

March – Spring health

Spring health for kids

The spring season is approaching which means warmer weather and more outdoor activities. It's also an opportunity to foster new healthy habits for our children. Here are five practical tips for school-aged kids to make the most of this season.

Get active

Warmer weather makes spring the perfect time to get outside and play. Take a walk around your neighbourhood or head to a local park or hiking trail. You can also stay active close to home with some backyard jump rope or hopscotch.

Think fresh

Springtime often brings up images of fresh fruits and produce. Now is a great time to teach children about where food comes by helping them to start their own home garden. You don't need a large space to get started. Strawberries, tomatoes and lettuce can all be grown from pots on a sundeck.

Be sun safe

Sun burns are possible even in spring. Use a sunscreen that has Sun Protection Factor (SPF) 30 or more. When possible, schedule outdoor activities in the morning or late afternoon and early evening. If you and your children are out in the sun during mid-day hours, wear long sleeves, loose-fitting long pants and a hat with a wide brim.

Spring is also a good time to make sure your family has plans in place to be healthy in the coming heat. Investigate if your family is eligible for retrofitting rebates to keep the family cool, as indoor temperatures can be dangerous for everyone.

Support positive mental health

The best way to support positive mental health in your children is by forming strong and caring relationships with them. Make time for connection each day. Talk to them about their feelings and experiences.

Practice road safety

Biking is a great way to exercise and spend quality time with your family. Remember to keep safety top of mind. Protect their heads with a well-fitted helmet and teach them the rules of the road, such as the hand signals for stop, right and left-hand turns.

Find more tips for a healthy spring in Fraser Health's Spring Health Guide: [Your spring health guide - Fraser Health Authority](#)

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As the spring season approaches, help your child start their own home garden to teach them where food comes from. Find more tips for a healthy spring in Fraser Health's Spring Health Guide: [Your spring health guide - Fraser Health Authority](#)

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Springtime means more fun outdoor activities for children, like riding bikes and scooters. It's a good time to remind your child about road safety and how to protect themselves. Learn more about spring safety in Fraser Health's Spring Health Guide: [Your spring health guide - Fraser Health Authority](#)

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Get active this spring season by taking a walk around the neighborhood or on a hiking trail. Find more spring health tips in Fraser Health's Spring Health Guide: [Your spring health guide - Fraser Health Authority](#)



**Get tips
and ideas for
a healthy
spring season.**

