

Physical Fitness Parent Resources

When to Keep Kids Home From School:

<https://www.childrens.com/health-wellness/when-to-keep-kids-home-from-school#:~:text=Colds%2C%20coughs%20and%20sore%20throats,your%20child%20home%20to%20rest.>

Passing Healthy Habits on to Your Children:

<https://familydoctor.org/kids-passing-on-healthy-habits-to-your-children/>

10 Tips to Keep Kids Healthy During the School Year:

<https://www.verywellfamily.com/ways-to-keep-kids-healthy-during-school-year-620563>

Tips for Raising Safe and Healthy Kids: <https://www.cdc.gov/family/parenttips/index.htm>

Keep Kids Healthy: <https://keepkidshealthy.com/>

How Much Physical Activity do Children Need?:

<https://www.cdc.gov/physicalactivity/basics/children/index.htm>

Let's Get Physical!:

<https://www.psychologytoday.com/us/blog/peaceful-parents-happy-kids/201308/lets-get-physical-15-easy-exercise-ideas-kids>

Influenza in Children:

[https://www.hopkinsmedicine.org/health/conditions-and-diseases/influenza/influenza-flu-in-children#:~:text=Influenza%20\(flu\)%20is%20a%20very%20contagious%20viral%20infection%20of%20the,be%20treated%20in%20the%20hospital.](https://www.hopkinsmedicine.org/health/conditions-and-diseases/influenza/influenza-flu-in-children#:~:text=Influenza%20(flu)%20is%20a%20very%20contagious%20viral%20infection%20of%20the,be%20treated%20in%20the%20hospital.)

Colds: <https://kidshealth.org/en/parents/cold.html>

Fevers: <https://kidshealth.org/Nemours/en/parents/fever.html>