

REACHH-FRC

& Child Advocacy Center

411 Temple St. Hinton,
WV 25951

(304) 466-2226

Visit us online at
www.reachhfrfc.org

Office Hours

Monday - Friday

8:00 AM - 4:00 PM



Keep Your Kids Happy, Healthy and Engaged This Summer!

Make sure your child is getting daily exercise: Encourage your child to stay active. Have them walk, run, swim, play sports, jump rope, ride bikes, or go skating daily. Check out LetsMove.gov for more information.

Make sure your child is eating healthy: Prepare snack bags of vegetables such as carrots, celery, or cucumbers and/or fruit such as apples, pears, or berries.

Make sure your child is drinking a lot of water

Engage in fun and educational activities with your child: Turn off the TV, read books/magazines with your child that interest them, make art projects, do science experiments, take a hike, go to a museum, etc.

Make sure your child goes to bed on time every night: Schedule a bedtime and keep to it. This will ensure your child is getting adequate amounts of sleep. Sufficient amounts of sleep promote healthy physical and mental development.

Make sure your child is wearing sunscreen when playing outside: Make sure the sunscreen is SPF 30 or higher. No sunscreen is water proof or sweat proof, so make sure to reapply every two hours. Remember, even people with darker complexions need to wear sunscreen!



REACHH Important Dates and Events

Keep an eye on our Facebook page for upcoming events!

Other Community Events

