



## Week before Winter Break

Hello everyone! We have an exciting holiday break approaching. Before you go on break, I would like to remind you to;

1. Regularly **brush your teeth**,
2. **Hydrate** throughout the day,
3. and get the appropriate amount of **sleep**.

### 1. Tooth Brushing Timer

Follow along with the video in order for your teeth to be squeaky clean!

<https://m.youtube.com/watch?v=gAODutglIVQ>

2. According to CHOC, (in affiliation with the *University of California Irvine*), it is recommended that children **drink the amounts of water below according to their age.**

Age in years	Number of 8 oz cups
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9 and older	8
Eight 8 oz cups = 2 Liters	



3. The American Academy of Pediatrics recommends the following hours of sleep for children.

