

THE MONTHLY BEAT

SMALL STEPS MUSIC LLC MONTHLY NEWSLETTER
OCTOBER 2020

Health and Wellness: Colds and Flu. No ACHOOOS!



**As October begins, Cold and Flu season also begins!
Please make sure you are doing the following:**

- Avoid touching your eyes, mouth, or nose
- Cover a cough or sneeze with your elbow
- Make sure you are drinking enough water and getting enough sleep
- If you are beginning to feel slightly ill, TAKE ACTION!
Stay home and rest before going anywhere
- Wipe down common areas. Door handles, counters, computer keys, desks, or telephones

Tips for Washing Your Hands Correctly

Hand washing. We hear it day in and day out, however it actively keeps germs off our bodies. When washing our hands before and after the session begins, we continue to see that not everyone knows how to wash their hands correctly. Follow these 6 easy steps for hand washing to keep the germs away!

* PARENTS: Make sure you are washing your hands and not just helping your kids with theirs!

1. Wet your hands. The amount of kids who place soap on first is amazing; placing soap on your hands before you have water on them does not allow you to scrub those germs
2. Apply enough soap to cover all surfaces. You need to wash your fingers, palms, tops of hands, wrists, and under your fingernails!
3. SCRUB YOUR HANDS FOR 20 SECONDS! This is the point where most kids fail on the hand washing test. Placing soap on your hands and immediately washing it off does nothing for the germs, except giving them a quick shower. Counting to 20 or singing a song can pass the time by!
4. Rinse your hands and wrists till all the soap comes off. Leaving soap on can create an environment for dry hands or germs to stay.
5. Turn the faucet off. No need for extra water to run!
6. Dry your hands and wrists with a clean towel.

Health and Hygiene with the upcoming cold season

In today's world, the need for staying healthy can be tricky with all the germs, dirt and debris flying around. One step we often forget is to teach our kids good hygiene. Sounds simple enough, but is a step that we can let slide.

Hygiene items to keep track of:

- **Washing your body and hair.** Getting your child in the bath or shower can be a task in itself, however adding a fun element such as shower toys or games can make the task go a little easier
- **Cleaning your teeth.** Brushing your teeth allows the germs and food residue to go away. If brushing your child's teeth is a struggle, find a toothbrush that they like. Does your child's toothbrush have their favorite characters on it or vibrate to provide sensory input?
- **Underarm care.** Beginning around the age of 9 or 10, sweat and body odor can appear. Make sure deodorant is put on in the morning before putting on new clothes
- **Toileting.** For our younger friends working on potty training can be tough. Singing a song when they are finished at the potty or providing a sticker or candy can increase the desired behavior
- **Food Hygiene.** Maybe you haven't heard of this one, but allowing your child to explore new healthy food options and a safe food environment (no open flames, rolling up your sleeves, or proper food storage) can be a fun way to cook in the kitchen with your child.



Check out our BLOG posts from our interns about hot research topics, diagnoses, and more on www.smallstepsmusicllc.com

Let's have a safe and healthy October with the new health and hygiene tips in our newsletter!

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Small Steps Music, LLC



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Monthly Song Favorites:

Younger kiddos:

- It's Gonna Be A Lovely Day by LunchMoney Lewis (from Secret Life of Pets 2)
- Campfire by John McCutcheon

Teens/ Young Adults:

- Midnight Sky by Miley Cyrus
- Put Your Records On by Ritt Momney

Parent Songs:

- Faithfully by Journey
- No One by Alicia Keys