



ほけんだより



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No.8



新年明けましておめでとうございます。年末年始のお休みはいかがでしたか？楽しいイベント尽くしで、ついつい不規則な生活習慣がついてしまった…というお子さんはいませんか？毎日冷え込み、体調を崩しやすい時期ですので、気持ちを新たに『規則正しい生活』と『健康管理』に留意しましょう(^ ^)/

冬休みの過ごし方



感染症予防

年末年始のご挨拶やお出掛けで、多数の人との接触が増えるため感染症が蔓延しやすくなります。地道ですが手洗い・うがいは効果が期待できます。家族全員で心掛け、習慣にしましょう。

具合の悪い時は、日中の受診をオススメします。



感染予防
しようね防

ケガや事故が増えるので注意!!

慣れない場所でのストーブでのやけど、カイロや湯たんぽの低温やけどにご注意ください。遠出する機会も増え、交通事故も多くなります。安全運転と道路への飛び出しなどが無いよう注意しましょう。

礼儀を学ぶ

年末年始は人の行き来も多くなり、挨拶をする機会が増えるので礼儀を学ぶチャンスです。年末年始の文化的な作法に接するのも良い機会。楽しく経験できると良いですね。

早寝早起き朝ごはん

せつかくの冬休み。朝寝坊も夜更かしも贅沢な時間の使い方ですが…

毎日整えた体内時計は、狂うと取り戻すには時間がかかります。

働いていると慌ただしい朝ですが、お休みの日も同じ時間に起きて、ゆっくり過ごす朝の贅沢な時間もオススメです。



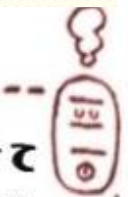
家族みんなで ガラガラうがい

かぜの予防に大切なうがいです。習慣づけるのはなかなか大変ですね。まずはお母さん、お父さんがやってみせるのがいちばん！ 外から帰ったらすぐ「一緒にやろう」とお子さんを誘ってください。みんなでガラガラすれば、かぜなんかこわくない！ 小さい子は、口に水を含んで「ベッ」と吐き出すだけでも効果があります。



低温やけどに気をつけて

痛みや熱さを感じることなく、ゆっくり低温で進行していくのが低温やけどです。表面は軽症でも、内部はダメージを受けています。カイロやホットカーペットなどを長時間同じ場所に当てていると危険です。カイロや湯たんぽなどは直接肌に触れないように布を巻き、ホットカーペットや床暖房の上ではなるべく、同じ姿勢のままです。うたた寝をしたりしないようにしましょう。





Health Newsletter



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Happy New Year!

How was your year-end and New Year's holiday? Did your family enjoy a series of fun activities, only to fall into irregular routines? With the cold weather in full swing, it's a season when illness is more common. Let's start the year off right by focusing on healthy routines and practicing good self-care and health management. (^ ^)

Winter Break Tips



Preventing Illness

The holiday season often involves more outings and social interactions, increasing the risk of infectious diseases spreading. Simple habits like regular handwashing and gargling are proven to be effective. Encourage everyone in the family to practice these habits daily. If anyone feels unwell, we recommend visiting a doctor during the day for prompt care.



Preventing Injuries and Accidents

Burns from unfamiliar sources, such as heaters, hot packs, or hot water bottles, are common during winter.

Always wrap these items in cloth and avoid direct skin contact.

Additionally, with more opportunities to travel, traffic accidents tend to increase. Always practice safe driving and be vigilant about children unexpectedly running into the street.

Learning Etiquette

The New Year is a great time for children to practice good manners, with more chances to greet guests and interact with others. It's also a wonderful opportunity to experience and learn cultural traditions. Use this time to help children develop their social skills while having fun.

Early Bed, Early to Rise, and a Healthy Breakfast

The winter break is perfect for a little indulgence, like sleeping in or staying up late. However, disrupting your internal clock can make it harder to return to a regular routine. Try to maintain consistent waking hours, even during holidays. A relaxed and leisurely morning can also be a special way to start your day.



Family Gargling Time

Gargling is a simple yet effective way to prevent colds, but building it into your routine can be a challenge. Start by setting an example—parents can lead by saying, "Let's gargle together!" when coming home. Even small children can benefit from simply swishing water in their mouths and spitting it out. Make it a fun, family-wide activity, and you'll stay a step ahead of seasonal illnesses!



Preventing Low-Temperature Burns

Low-temperature burns develop gradually and often without immediate pain, but they can cause significant internal damage even if the surface appears mild. To prevent them, always wrap hot packs or hot water bottles in a cloth to avoid direct skin contact, limit their use on the same area, and exercise caution with heated carpets or underfloor heating. Avoid falling asleep while in prolonged contact with these heat sources. Stay mindful to ensure a safe, healthy, and cozy winter season!

