

# 3

# QUICK TIPS *for parents* of school-age kids

*It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.*

## Share love

1

Positive encouragement is good for mental health! Here's a creative way to show your child you care and have fun this Valentine's Day and all month long. Write your child an uplifting note and put it in their lunch bag or on their door.

**Dear child of mine...**

- I appreciate you...
- Thank you for helping with...
- I'm grateful when you...
- I love you because...

## Hands-only CPR

2

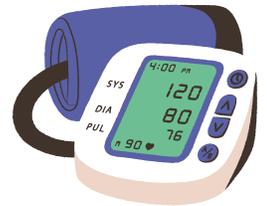
Many people who survive a cardiac emergency are helped by a bystander. The American Red Cross has a short 3-minute video, to help you learn how to perform Hands-Only CPR – so that you can help deliver life-saving care until professional responders arrive. Learning this simple process can help save a life! Watch this short 3-minute video and learn more.



## High blood pressure in children

3

The CDC found that more than 1 in 7 U.S. youth ages 12 to 19 had high blood pressure or elevated blood pressure during 2013 to 2016. Youth who have high blood pressure, obesity, and diabetes, are more likely to have these risk factors as adults, putting them at greater risk for heart disease and stroke. Learn what you can do to stay on track for your child's health!



**Scan code to learn more:**