TEACHING HEALTHY HABITS TO CHILDREN

by:

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The COVID19 pandemic has opened our eyes to the importance of maintaining health and proper hygiene to ensure our safety. It taught us that being conscious and cautious on cleanliness helps keep our bodies healthy and away from virus.

Even in the elementary school, we teach our pupils keep our bodies clean. Back to pre-pandemic days, we conducted hand washing sessions to the kids. Promoted by the Department of Health (DOH), we train our children how to wash hands properly with soap and water. We also impart to them the importance of health and hygiene. We also hold “National Tooth Brushing Day” where pupils are simultaneously brushing their teeth. This activity is usually supported by local toothpaste brands.

Even before the pandemic, we inculcate the value of good health to our learners. Now that the pandemic has affected many lives, we see the importance of the knowledge we imparted to our learners. We now fully see its impact in our lives.

But it should not stop there.

Now, more than ever, we should teach our kids on how to have healthy habits at home. If we have taught them these routines in school but were not applied at home, the results may not be as great as what we expected them to be.

To continue honing and nurturing these habits, there must be follow up at home. Learning facilitators like parents and older siblings may demonstrate and show proper health habits. With proper guidance and practice, our children may acquire these sanitary routines.
If we succeed in teaching these skills, our learners may have the edge to maintain good health and fight virus.

References:

https://www.pta.org/home/programs/Healthy-Lifestyles/healthy-bodies/Teaching-Students-Healthy-Habits