

Dear Parent or Guardian,

Your child's health class is studying personal health care. The topics include keeping teeth, skin, and hair healthy; protecting sight and hearing; purchasing personal products; and comparing sources of health care.

Questions your child will consider include *How can I take care of my teeth, skin, and hair? Why do some people have to wear glasses or contact lenses? How can I choose between so many personal products? How do I decide which doctor to see when I am ill?* and many others. With your help, your child can explore these questions with confidence and find answers that will help him or her make healthy decisions.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your child.

- Work with your child to think of good habits you follow in caring for your own teeth, skin, and hair. Talk about how these habits affect your total health.
- Go with your child to a store and compare brands of a particular product, such as dental floss or shampoo. Consider price, product features, and whether the product has a warranty. Together, decide on the best product choice.
- Talk with your child about health professionals in your community. Explain some of the reasons behind your own health care choices.

Please engage in other activities that you feel will help your child develop good personal health care habits. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher