

December – Winter health

Keeping your child healthy during winter

As the chilly winter season is upon us, there's a few extra things you can do to help keep your children healthy and well. Navigate this season with these essential tips.

Bundle up for the cold

Dressing appropriately for the cold weather is vital in keeping your child comfortable and protected. Wearing multiple layers is a great way to trap body heat and provide insulation against the cold.

Keep a warm hat, gloves, scarves and insulated boots handy. Remind your child to wear these items before heading outside to play or going to school.

Protect against winter illnesses

Winter brings an increased risk of colds and flus. Make sure your child is getting enough sleep (nine to 11 hours for elementary-aged children), eating a variety of foods and staying hydrated by drinking plenty of water. Ensure your child receives their annual flu vaccine and talk to a health care provider about any additional vaccines that may be recommended. Teach your child good respiratory etiquette such as regular hand washing, covering their coughs and sneezes and staying home when sick. If they are sick and cannot stay away from others, they can wear a mask to reduce the risk of spreading their illness. Learn more about masks here: [Masks \(bccdc.ca\)](https://www.bccdc.ca/health-topics/a-to-z/masks)

Keep their bodies moving

While colder weather may limit outdoor activities, it's crucial to keep your child active during winter as regular physical activity boosts their immune system and keeps them energized. Encourage indoor play and activities such as dancing, yoga or interactive video games that promote movement. Look for winter programs at local community centres or indoor sports facilities.

Find more tips for a healthy winter: <https://www.fraserhealth.ca/health-topics-a-to-z/winter-health>