



Teach your child proper hand washing

Hand washing is one of the most important ways to keep your child from getting sick.

Your child is much less likely to get sick if your child washes his or her hands correctly. Plus, it can become a healthy habit for life! Your child should wash his or her hands with warm water and soap for 20 seconds each of these times:

- After using the bathroom.
- Before and after handling food.
- After playing with pets or visiting a petting zoo.
- Whenever they are dirty.

Make hand washing FUN!

- Sing "Twinkle, Twinkle, Little Star" or the "Alphabet Song" through while washing hands to make sure your child is washing long enough.
- Have your child pick out a special hand washing soap.
- Help your child reach the sink easily by placing a stool in front of it for them to stand on when you are with them.

Source: MyPyramid.gov



Join us for a FREE movie!

Texas Children's Health Plan presents:
Legend of the Guardians: The Owls of Ga'Hoole
Saturday, September 25
11 a.m.
Premiere Cinema Galveston
8902 Seawall Blvd.
Galveston 77554

Call 832-828-1303 to reserve your tickets.

First come, first served. Snacks not included. Parents must accompany children.
This movie is Rated PG.



Portion size is important in a healthy diet

Do you know how big one serving of meat looks like? Here's a quick and easy chart to help you see what a serving of food looks like.

One serving	What it looks like
3 ounces of meat, poultry or fish	Deck of playing cards, cassette tape, or the palm of a woman's hand
1 ounce of meat, poultry or fish	Matchbook
1 cup of fruit or yogurt	Baseball
1 medium potato	Computer mouse
1/2 cup of chopped vegetables	Three regular ice cubes
1 cup of potatoes, rice or pasta	Size of a fist or a tennis ball
1 medium orange or apple	Baseball
1 standard bagel	Hockey puck
1 cup chopped fresh leafy greens	4 lettuce leaves
2 tablespoons peanut butter	Golf ball
1 ounce of cheese	A tube of lipstick
1 slice of cheese	A computer disk
1/2 cup cooked vegetables	6 asparagus spears, 7 or 8 baby carrots or carrot sticks, 1 ear of corn, or 3 spears of broccoli



Join us in the Texas Children's Health Plan Family Section at the Houston Dynamo games

Texas Children's Health Plan and the Houston Dynamo have teamed up to bring you the Texas Children's Health Plan Family Section at Dynamo home games. The Texas Children's Health Plan Family Section is a fun, friendly and safe place to watch the game. Here is a coupon for \$9 off any home game. Cut out the coupon and take it to Robertson Stadium Box Office the day of the game. Home games are on these dates:

- September 18
- October 10
- October 23



Community fairs: Keeping your community safe and healthy

We are hosting community fairs at apartment complexes in the Houston area. Community fairs provide free food, giveaways, and important information to help keep families safe and healthy.

Call Rhonda at 832-828-1303 to have a community fair at your apartment complex.

