will spread the germs when I touch other people and things.
- When I cough or sneeze, I cover my nose and mouth with a tissue. I use the tissue to wipe my nose. I always throw out the used tissue in the trash can and then wash my hands completely.
- I can also use the inside of my elbow to cover my sneeze or cough. This helps to prevent germs from spreading.

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I use a tissue when wiping my nose.

Sometimes my nose drips. It might happen if I have a cold or allergy. It can drip when I cry. Sometimes it drips when it is cold outside. No matter what the reason, I always use a tissue or handkerchief to wipe in and around my nose. If my nose gets irritated, there are special wipes I can use to help.

I don't use my sleeve or my clothes to wipe mucous from my nose. When I feel there is something in my nose, I should not use my fingers to pick it out. I can blow my nose to help get the mucous out. If I don't know how to blow my nose, I can ask a family member to teach me.

- When my nose is dripping, I get a clean tissue.
- I cover the bottom of my nose completely and gently wipe underneath my nose. Using my fingers, I lightly pinch the tissue around both of my nostrils and take the tissue away from my nose. If there is more mucous, I use another tissue.
- I wipe the bottom of my nose with my tissue.
- I always throw tissues away after I use them so I don't spread germs to other people.
- When I am finished wiping my nose, I wash my hands with soap and water to help stop germs from spreading.





I can ask for help.

Getting Help with Emergencies

- An emergency is when I need immediate help from the police, fire department or rescue squad.
- Some emergencies are a fire, someone fell and got hurt, a robber is trying to get in the house, a person is hurting themselves or someone else, someone is unconscious, a person is choking, a person is severely burned, there is a car accident, or a person can't breathe.
- If I am unsure if there is an emergency, I ask a responsible adult who is near me.
- When there is an emergency, I ask for help. If there is no one who can help me, I should go to a safe place with a phone and press the numbers 911. I tell the operator my name and what is happening and follow the instructions that are given to me.

Getting Help when I am Hurt

- I always try to be safe at home and when I go out. Sometimes I may fall or get a cut or a bruise. If I get hurt I can tell an adult near me that I am hurt. If I am in pain, I tell the person I am with so he or she can help me.
- If the person I am with is hitting me or hurting me, I yell "GET AWAY. STOP HURTING ME NOW!" I find someone to help keep me safe or call 911 on my phone right away.





I can ask for help.

Getting Help when I am Upset

- There are times when I get upset about something that is bothering me. I may feel angry, frustrated, or sad. When I am upset, I need to tell someone.
- I never hit, bite or pinch a person. I don't throw things or break things.
- When I tell someone what is bothering me, the person can help me feel better. There are things that I can do to help calm myself when I get upset. I can ask an adult to teach me how to feel calm.

Getting Help when I Want or Need Something

- If there is something I like, want, or need, I can ask for it. I can say, "I want to watch my favorite TV show." or "I need to get something to drink."
- I should not grab or take something without asking.
- There are times when I can't get what I want. I shouldn't get angry when that happens. No one gets their way all the time. I can ask if I could have it at another time or place or if I could have something different.

Getting Help when I have Trouble Doing Something

- Sometimes it is hard for me to do certain things. Everyone needs help sometimes.
- When I find something that is hard for me to do, I can ask, "Can you tell me how to do this?", "Can you show me how to do this?", or "Can you do this with me?"





I know my address and phone number.

It is important to know where I live and my telephone number.

- In case I get lost, get hurt, or need help, I can call a telephone number of someone in my family.
- My house has a number and a street name. My street is in a town. The town is in a state.
- My telephone number has ten numbers. When a person calls this number, the phone will call my family member's telephone.
- A police officer or another safe person can help me get home if I tell him or her my home address.
- To help me remember, I can write the phone number and address on a card and keep it next to my bed. Every night, before I go to sleep, I repeat this number 5 times.
- I can also wear an identification bracelet or carry an I.D. card that lists my address and an emergency telephone number.



Healthier Me



I Keep Healthy and Safe



I know what to do if I get lost.

- If I look around and don't see anyone I know, I am lost. If I am lost, I stay where I am. I don't run away. I don't go into the street. I don't leave where I am to look for the people I know.
- If I have a cell phone, I call home or 911. I tell the person on the phone my name and the signs and buildings around me. I tell them my home phone number too.
- If I don't have a cell phone, I stay and look for safe people like a police officer, teacher, or a person who works at the place where I am. I tell the person my name and that I am lost.
- I can tell them my home telephone number, too. If I have identification, I say, "I have an I.D. card to show you."

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I wear my safety belt.

I must always wear my safety belt when riding in a car or van. It helps protect me in car accidents. I never play with or destroy a safety belt.

- Sometimes I go for a ride in a car or van. There are different types, colors and sizes of cars and vans. Depending on a child's age, he or she may ride in a car seat, booster seat, or wear a seat belt.
- Riding in the car is fun. There are many places I can go. Some trips may be short rides. Other places may take a while to get there. I wear a safety belt every time I ride in the car, no matter how long or short the ride. Safety belts keep me safe.
- Different cars have different colors and types of safety belts. The person I am riding with will know the correct way to put on my safety belt.
- The safety belt might feel uncomfortable. Safety belts must be secure on my body to keep me safe. If it is too tight, I tell a person in the car. He or she may be able to adjust it for me.
- I can listen to music, sing, sleep, watch a movie, or play a game to keep me busy during the ride. I can look out the window at the scenery.
- When I talk, I should talk quietly so that I don't distract the driver of the car.





I wear my safety belt.

- I never touch the driver when he or she is driving. I never hurt anyone in the car or van.
- I do not take off my safety belt until the driver tells me it is safe to do so. I should not play with my safety belt or anyone else's safety belt in the car.
- When the car stops I keep my safety belt on. The driver will let me know when it is safe to remove my safety belt. If I can't take it off myself, I ask for help.





I am safe when I am near water.

- I always ask an adult for permission before I go near or enter the water. If there is something in the water I want, I ask someone to get it for me. I never climb a fence or unlock a lock around an area of water.
- I swim only in places where there are adults or a lifeguard watching the water. I need to make sure an adult can always see where I am.
- I always swim with a friend. Swimming by myself is dangerous. I never know what will happen.
- I never swim when I am tired.
- I never eat while swimming. I can choke.
- When I am at a pool, I walk carefully around the pool area. I never run. The ground gets slippery and I can fall and get hurt. I never skate or ride my bicycle near water.
- I always follow water safety rules. These rules keep everyone safe. Some rules are keeping my hands to myself and not pushing other people near or in the water.
- I need to know how deep the water is before getting in. I do not go into deep water if I don't know how to swim. I make sure the water is deep enough before I jump or dive. I could hurt myself or someone else. I never dive in an above-ground pool.





I am safe when I am near water.

- I never play near pool water drains.
- It is not safe to hold onto other swimmers, jump on them, or push them. This could keep them from coming up for air and breathing.
- It is not safe to hold my breath for a long time. I don't play breath-holding games because they are dangerous.
- I always wear a life jacket when riding on boats or other water craft vehicles like kayaks, and jet skis.
- I should only swim in an ocean, river, or lake if I ask permission. These areas can be very dangerous. The water may get deep suddenly. The water can be very cold, there may be high waves, and the water current can pull me under the water.
- The water in Jacuzzis and hot tubs is very hot. If I do go in, I stay in for only a few minutes and I don't go near the drains.
- I wear sunscreen when I go outside.
- I drink extra water when it is hot outside.





I use my bicycle safely.

Bicycle riding can be fun and healthy. When I ride my bicycle, I need stay safe. I always let my family know before I go outside to ride my bicycle. These are ways I practice bicycle riding safely:

- Before I ride my bicycle, an adult can check to make sure the brakes and wheels are working correctly. My skates should fit me correctly and not have cracks, loose or broken parts.
- I wear clothes that are comfortable and safe.
- I wear a helmet on my head every time I ride my bicycle or go skating. Helmets are important to prevent injury to my head. I need to make sure my helmet is the right size and I wear it correctly. I wear my helmet the entire time I am skating or on the bicycle, no matter how short the ride. My helmet should be level on the top of my head and should not move in any direction. I keep the straps on my helmet buckled at all times until I get off my bicycle. The straps should not be too tight.
- If I ride or skate at night, I make sure my bicycle has reflectors and I wear bright clothes and reflective material.
- I skate and ride my bicycle on areas that are away from traffic. The ground should be dry, smooth, and level. I make sure not to ride too close to people or parked cars and not to ride over or skate over things on the ground.





I use my bicycle safely.

- I don't wear headphones or listen to music when I skate or ride my bicycle. I need to pay attention to what is happening around me. Talking on the phone or texting is dangerous while riding or skating.
- I can ask an adult or take a safety lesson to learn about bicycle safety. I should learn about traffic signs and signals, and hand signals to use when I traveling around on the roadways.





I practice fire safety.

Every family should have a fire safety plan. It is important to have a safety plan so I know where to go to be safe when a smoke alarm sounds. I can learn more about fire safety from firefighters. They are people I can trust.

Firefighters are trained to put out fires. They can save me from being burned. They wear special clothing and wear gloves, masks and tanks to help them do their jobs safely. They will not hurt me. I always follow the firefighter's directions. I tell them if I don't understand.

- Fire is very hot and can burn me. Smoke from a fire can harm me, too.
- When I hear a smoke alarm, I get out of the building and stay out until an adult tells me it is safe.
- Smoke alarms will make a loud sound when there is a fire or smoke. As soon as I hear the smoke alarm, I say the word "fire" loudly, then I leave the building I am in. I always touch the door with the back of my hand before opening it. If the door is hot, I need to find another way out.
- Once I am outside, I can call 911 from a cell phone or a neighbor's home.





I don't leave where I am unless I tell someone where I am going.

When I go out I always stay close to an adult I know or my family. It is unsafe to leave by myself without asking an adult I know for permission.

- I don't go anywhere with a person I do not know.
- When I am upset, I ask someone for help. I do not run away.
- I ask someone if there's something I want. I never leave to get it without telling the person I am with.
- I don't go anywhere with a person I don't know. If a stranger asks me to go with him or her, I say "No, thank you. I need to stay here." If the stranger forces me to go, I yell, "Stop. Help me!"





I visit the doctor regularly.

I go to the doctor or nurse to check how my body is working and growing. I also go when I am sick. Whenever I go, the doctor, nurse, and I ask each other questions about my health. At the office, they may:

Check my height and weight

- I step on a scale that weighs me. Sometimes I take off my shoes before getting on the scale.

Check my blood pressure

- It is important to find out how hard my heart is pumping my blood through my body.
- They use a cuff on arm which gets tight. It might be uncomfortable, but it only lasts a couple of minutes. I stay calm.

Check my heart

- A stethoscope is used to hear my heartbeat and how my lungs sound.
- The stethoscope might be cold. I can ask them to warm it before putting it on my chest or back. It won't hurt me.





I visit the doctor regularly.

Check my temperature

- A thermometer is used to see if my body is the right temperature. If it is too high, I might have a fever or I might have a virus or infection.
- There are different kinds of thermometers. I listen to the doctor or nurse's instructions.

Check my ears and my hearing

- The doctor or nurse will shine a light in my ears to see inside.
- They may use a machine that beeps to check my hearing. It is important to make sure I can hear sounds around me.

Check my eyes and my vision

- The doctor or nurse may shine a light in front of my eyes to check them. They may ask me to look at the light when they move it.
- I may be asked to read letters, numbers, and symbols on a chart. I follow the instructions they give me. It is important to make sure I can see things around me.

Check my reflexes

- The doctor or nurse may tap my knee, arm, and feet with a small hammer to see how they move.
- They are not trying to hurt me.
- I stay calm when they check my reflexes.



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I visit the doctor regularly.

Check my urine

- The doctor or nurse may ask me to go into the bathroom to pee in a cup.
- I listen to their instructions.
- They want to check to see if my body is working on the inside.





I visit the dentist regularly.

I go to the dentist to help keep my teeth healthy. It is important so I can chew food and have clean teeth and healthy gums.

In most dentist offices, I sit in a big chair and lean back. Next to the chair is a sink used when it is time to rinse my mouth. There are some bright lights and different types of machines that make noises. I can ask the dentist about what they do. If something bothers me, I let them know. Here are some things that are done when I go to the dentist.

Clean my teeth

- When the dental hygienist tells me to, I open my mouth wide.
- The hygienist shines a bright light into my mouth to check my teeth.
- The hygienist uses a small tool to scrape dirt and bacteria which formed on my teeth.
- The hygienist uses a special brush and dental floss to clean each of my teeth.
- The hygienist also polishes my teeth so they look good.





I visit the dentist regularly.

Give me fluoride

- Fluoride is something the dentist uses to help make my teeth strong. It also helps prevent cavities.
- The hygienist will put foam or gel on my teeth. Sometimes I can pick the flavor of the fluoride. I need to keep it on my teeth for a few minutes.
- I listen to the instructions from the hygienist. If it bothers me, I let him or her know.

Check for cavities

- The dental hygienist will take X-rays of my mouth. These pictures will show the dentist if I have cavities or if there are other problems with my teeth.
- There are different ways of taking X-rays. I listen to the instructions given to me.
- Before the pictures are taken, the hygienist will put a large blanket on my chest.
- I need to stay still when the pictures are being taken.
- If the X-rays hurt me, I let the hygienist know.

Fix a tooth

- The dentist may have to fix a broken or damaged tooth.
- The dentist will explain what needs to be done.
- I can ask questions so I understand what will happen.





I eat healthy food.

When I eat right, it gives me energy, helps my brain work better, and helps me feel happy.

- It is healthy for me to choose foods that are low in fat, salt, and sugar.
- I try to eat home-cooked meals and meals prepared at school.
- It's good to eat different foods on different days.
- I should try to eat meals around the same time each day. When I eat, I try not to overeat.
- It is important for me to try to eat healthy snacks instead of foods that are not good for me.
- Healthy snacks include fruits, vegetables, whole grain snacks, and healthy drinks like water and low fat milk.
- Food and drinks like potato chips, candy, and soda are not good for me to eat.
- I can try different healthy foods to see if I like them. Sometimes I have to try a food many times before I like it.





I eat fruit.

Eating fruit helps me keep me strong and healthy.

- There are many types of fruit. I can choose which fruits that are my favorite to eat or drink.
- Some fruit is sweet. Others can be sour, bitter, or tart.
- Fruit can have skin, pits, or seeds. Sometimes I can eat the skin on the fruit after I wash it. For other fruits, I need to peel or cut off the skin.
- Fruit can be eaten raw or can be cooked in different recipes.
- Some fruit can be used to make juice, shakes, and other drinks.



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I Eat Healthy



I eat vegetables.

I eat vegetables because they keep me healthy and strong. There are many different types of vegetables. I can choose my favorite vegetables to eat.

- Some vegetables can be eaten raw, and others need to be cooked.
- Each vegetable has a different taste and texture.
- After washing vegetables, they can be used in different recipes.



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I Eat Healthy



I drink water.

Drinking water is necessary to keep me healthy.

- Water is important for my blood, heart, brain, digestion, muscles, joints, and other parts of my body. Without water, my body would not be able to work.
- Drinking water is helpful whenever I am thirsty, when I eat, when I exercise, when I am in places that are hot, and when I am sick.



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I keep active every day.

Being active each day keeps me healthy and helps give me energy and make my body work better and feel good. Every day, I should do some movement activities, stretching activities, and strengthening activities. I can choose activities that I enjoy.

I can talk to my doctor about the exercises and activities I plan to do. It is important to always be safe and aware so I don't get hurt. As part of my activities, it is also important to drink water.

Stretching Activities

- Stretching helps to make my muscles more flexible.
- Being flexible can help prevent getting injured, especially before movement activities.
- I can how to stretch different parts of my body safely.

Movement Activities

- Moving my body is important to help keep my body healthy. There are many ways to keep moving.
- Some movement activities include basketball, biking, cheerleading, dancing, gardening, gymnastics, house cleaning, hula hooping, jumping jacks, push-ups, rollerblading, sit-ups, soccer, swimming, walking the dog, walking up and down the stairs, and washing the car.
- I can ask someone to help me with movement activities that I like the most.





I keep active every day.

Strengthening Activities

- Strengthening my muscles helps my body have more power and strength. It is good to strengthen different parts of my body like my arms, legs, stomach, and chest.
- Some strengthening activities include dance, gymnastics, lunges, push-ups, rock climbing, rowing a boat, sit-ups, squats, using ankle or wrist weights, using resistance bands, and weight lifting.
- I can ask someone to help me with strengthening activities that I like the most.





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Children's Specialized Hospital is
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