



寒さが和らぎ、春の気配を感じられるようになりました。季節の変わり目は自律神経が乱れやすく、大人も子どもも体調を崩しがちです。食事、睡眠、活動の生活リズムを整えて今年度を最後まで元気に過ごしましょう♪



3月3日は耳の日です。

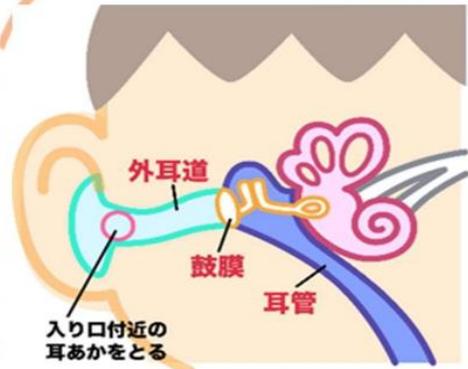


大切な耳のためにできること

- 鼻をすすらずかむ習慣をつける
- 鼻水は、ゆっくりと片方ずつかむ
- 耳の近くで大きな声や音を出さない
- 耳を叩かない
- 耳掃除は綿棒で外耳道(耳の入り口から 1～1.5 cm)を拭き取る程度に行う

気をつけたい耳の健康チェック

- おもちゃの音や後ろからの声に振り向くか
- 音楽に合わせて踊るか
- ことばのまねっこをするか
- テレビの音を大きくしないか
- 風邪症状に加えて耳を触ったり頭を振ったりしないか



子どもは耳管が短く傾きがなだらかなため、のどや鼻からの菌が入り込みやすく中耳炎になりやすいです。

鼻水が出ているのをずっと放っておくと細菌が繁殖し中耳炎の原因となるので鼻水が続くときは吸ってあげましょう。

1年間の成長記録 (平均)

身長	男子	女子
年長	107.1cm—112.0cm	106.2cm—111.8cm
年中	100.9cm—107.0cm	99.7cm—106.6cm
年少	94.4cm—101.2cm	93.0cm—99.8cm

体重	男子	女子
年長	17.4kg—19.0kg	17.0kg—18.9kg
年中	16.1kg—17.2kg	15.1kg—16.8kg
年少	14.1kg—15.8kg	13.4kg—15.2kg

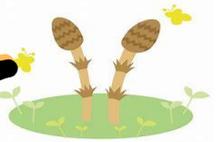
1年間を振り返って

この1年で、基本的な生活習慣は身についたでしょうか。チェックしてみましょう。

- はやね はやおきが できた
- まいにち あさごはんを たべた
- まいにち うんちを した
- しょくごの はみがきを した
- つめを きった
- げんきに そとで あそんだ
- あいさつが できた
- てあらい・うがいを した



Health Newsletter



MARCH 2026

No.10



As the cold days gradually soften, we can begin to feel the gentle signs of spring in the air. Seasonal transitions can easily affect the autonomic nervous system, making both children and adults more susceptible to fatigue and illness.

Let us help our children maintain a healthy daily rhythm—balanced meals, adequate sleep, and active play—so they can stay well and finish the school year feeling their best.



EAR DAY

March 3



Good ear care is especially important for young children. Please keep the following points in mind:

- Encourage your child to blow their nose rather than sniffing
- When blowing the nose, do so gently, one nostril at a time
- Avoid loud voices or sounds close to the ears
- Do not hit or slap the ears
- When cleaning ears, gently wipe only the outer ear canal (about 1–1.5 cm from the entrance) with a cotton swab

🔔 Ear Health Checklist

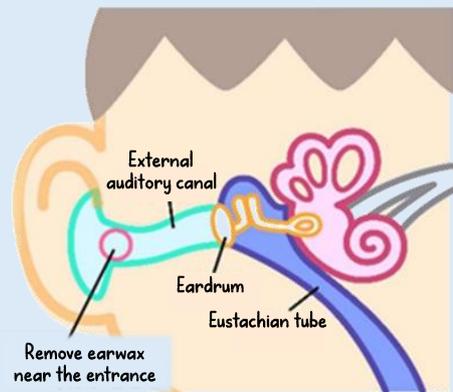
Please observe your child and consider the following:

- Do they turn toward sounds, such as toys or someone calling from behind?
- Do they move or dance in response to music?
- Do they imitate words and sounds?
- Do they keep the television volume at an appropriate level?
- When they have cold symptoms, do they frequently touch their ears or shake their head?

If you notice any concerns, please consult a medical professional.



Why Children Are More Prone to Ear Infections



Children have shorter and more gently angled Eustachian tubes than adults. Because of this, bacteria from the nose and throat can enter the middle ear more easily, increasing the risk of ear infections.

If a runny nose is left untreated, bacteria may multiply and lead to middle ear infections. When nasal discharge continues, please help your child clear their nose gently, and seek medical advice if symptoms persist.

Looking Back on the Year

Have your child's basic daily habits become well established this year? Let's reflect together.

- Maintained a regular sleep schedule and woke up early
- Ate breakfast every day
- Had regular bowel movements
- Brushed teeth after meals
- Kept nails neatly trimmed
- Played actively outdoors
- Greeted others politely
- Practiced regular handwashing and gargling

Average Growth Over One Year (Approximate)

Height	Boys	Girls
Hikari	107.1cm→112.0cm	106.2cm→111.8cm
Niji	100.9cm→107.0cm	99.7cm→106.6cm
Sora	94.4cm→101.2cm	93.0cm→99.8cm

Weight	Boys	Girls
Hikari	17.4kg→19.0kg	17.0kg→18.9kg
Niji	16.1kg→17.2kg	15.1kg→16.8kg
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