

R.B.'s Activity Book

Fun Ways To Learn Healthy Habits!



Parents/Caregivers:

These activities and puzzles offer lots of opportunities to talk to your child about important issues like staying healthy and being safe. Take a look!

Dear Parent/Caregiver,

The **National Association of Pediatric Nurse Practitioners** (NAPNAP) and our nearly 7,000 pediatric nurse practitioners are dedicated to helping parents understand and meet the changing health needs of their growing children. We are proud to play a part in providing you with an educational program and activity book that gives your child helpful information on issues related to his or her own health care and safety.

The activities focus on a variety of health and safety issues that are important to children today. Aimed at 6 – 9 year olds, the program allows children to engage in fun activities as they learn about various health and safety topics. We are pleased to incorporate content relevant to NAPNAP's two major programs: our **Healthy Eating and Activity Together** (HEATSM) Initiative and our **Keep yourself/your kids Safe and Secure** (KySSSM) Program. The activities tie directly to our programs with content that explores areas related to hygiene, nutrition, exercise, and personal safety.

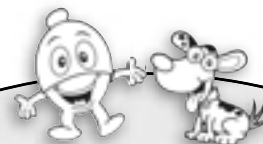


NAPNAP and the **LYSOL® Products Brand Team** share a collaborative relationship, and working together we are pleased to be able to bring you this high quality educational program. Expert members who specialize in the care of children have reviewed the information provided and are pleased to strongly recommend it as a valuable resource for children.

We hope both you and your child enjoy working on the activities as you help him or her learn about important health and safety issues.

Sincerely,

Jo Ann Serota, MSN, RN, CPNP
President, NAPNAP



Parent/Caregiver —

Check out **R.B.'s Healthy Activity Award** inside the back cover of this book. It's a perfect reminder to cut out and post on your child's bedroom wall!

NAPNAP would like to acknowledge the following pediatric healthcare professionals who have contributed to this program.

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The information in this activity book is a supplement to – not a substitute for – the care provided by a pediatric nurse practitioner, physician, or other healthcare professional.

All activities are also available online at www.lysol.com

R.B.'s Activity Book

It's yours, too!

*Welcome to R.B.'s Activity Book –
the fun way to learn about health!*

Inside you'll find lots of puzzles, activities and brain-teasers. They're fun to do – and they have important information for you to discover and share with your family, too.



Meet R.B.

He's learning all about the things he can do to have fun, be safe and be healthy. He wants to share what he's learning with you! Watch for him throughout your Activity Book.

This is Scrubs.

He's traveling and learning with R.B. throughout the book – and has a few tips of his own to share!

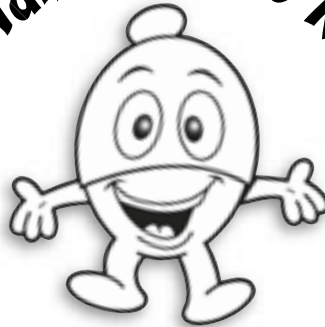


R.B. and Scrubs are ready to take you on your journey. So grab your pencil or crayon . . . get ready . . . and have fun!

This book belongs to:

Today's Date:

R.B. Wants You to Know!



Let's Hear It for Clean Hands!

Keeping your hands clean can keep you healthy. If you have germs on your own hands, you're also spreading them to everything you touch and everyone you meet! That's a present no one wants to get!

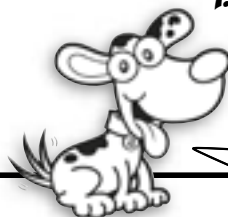
R.B. Says: Wash Your Hands . . .

- **Before** eating
- **Before** you touch food or help in the kitchen
- **After** coming in from outside
- **After** playing with pets
- **After** using the bathroom
- **After** sneezing, coughing or blowing your nose



How to Wash:

1. Wet your hands with water
2. Add soap
3. Rub together to make bubbles
4. Scrub between fingers and under fingernails
5. Wash for 20 seconds
6. Rinse your hands well
7. Dry with a paper towel or air dryer



Have FUN!



Scrubs' Secret Symbols



Scrubs says, "Scrubbing Counts!"

Use his secret symbol code to show the hidden words in his hand washing steps.

1 Wet your
— — — — —
★ ● ■ ❖ ▲
with warm
water.

2 Add
— — — — —
▲ □ ● ❖ ·

3 Rub your hands
together to make
lots of
— — — — —
▷ ◆ ▷ ▷ ? ✓ ▲ ·

4 Scrub between
— — — — —
◆ ☆ ■ ❖ ✓ ❖ ▲
and under
fingernails.

5 As you
— — — — —, count
to 20 slowly.
(or sing Happy
Birthday twice)

7
— — — — —
❖ ❖ ✨
with a
clean towel.

6
— — — — —
❖ ☆ ■ ▲ ✓
your hands
with water.



CODE

Answers on page 7

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
●	▷	♥	❖	✓	◆	❖	★	☆	⊗	○	!	✱	■	□	⊕	*	❖	▲	▼	◆	★	✕	⊗	✨	☀



Parent Tip

Model proper hand washing for your child! It's a great way to stress the life-long importance of clean hands.



For more information on CDC's Clean Hands Coalition, visit
www.cdc.gov/ncidod/op/handwashing.htm



Jumpin' Germs!



Yikes! Germs are waiting around every corner. Even though you can't see them – remember to wash your hands to remove them.

- **Circle** the times when it's important to wash hands.
- **Draw a line to the B** to show when you should wash **BEFORE** doing something.
- **Draw a line to the A** for those times when you should wash **AFTER** doing something.



Answer on page 7



Wash Hands BEFORE...



Wash Hands AFTER...



Parent Tip

Many germs can live for weeks on surfaces like computer keyboards. Make regular hand washing a family tradition!



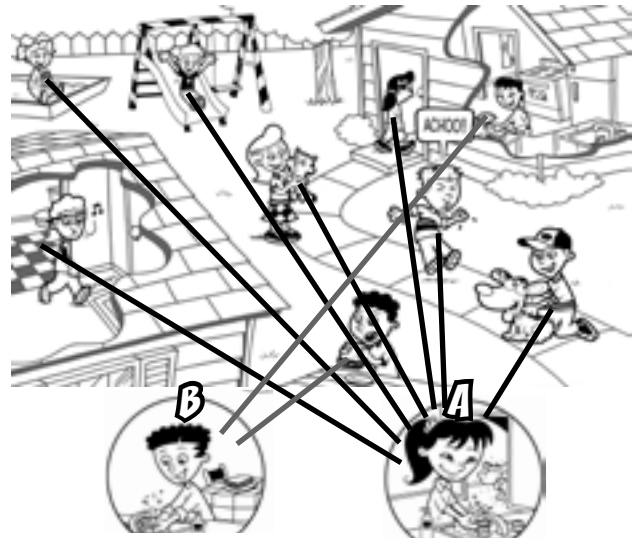
For more information on hand washing steps, visit
www.cleaning101.com/cleaning/survey01/propersteps.html

Answer Page

Page 5: Scrub's Secret Symbols



Page 6: Jumpin' Germs



Wash Hands **BEFORE**...

Wash Hands **AFTER**...



R.B.'s Healthy Activity Award



This is to certify that

(insert name)

has learned all about staying healthy and safe.

- By completing R.B.'s Activity Book, now you know how to:
- Make good food choices and be active for a healthy body
 - Take care of your teeth to keep your smile healthy and bright
 - Wash your hands in the right way and at the right times
 - Make safe choices every day



**Congratulations
— and thanks for
sharing my
Activity Book!**



**Keep up the
good work!**



***R.B.'s Activity Book* is proud to support the following national health initiatives for children:**

