



THE FAMILY CONNECTION UNIT 7 – HEALTHY BODIES

Dear Family Member,

Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on the importance of:

Organs (heart, lungs, kidneys, liver, intestines and brain) and what they do

Harmful effects of alcohol, tobacco, and other drugs on organs.

Things you can do *at home*:

- Tell them how amazing and special their body is.
- Talk to your child about drugs and protect them from second hand smoke.
- Show them how to have fun without drugs and alcohol.
- Show your child healthy ways to relax or celebrate.
- Participate in healthy, physical activities together; this keeps the brain and lungs healthy.
- Allow your child to make choices and to learn from their choices.

