



Report to **PARENTS**

5 Tips to Set Your Family Up for a Healthy New Year

As children wind down from the holidays and head back to school in the New Year, take this as a moment to set your family up for a happy and healthy 2025 with some new habits.

1. Make Healthy Habits Resolutions

Whether students are at home or in the classroom, establish easy healthy habits as a New Year's resolution to practice with family and teachers. Easy-to-follow resolutions are handwashing before or after eating meals and getting exercise each day.

2. Help Restock Your Teacher's Classroom

When your child heads back to school, consider bringing fresh classroom supplies to support healthy habits like tissues, hand sanitizer, and Lysol Disinfecting Wipes to help reduce the spread of germs on surfaces in the New Year.

3. Start a New Physical Activity Together

Start the year off by introducing an exciting and new physical activity for the whole family. Movement is essential to your child's overall health—and to yours—so make it a full family effort. It can be as simple as a game after dinner instead of TV or taking a walk around the block after school.



4. Refresh Your Pantry

When you make your first grocery store trip after all the holiday festivities, try to get back on track with healthy choices and a good variety of nutritious foods.

Consider healthier snack options like granola bars, nuts, non-perishable fruit such as oranges, or refrigerated options such as yogurt or carrots.

5. Share Free Healthy Habits Resources

Back to school in the New Year is also the same time as the height of cold and flu season.

Encourage your schools to continue practicing and learning about healthy habits in the classroom. As part of Lysol's Here for Healthy Schools program, teachers can download free [Minilabs Science Kits](#) to teach students about the science of germs and hygiene habits.