



ほけんだより



学校法人 大城学園 読谷こばと幼稚園 No.9



新年あけましておめでとうございます。年末年始のお休みはいかがでしたか？楽しいイベント尽くしで、ついつい不規則な生活習慣がついてしまった…というお子さんはいませんか？毎日冷え込み、体調を崩しやすい時期ですので、気持ちを新たに『規則正しい生活』と『健康管理』に留意しましょう！

家庭でできるインフルエンザ予防法

インフルエンザが流行っています。家庭でできる予防法を実践し、ウイルスに負けない体を作りましょう。

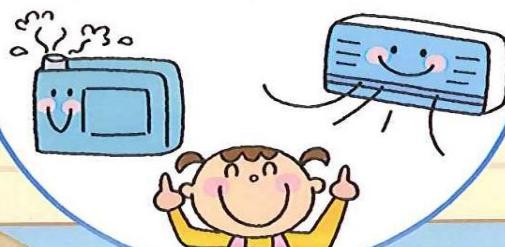
うがいと手洗い

外出後は必ず、うがいと石けんを使った手洗いを習慣にしましょう。



室内の温度・湿度をチェック

室温16~18℃、湿度60%前後が目安です。特に乾燥には要注意。加湿器などを上手に使いましょう。



外出時にはマスクを

感染予防にもなりますが、マスクのもっとも大きい効果は、ウイルスをまき散らさないことです。



暖かく着るコツ

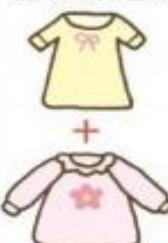
寒さが厳しくなってきましたが、もこもこ厚着では活発に動けません。上手に衣服を着るコツを押さえれば、薄着でも平気！ 寒さに負けず元気にあそべますね。

背すじピン！で元気！

寒いとつい背中を丸めてしまいますね。また、食事中に肘をついたり寝転んでテレビを見たりしていませんか？姿勢を崩してしまうと、体は自然とバランスを取ろうとしてゆがみ、体調にも影響が現れてきます。

乳幼児期は背骨や骨を支える筋肉が発達する大切な時期。強い骨と筋肉を作るためにも、良い姿勢で過ごすことを心がけましょう！

肌着を着る (綿100%をお勧め)



襟やぞで口が綿まつた服を選ぶ



重ね着する (薄手の長そで シャツなど)

外に出るときはベストや
ジャンパーなどで調節する





Health Newsletter

JANUARY 2026



No.9



Happy New Year!

We hope you and your family had a pleasant New Year holiday. With many fun events during the year-end and New Year break, some children may have developed irregular daily routines. As the weather becomes colder, children are more prone to illness. Let us take this opportunity to refocus on regular daily habits and proper health management.

Influenza Prevention at Home

Influenza is currently spreading. Practicing simple preventive measures at home can help protect your child's health and strengthen their immune system.

Gargling and Handwashing

After going out, please encourage your child to gargle and wash their hands thoroughly with soap.



Wearing Masks

Wearing a mask when going out helps prevent infection. Masks are especially effective in preventing the spread of viruses to others:



Indoor Temperature and Humidity

Maintain an indoor temperature of 16–18°C and humidity of around 60%. Dry air increases the risk of illness, so please use humidifiers appropriately.

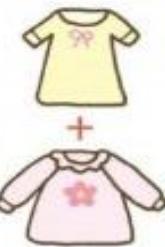


Tips for Staying Warm

As temperatures drop, excessive layering can restrict movement. Dressing appropriately allows children to stay warm while remaining active and comfortable.

Recommended tips:

Wear an undershirt
(100% cotton is recommended)



Dress in layers
(such as long-sleeved shirts)



Choose properly fitted clothing

Tuck shirts into pants to retain body heat

Use vests or jackets to adjust warmth when



Good Posture for Healthy Growth

Cold weather often causes children to hunch their backs. Please also be mindful of habits such as leaning on elbows during meals or lying down while watching television. Poor posture can affect body balance and overall health.

Early childhood is an important period for the development of the spine and supporting muscles. Encouraging good posture helps build strong bones and muscles and supports healthy growth.

Let's work together to help our children stay healthy, active, and energetic this winter.

