



**ESSEX COUNTY OFFICE OF
PUBLIC HEALTH MANAGEMENT**
IN COLLABORATION WITH BLOOMFIELD DEPARTMENT OF HEALTH

HEALTHY MONDAY'S TOOL KIT: FEBRUARY 2025



900 Bloomfield Avenue
Verona, NJ 07044

FEBRUARY IS AMERICAN HEART MONTH: START YOUR HEALTHY MONDAY WITH A FOCUS ON HEART HEALTH

- **Heart-Healthy Eating:** Share simple tips for heart-healthy meals, such as increasing fruits and vegetables, whole grains, lean proteins, and healthy fats (like avocados, nuts, and olive oil).
- **Physical Activity:** Encourage regular exercise, such as brisk walking, cycling, or strength training, to keep the heart strong. Include a weekly plan for people to incorporate these activities into their Monday routine.
- **Stress Management:** Highlight the importance of reducing stress through mindfulness, meditation, and relaxation techniques—stress management is key to overall heart health.
- **Tips for Tracking Health:** Include tips for tracking heart health metrics (such as blood pressure, cholesterol levels, and steps taken) and how to make adjustments based on progress.



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WHAT IS THE HEALTHY MONDAY CAMPAIGN?



Even though we are encouraged to stay healthy every day. The healthy Monday campaign is Healthy Monday, a public health initiative that encourages individuals and organizations to commit to healthy behaviors every Monday to help prevent chronic diseases.

From the Essex County, Healthy Monday will focus on children and their parent and providing them with a toolkit every Monday that will focus on a different topics per month that are pertinent to children from K-12.

Welcome to the Essex County Healthy Monday Campaign for the month of February with Hygiene being the main topic.

LESSON 01: THE IMPORTANCE OF ORAL HYGIENE

Why Oral Hygiene is Important?

1. **Prevents Cavities and Tooth Decay:** Brushing and flossing help remove plaque, which is a sticky film of bacteria that forms on your teeth. If plaque is not removed, it can cause cavities, or holes in the teeth. Cavities can be painful, and if untreated, they can lead to tooth loss. Starting good habits early helps prevent cavities and keep teeth strong.
2. **Maintains Healthy Gums:** Healthy gums are just as important as healthy teeth. Gum disease, which can occur when plaque builds up along the gum line, can cause swollen or bleeding gums and lead to more serious problems, including tooth loss. Proper brushing and flossing protect your gums and help keep your smile healthy.
3. **Supports Overall Health:** Oral hygiene isn't just about keeping your mouth clean—it's about keeping your whole body healthy. Research has shown that poor oral health can lead to more serious health issues, such as heart disease, diabetes, and respiratory infections. Brushing and flossing regularly lowers the risk of these conditions.
4. **Improves Confidence and Social Well-Being:** A clean, healthy smile is not only important for physical health but also for emotional well-being. Kids and teens who take care of their teeth often feel more confident and comfortable when talking, laughing, or smiling around their friends and peers. This boost in self-esteem is crucial during these formative years.
5. **Helps with Proper Speech and Eating:** Good oral health supports normal speech and helps with eating. Healthy teeth allow kids to chew their food properly, while healthy gums and jaws ensure speech is clear. Poor oral health can impact both, making everyday tasks harder.
6. **Teaches Responsibility and Healthy Habits:** Brushing and flossing every day is part of learning responsibility. As kids grow older, taking care of their teeth becomes an important habit that they can carry with them throughout their lives. Teaching kids to brush and floss consistently helps them build discipline and care for their overall health.

LESSON 01: THE IMPORTANCE OF ORAL HYGIENE

How to Make Oral Hygiene Fun and Effective

1. For Younger Kids (Grades - K-5):

- **Make it a Routine:** Consistency is key. Brushing should be part of their daily routine—first thing in the morning and before bed. It can be helpful to create a fun song or a timer for 2 minutes to make the process enjoyable.
- **Use Kid-Friendly Toothbrushes and Toothpaste:** Colorful toothbrushes, toothpaste with fun flavors, and characters they like can make brushing more appealing.
- **Encourage Parent Participation:** For younger kids, having a parent or guardian brush their teeth with them can make it a more engaging and positive experience.

2. For Older Kids and Teens (Grades: 6 - 12):

- **Explain the Science:** As kids grow older, they can better understand the science behind oral hygiene. Explaining how plaque causes cavities, and how gum disease can lead to bigger health issues, can motivate them to take their oral hygiene seriously.
- **Make It Social:** Teens are influenced by peer behaviors. Encourage oral hygiene by reminding them how fresh breath and clean teeth can boost their confidence when interacting with friends.
- **Incorporate Tech:** Teenagers love technology, so using a fun app to track brushing habits or using smart toothbrushes that connect to their phones can be a great way to make brushing feel more modern and engaging.

3. For Everyone:

- **Flossing Matters:** Regardless of age, flossing is essential for cleaning between teeth where toothbrushes can't reach. Encourage kids and teens to floss daily to keep their gums and teeth healthy.
- **Dental Check-ups:** Teach kids the importance of regular dentist visits. A dental professional can spot problems early, clean teeth professionally, and provide advice tailored to each child's needs.
- **Healthy Foods and Drinks:** Encourage kids to eat foods that are good for their teeth, like fruits, vegetables, and dairy. Limiting sugary snacks and drinks will prevent cavities and support their overall health.



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BRUSH YOUR TEETH FOR A BRIGHTER SMILE! :)

Brushing your teeth keeps them healthy and clean!
Remember to brush your teeth in the morning and night to
keep your smile bright!

FUN FACT

BRUSHING HELPS PREVENT CAVITIES
AND BAD BREATH—DON'T FORGET TO
FLOSS TOO.



CALL TO ACTION:

Brush your teeth twice a day,
and don't forget to floss to
keep your mouth healthy!





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ORAL HEALTH!

YOUR SMILE STARTS HERE!



TAKING CARE OF YOUR TEETH ISN'T JUST FOR A NICE SMILE—IT HELPS KEEP YOUR WHOLE MOUTH HEALTHY! BRUSH TWICE A DAY AND FLOSS DAILY TO PREVENT CAVITIES AND GUM DISEASE.



BRUSH YOUR TEETH EVERY MORNING AND NIGHT, AND MAKE FLOSSING A PART OF YOUR ROUTINE!

LESSON 02: CLEAN CLOTHES = CLEAN BODY

Having clean clothes is an essential part of personal hygiene and overall health for kids and teens of all ages. Wearing clean clothes helps prevent the buildup of dirt, sweat, and bacteria, which can lead to skin irritations, infections, or body odor. Regularly washing clothes ensures that germs and allergens are removed, helping to reduce the risk of rashes, acne, or other skin conditions.

Clean clothes also contribute to mental and emotional well-being. When kids feel fresh and comfortable in clean clothes, it boosts their confidence and promotes a positive self-image, which is particularly important during the formative years. Feeling good about one's appearance can increase social confidence and help foster healthy relationships with peers.

Additionally, wearing clean clothes is a key part of healthy habits that teach responsibility and self-care. For younger kids, it's an opportunity to learn basic life skills like organizing laundry and choosing clean outfits. For older kids and teens, maintaining cleanliness in their clothing helps them develop a sense of independence and discipline.

Overall, making clean clothes a regular part of a child's routine supports both physical health and emotional well-being, creating a foundation for a healthy, confident lifestyle.



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WEAR CLEAN CLOTHES TO STAY HEALTHY!



**YOUR CLOTHES CAN GET SWEATY AND DIRTY JUST
LIKE YOUR BODY! MAKE SURE TO CHANGE INTO
FRESH CLOTHES EVERY DAY!**



**WEARING CLEAN CLOTHES HELPS KEEP YOU FEELING
FRESH AND STOPS GERMS FROM SPREADING! CHANGE
YOUR CLOTHES AFTER PLAYING OUTSIDE, AND MAKE SURE
TO WEAR CLEAN SOCKS AND UNDERWEAR.**

**PUT ON CLEAN CLOTHES EVERY DAY TO FEEL
FRESH AND HEALTHY!**



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FRESH CLOTHES, FRESH YOU!



WEARING CLEAN CLOTHES ISN'T JUST ABOUT
LOOKING GOOD—IT'S ABOUT STAYING
HEALTHY! DIRTY CLOTHES CAN CAUSE SKIN
IRRITATION AND BODY ODOR.

YOUR CLOTHES CARRY BACTERIA, DIRT, AND SWEAT.
MAKE SURE TO CHANGE THEM REGULARLY TO AVOID UNWANTED GERMS!



MAKE IT A HABIT TO CHANGE INTO CLEAN CLOTHES EVERY
DAY TO AVOID SKIN PROBLEMS AND BODY ODOR!

LESSON 03: HEALTHY SLEEP HABITS FOR HYGIENE

Healthy sleep habits are crucial for kids and teens of all ages, playing a key role in both physical health and overall well-being. Sleep is essential for the body's growth, immune function, brain development, and emotional regulation. When kids and teens develop good sleep hygiene—such as keeping a regular bedtime, creating a relaxing bedtime routine, and sleeping in a comfortable environment—they can experience better physical and mental health outcomes.

Firstly, getting enough sleep helps the body recharge and repair. During deep sleep, the body releases growth hormones that support physical growth, muscle repair, and immune function. For kids aged 4-18, this restorative process is vital for healthy development, whether it's the growth of bones and muscles in younger children or the maintenance of cognitive function and emotional stability in teens. Sleep also has a significant impact on mental health. Lack of sleep can contribute to mood swings, irritability, and difficulty concentrating. Over time, poor sleep hygiene can increase the risk of anxiety, depression, and other emotional health challenges. For students, good sleep supports better focus, memory retention, and academic performance, which can help boost confidence and motivation.

In addition to physical and mental health, healthy sleep habits support overall hygiene. Lack of sleep can weaken the immune system, making kids more susceptible to illnesses. Furthermore, poor sleep affects skin health—lack of rest can lead to dark circles under the eyes, acne, and other skin issues. By prioritizing good sleep hygiene, kids and teens can help their bodies stay strong, their minds sharp, and their skin healthy.

Creating a consistent bedtime routine, limiting screen time before bed, and ensuring a calm, quiet sleeping environment are all simple yet effective ways to foster healthy sleep habits. With these practices in place, kids of all ages can enjoy the restorative benefits of sleep, promoting both physical health and emotional well-being.



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SLEEP TIGHT TO STAY HEALTHY!



GETTING ENOUGH SLEEP HELPS YOUR BODY FIGHT GERMS AND STAY HEALTHY! MAKE SURE TO WASH UP AND BRUSH YOUR TEETH BEFORE BED TO FEEL YOUR BEST IN THE MORNING!



DID YOU KNOW?
A GOOD NIGHT'S SLEEP HELPS YOU GROW, STAY FOCUSED, AND STAY HEALTHY!

MAKE SLEEP A PRIORITY—WASH UP, GET COZY, AND GET PLENTY OF REST EVERY NIGHT!



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Sleep for Health and Hygiene!

Sleep is essential for good hygiene and overall health. Not getting enough sleep can make your body more vulnerable to illness. Make sure to wind down, clean up, and get a full night's sleep every night!

Fun Fact:

Poor sleep can affect your skin, mood, and immune system. Prioritize rest to keep your body healthy!

Call to Action:

Stick to a regular bedtime, keep your sleep area clean, and aim for 8-10 hours of sleep each night!

LESSON 04: SHOWERING REGULARLY

Showering regularly is a fundamental part of personal hygiene and plays an essential role in maintaining overall health for kids and teens of all ages.

Regular showers help to remove dirt, sweat, and bacteria that can accumulate on the skin, reducing the risk of skin infections, body odor, and irritation. For kids ages 4-18, establishing the habit of showering regularly promotes both physical cleanliness and emotional well-being.

Firstly, showering helps maintain healthy skin by preventing clogged pores, which can lead to acne or other skin conditions. Sweat and oils trapped on the skin can mix with dirt, creating a breeding ground for bacteria. By washing away these impurities, kids can prevent breakouts and rashes, and their skin remains smooth and healthy.

Regular showers also support the immune system by removing germs and allergens from the body. Kids, especially younger children, are often exposed to bacteria or viruses from play or school. Showering regularly can help to wash away any harmful microorganisms, reducing the risk of illness. Clean skin also helps prevent infections, such as fungal or bacterial infections, that can occur when bacteria build up in areas like feet, underarms, or around the groin.

Additionally, showering has a positive impact on emotional health. Feeling clean and fresh can boost self-esteem and confidence, especially for older kids and teens who are more self-conscious about their appearance. Good hygiene habits can also foster a sense of independence and responsibility, as children and teens take ownership of their personal care.

For kids of all ages, showering is an important routine that contributes to both physical health and mental well-being. By making it a regular part of their day, children and teens can ensure their bodies stay clean, their skin remains healthy, and they feel confident and energized to take on each day.



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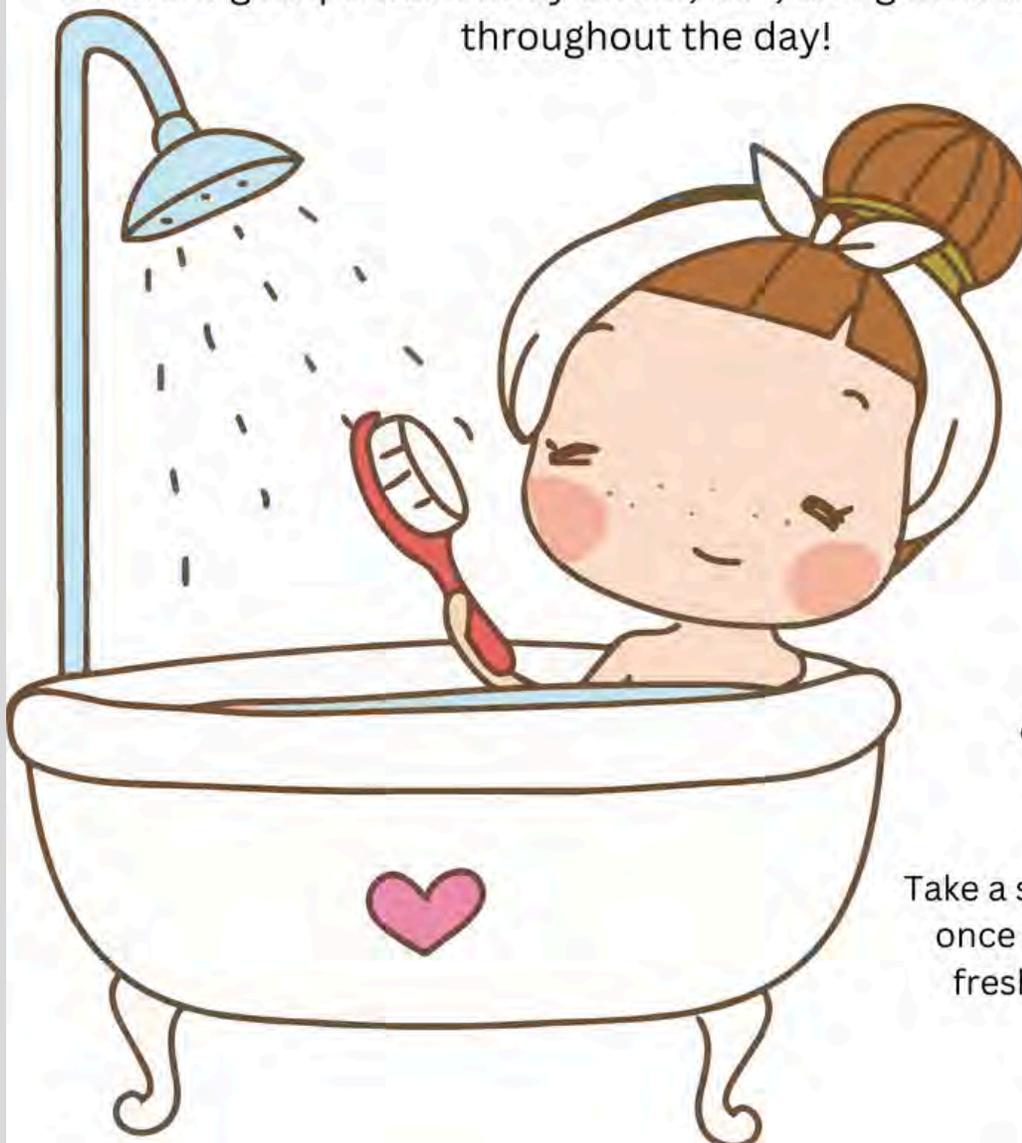


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Taking a shower helps keep your body clean and your skin healthy. Don't forget to wash behind your ears and in between your toes!

Showering helps wash away sweat, dirt, and germs that build up throughout the day!



Take a shower at least once a day to stay fresh and clean!

1/16/2025



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Showering regularly removes dirt, sweat, and bacteria, helping you stay clean and feel good. Don't forget to wash your hair, face, and body!

Fun Fact: *Showering after physical activities is key to removing sweat and preventing body odor.*



Shower every day, or after physical activities, to keep your skin and body clean and healthy!



1/16/2025