



Reeves County
Hospital District

Press Release
FOR IMMEDIATE RELEASE

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Tips for Helping Kids Stay Healthy at Home

RCHD offers wellness guidance for keeping children healthy while home from school.

PECOS, Texas (April 20, 2020) – Since school closures due to COVID-19 mean children are spending more time at home this spring, now is a great time to focus on your child’s health and wellness. In recognition of Every Kid Healthy Week (April 20-24), Reeves County Hospital District is encouraging families to help their children stay safe and healthy.”

“Although Every Kid Healthy Week is typically an opportunity to highlight wellness initiatives in schools, this year it is a chance for parents to get involved,” said Dr. Steven Serrano, Family Practice with OB physician, at the Pecos Valley Rural Health Clinic. “Children have unique needs for healthy growth and development. With children home from school during this unusual time, parents can play a big role in ensuring that they grow healthy and happy.”

Every Kid Healthy Week has traditionally been an annual observance to celebrate school wellness achievements and shine a spotlight on initiatives schools are implementing to improve the health and wellness of their students.

To help families focus on their child’s health this spring, RCHD is offering wellness tips for those with children at home.

Be a Good Role Model

“One of the most important ways that you can help your children develop healthy habits is by setting a good example,” Dr. Serrano said. “Children learn by example, and the habits you develop in your life can have a big effect on your child’s health. Show what it means to be healthy.”

Healthy Hygiene Habits

To help prevent the spread of illness, wash your hands frequently with soap and water for 20 seconds. Teach your child proper handwashing techniques so that you can stay healthy together.

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Teach your child to brush and floss to prevent tooth decay. According to the Centers for Disease Control and Prevention (CDC), tooth decay is the most common chronic disease among children. Making brushing and flossing part of your child's daily routine can make a big difference.

Good Nutrition

Nutrition is critical for healthy growth and development. According to the CDC, obesity now affects 1 in 5 children and adolescents in the United States. Childhood obesity can increase a child's risk of developing many health problems such as Type 2 diabetes, heart disease, liver disease, and mental illnesses such as anxiety and depression.

"Kids can be picky eaters, which is one reason parents can find it so frustrating to get their children to eat well," Dr. Serrano said. "Setting an example can make a big difference. Since children are home from school now, they will have more opportunities to see you eating healthy foods, which is one of the most important ways you can help them develop healthy eating habits."

According to Dr. Serrano, involving children when cooking meals can promote curiosity and help them develop healthy relationships with nutritious foods. Plus, cooking at home can ensure that you are using healthy ingredients such as fresh fruits and vegetables.

Staying Active

Another key component of child wellness is physical activity. According to the CDC, children ages 6-17 need 60 minutes of physical activity every day. This is important to strengthen bones, build muscles and reduce the risk of your child becoming overweight or obese.

Since everyone needs exercise, now is a great time for you and your family to enjoy physical activity together. This can be as simple as playing a game of catch in the back yard, going for a walk or riding a bike while maintaining social distance from others. Other activities include indoor games such as scavenger hunts.

In addition to the widely known physical health benefits of exercise, it can also help your child's emotional wellbeing.

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“Children grow up fast, and helping them develop healthy habits can set them up for success,” Dr. Serrano said. “Being a good example, while we all are navigating through the COVID-19 changes in our life, will make a big difference.”

To learn more about local healthcare services and providers, visit www.reevescountyhospital.com or call (432) 447-0565 to schedule an appointment.

About Reeves County Hospital District

Reeves County Hospital District (RCHD) provides healthcare services for people in Reeves County and neighboring communities in West Texas. Founded in 1954, RCHD, a Level IV Trauma Center, offers a wide variety of medical services, including emergency care, diagnostic radiology, physical therapy, general surgery, a clinical laboratory and more. RCHD also operates American Home Health and Hospice and the Pecos Valley Rural Health Clinic, which offers family care, immunizations and other medical services. For more information, please visit www.reevescountyhospital.com.

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