



Stay connected and stay healthy

Cotati Rohnert Park Unified School District



## Vision and Hearing

Problems with vision and hearing can make it difficult for a child to learn, lead to behavior problems at school, and affect well-being into adult years. Poor vision can affect your child's ability to learn to write or catch a ball – all skills that require “hand-eye coordination”. Some vision problems can lead to permanent vision loss if not corrected early. Poor hearing, even at a mild level, can impact speech, reading, math, and social skills. Click for more information to identify common [vision](#) and [hearing](#) problems and prevent further issues.

Family health history, pregnancy and birth events, a child's own growth and health (including infection such as measles, mumps, ear infection or certain medications), one's environment, and current wellness and safety practices can all impact a child's vision and hearing.

Parent and teachers might notice signs that point to a need for a [vision or hearing check](#). You can protect your child's vision and hearing with healthy habits and safety awareness. Take regular breaks from screen-time; increase outdoor time with protection from UV light; avoid loud noise and injury to the ears or head. Check here for more [vision](#) and [hearing](#) safety tips.

## Screen Time and Your Health



Although it is easy and convenient to use our tablets, laptops, and phones while lying on the couch or in bed or hunched over a table, these positions contribute to poor posture. Over time, poor posture becomes a habit that can result in headache, jaw, neck, shoulder, and back pain; problems with circulation and digestion; poor balance; and even change the shape of your spine. All types of screens, including computers, phones, televisions and gaming devices, count as “screen time”. Click here for [some helpful tips](#) for posture. To give your eyes a needed rest when working on your device remember the 20-20-20 rule. Every 20 minutes look up from your device at an object that is about 20 feet away for a full 20 seconds. Check out [how to prevent eye strain](#)

## HEALTHY EATING

### Apple Chips

#### Ingredients:

- Apples
- Cinnamon
- Sugar

#### Directions:

- Heat oven to 200°F
- Thinly slice apples
- Lightly spray a cookie sheet with non-stick cooking spray
- Spread the apples in a single layer
- Lightly sprinkle with sugar and cinnamon
- Bake 1 hr, flip and bake 1.5 more hr



## GET MOVING

### Step Away from the Screen

We all have a ton of screen time these days! To maintain your energy throughout the day, take frequent breaks, drink a glass of water. Stand up, step away from your screen and move.

- \*Roll your shoulders
- \*Stretch your arms and legs
- \*Get the heart pumping
- \*Enjoy the sunshine

Tip: [Yoga for kids: Good Posture](#)



Dr. Perez taking a break from the screen and stretching.

## KEEP CALM AND...

### Give Thanks

People who practice being thankful are healthier, happier, more optimistic. They make progress towards their goals, have a better sense of well-being, and are helpful to others. Being grateful is a choice we make. There is always something to be thankful for. One way to practice an attitude of gratitude: Write down 3 things you are thankful for everyday.

[Sample Gratitude Journal](#)

