



How do I keep my child healthy?

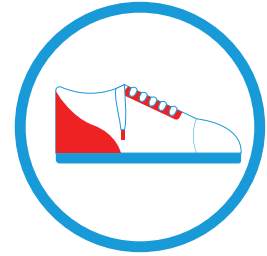
Look after your child's mind, body, and spirit by maintaining routines:



Maintain all regular medical care



Make healthy food choices



Stay active with chores and safe outdoor activity



Maintain healthy sleep routines



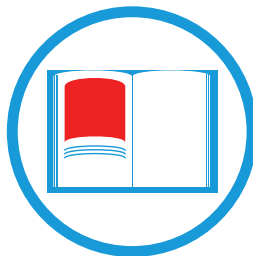
Seek counseling. Bilingual NAMI helpline: 800-950-NAMI



Check in with your child often



Stay connected with family and friends virtually



Reading, writing, and listening



Schedule time just for family

Be a role model: Practice self-care!

ABOUT

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SOURCES

CDC, Illinois Department of Public Health

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