



Healthy Readers, Healthy Writers

FAMILY RESOURCE PAGES

DEAR FAMILY MEMBER:

Your child has been taking part in a language arts and health program in school called **Healthy Readers, Healthy Writers**, developed by **The Triaminic® Clinic™**.

We're happy to provide you with the following fun activities that will help your child practice important language arts skills at home, as well as reinforce basic health habits that are important for all children to know.

Here you'll meet the super health hero, the **Cold Catcher™**, who helps educate families and children about basic health facts. See below for information on how to request your free storybook about the **Cold Catcher™**, and look for a valuable money-saving coupon included in the first family activity.

Here's to your family's good health!

Sincerely,

The Triaminic® Clinic™



Visit www.triaminic.com

Your Resource for Information and Tips About
Your Child's Cold and Allergy Needs

Make sure to register to receive your free Triaminic® House Call Kit, including:

- Valuable coupon
- Home Health Guide CD-ROM
- Limited-edition storybook featuring the super health hero, the Cold Catcher™!

FAMILY ACTIVITY 1



Your Family's Healthy To-Do List

The Cold Catcher™ has created a healthy habit to-do list that every family should follow. To provide a little family fun, he scrambled the letters of one word in each sentence. Unscramble the bold word in each sentence so you will know what "to do!"

1. Visit the **ctrood** for a checkup each year.

2. **Xcerseie** for at least 30 minutes every day.

3. Get at least eight hours of **lsepe** each night.

4. Brush your **thtee** every morning and night.

5. Wash your **anhsd** with warm water and soap before and after each meal.

6. Carry a **sustie** in your pocket so you can use it if you sneeze.

7. Always eat **featbrask**. It gives you energy to start your day!



ANSWER KEY: 1. doctor; 2. exercise; 3. sleep; 4. teeth; 5. hands; 6. tissue; 7. breakfast

FAMILY ACTIVITY 2



Foods for Your Health!

The Cold Catcher™ wants to remind you: Kids need different kinds of foods every day to help them stay healthy and to grow big and strong! Read about these important food groups below. Then, do the activity at the bottom of the page.



Grains, such as bread and rice



Meats, such as fish, chicken, and beef



Dairy, such as milk and yogurt



Fruits, such as oranges, apples, and bananas



Vegetables, such as lettuce, broccoli, and carrots

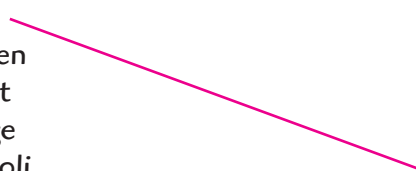
Draw a line from each food in the first column to its correct food group in the second column. The first one has been done for you.

Food

bread
chicken
yogurt
orange
broccoli

Food Group

meat
vegetables
fruits
dairy
grains



ANSWER KEY: chicken = meat; yogurt = dairy; orange = fruits; broccoli = vegetables

Bonus:

What other foods can you think of for each of the food groups listed above? Write your answers below or on a separate piece of paper.

FAMILY RESOURCE



Help for Your Health

Print out and clip these health tips to display on your refrigerator, and place the important contact numbers near the phone.

For helpful tips about colds, visit www.triaminic.com.

FLU SYMPTOMS

The flu comes on suddenly and may include these symptoms:

- High fever**
- Headache**
- Tiredness/weakness**
- Dry cough**
- Sore throat**
- Runny nose**
- Body or muscle aches**
- Diarrhea and vomiting**
(more common for children)

Source: Centers for Disease Control and Prevention

THE COLD CATCHER™ SUGGESTS YOU ASK FOR... "MORE VITAMIN C FOR ME!"

Vitamin C may help you recover faster from a cold. Good sources of Vitamin C include:

- Oranges**
- Orange juice**
- Grapefruits**
- Apple juice**
- Lemons**
- Green and red peppers**
- Broccoli**
- Baked potato skins**

Source: Centers for Disease Control and Prevention

CHILDREN'S HEALTH EMERGENCIES

If children exhibit these warning signs, immediate medical attention may be necessary.

- Temperature higher than 102° F or fever lasting more than three days
- Runny nose that lasts more than seven days
- Sore throat that persists more than two days
- Fast breathing or trouble breathing
- Ear pain or drainage from the ear
- Body pain lasting longer than five days
- Not drinking enough fluids
- Cough that persists longer than five days
- Changes in mental status, such as not waking up or being irritable when held
- Having seizures or severe headaches
- Flu-like symptoms improve, but then return with a fever and worse cough

Sources: Centers for Disease Control and Prevention; "Cough and Colds: Healthy Advice for Your Child," sponsored by Triaminic, © 2003, On Target Media, LLC.

IMPORTANT CONTACT NUMBERS

Emergency:
911

Poison Control:

Family doctor:

Family pediatrician:

Family dentist:

Pharmacist:

Work:

School:

Other: