TAKING CARE OF CHILDREN'S HEALTH

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The spread of COVID-19 Pandemic outbreak in different countries around the world is alarming. According to the World Health Organization (WHO) the most vulnerable individuals are the children, ages 19 and below, and the Senior Citizens ages 59 and above.

This is the major reason why when face to face mode of classes was not allowed until the education's new normal is established likewise parents, teachers, students are wary of the uncertainty of situation. Although virtual classrooms or online learning and modular approach are given attention as the possible modalities of students' learning, the learners and their parents remain restless over the risks to be acquire from the deadly virus.

Apparently, given these uncertain times, parents should see to it that precautionary measures and study at home guide and measures should be offered and maintained by them. Apart from the usual frequent washing of hands, frequent disinfecting of some parts of the house which are oftentimes touched by the children should also be disinfected. In addition, social distancing, use of the face mask, face shield should be made as force of habit. Precautions in coughing and sneezing are all of these are necessary so that the parents and children will stay healthy.

Another significant point so that the children will stay healthy are the foods they eat. Parents must see to it, that their children are staying away from junk foods like candies, softdrinks and other kinds of less nutritious foods.
There are still many great ways, so that a family shall stay healthy and progressive. One way is orienting them how to plant and grow vegetables and fruits. They will be oriented what these plants may do with their health and at the end they will be free from the deadly virus.

Protecting the health of our children will bring many benefits such as less medicine expenses, healthier mind and body and good school outcomes that shall result to increased achievement. Consequently, whatever learning modalities will be utilized this school year, there will be less worries because of healthy and smart children through the guidance of parents.

References:
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