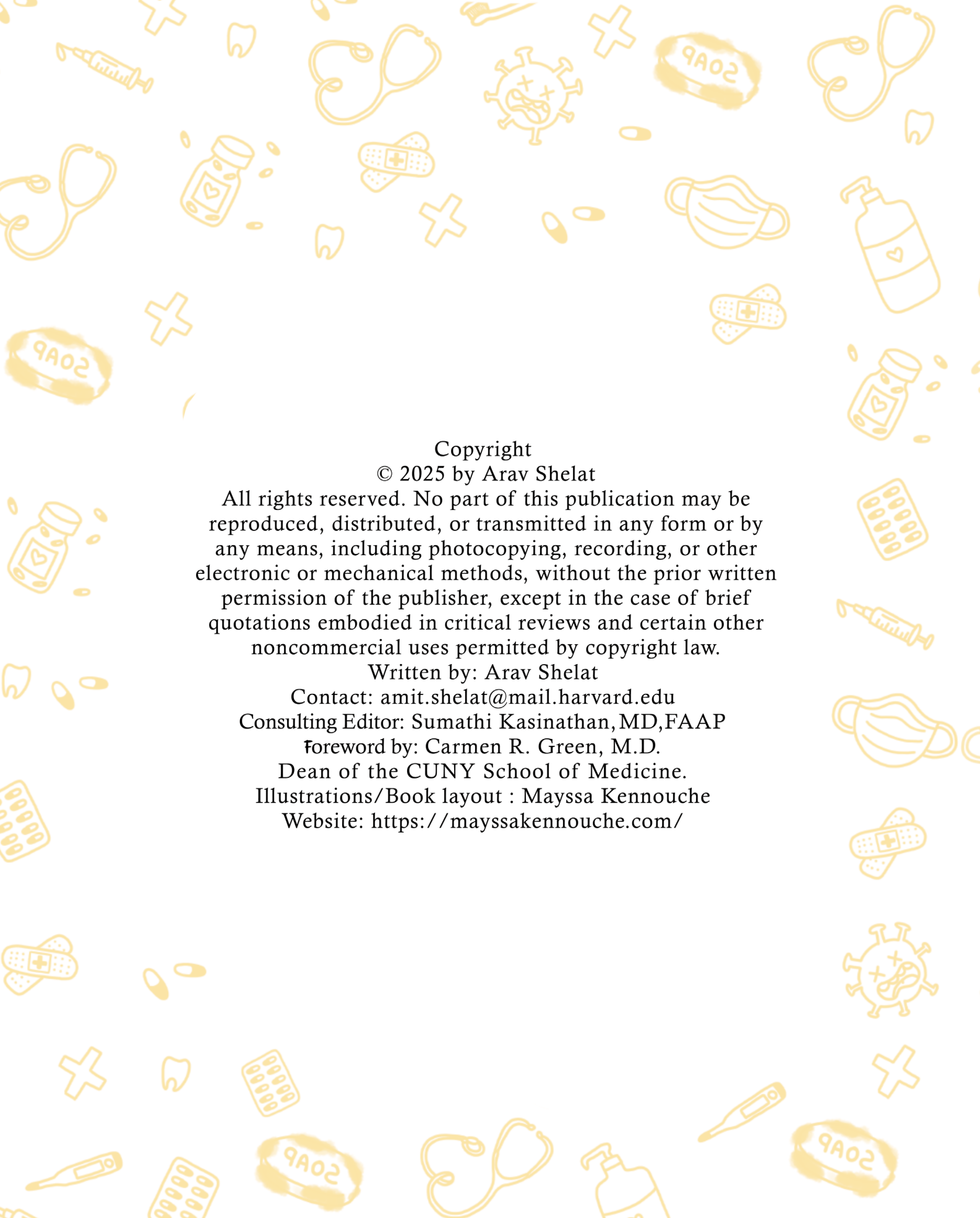
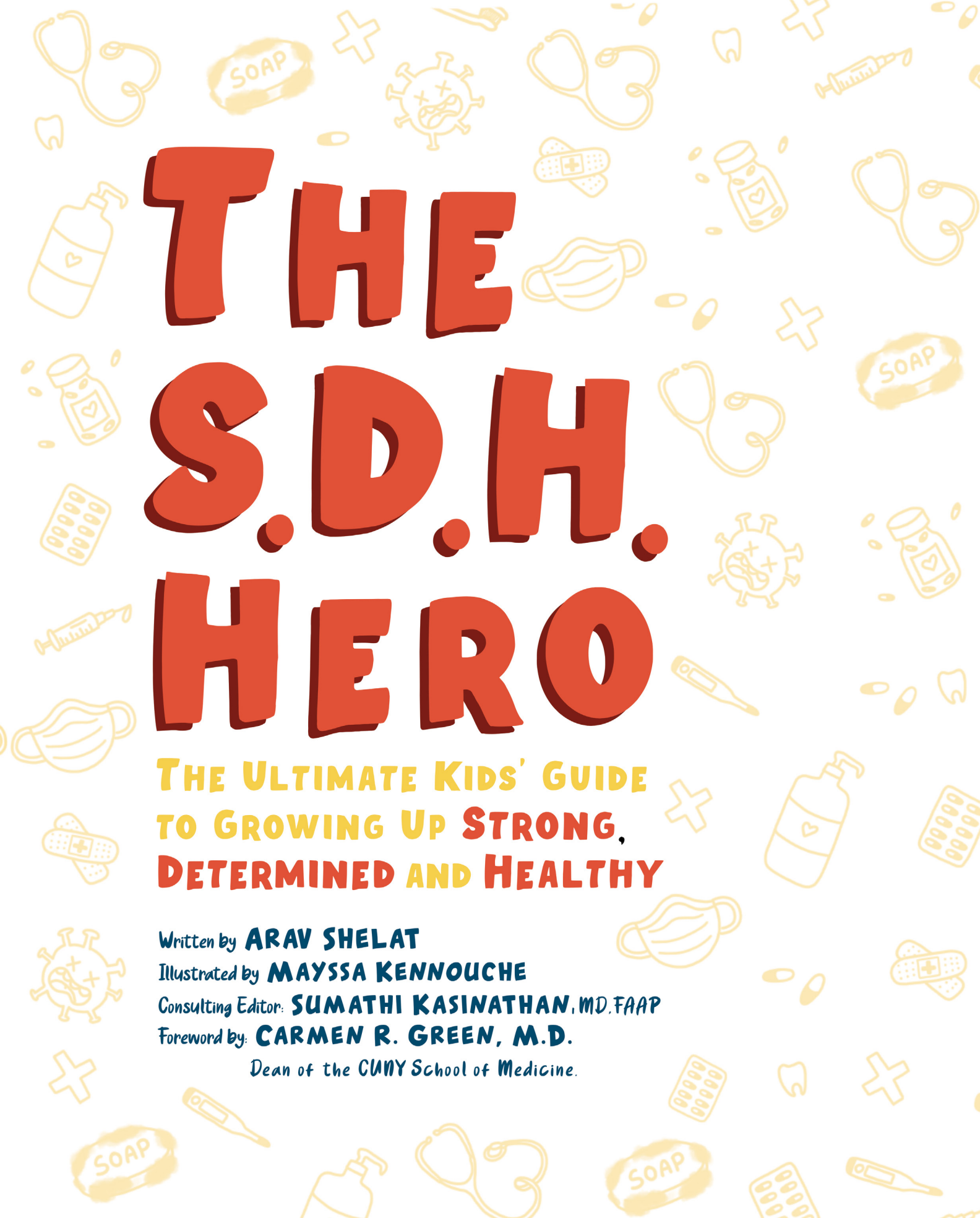






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Written by: Arav Shelat
Contact: amit.shelat@mail.harvard.edu
Consulting Editor: Sumathi Kasinathan, MD, FAAP
Foreword by: Carmen R. Green, M.D.
Dean of the CUNY School of Medicine.
Illustrations/Book layout : Mayssa Kennouche
Website: <https://mayssakennouche.com/>

The background is a light yellow color with a repeating pattern of various medical and health-related icons in a darker yellow. These icons include stethoscopes, syringes, pills, band-aids, a virus/cell, a tooth, a soap bar, a face mask, a thermometer, a pill bottle, and a plus sign.

THE S.D.H. HERO

THE ULTIMATE KIDS' GUIDE
TO GROWING UP **STRONG,**
DETERMINED AND HEALTHY

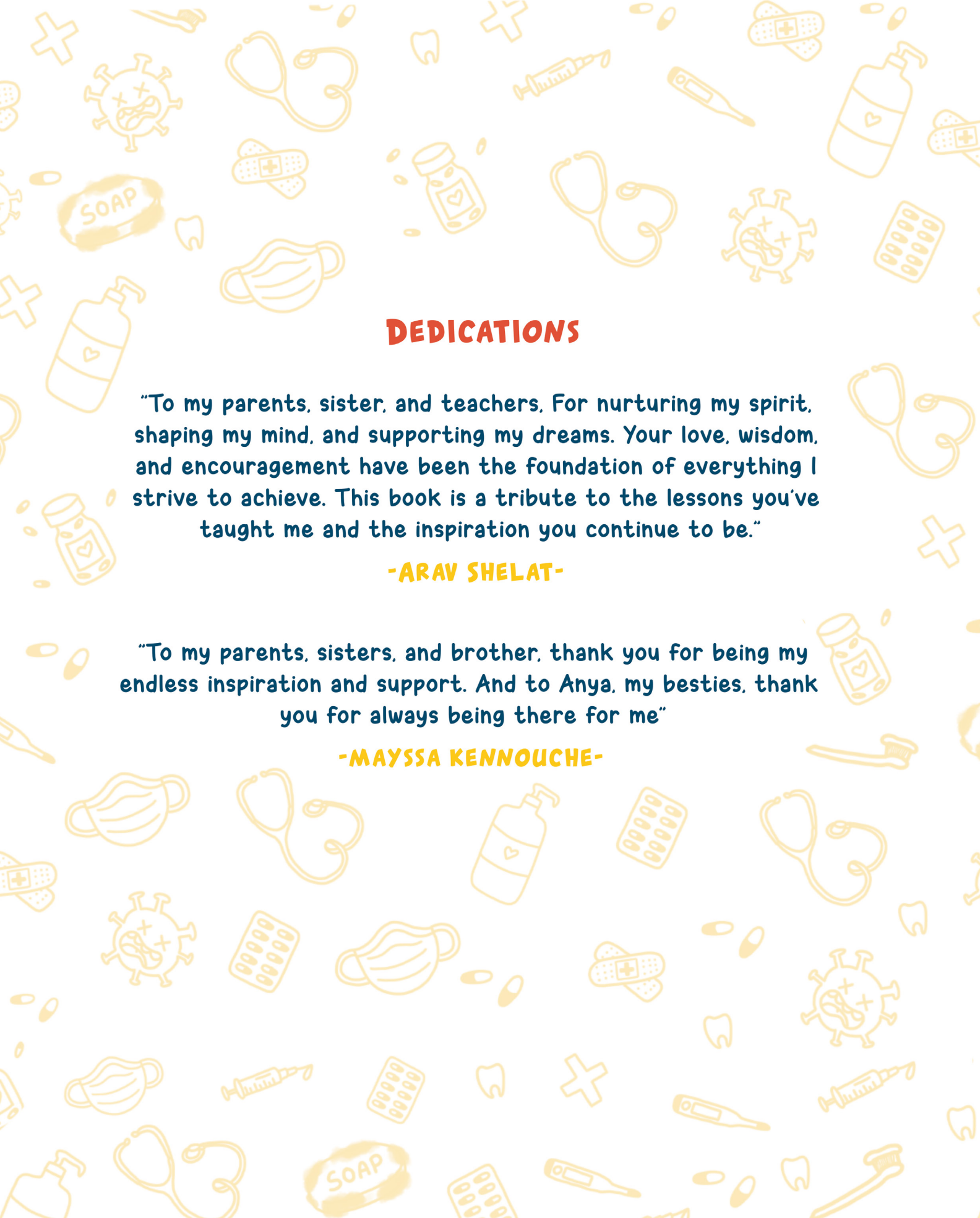
Written by **ARAV SHELAT**

Illustrated by **MAYSSA KENNOUCHE**

Consulting Editor: **SUMATHI KASINATHAN, MD, FAAP**

Foreword by: **CARMEN R. GREEN, M.D.**

Dean of the CUNY School of Medicine.



DEDICATIONS

"To my parents, sister, and teachers. For nurturing my spirit, shaping my mind, and supporting my dreams. Your love, wisdom, and encouragement have been the foundation of everything I strive to achieve. This book is a tribute to the lessons you've taught me and the inspiration you continue to be."

-ARAV SHELAT-

"To my parents, sisters, and brother, thank you for being my endless inspiration and support. And to Anya, my besties, thank you for always being there for me"

-MAYSSA KENNOUCHE-

FOREWORD

Hey there, future health heroes!

Did you know that every day, you make choices that help you grow up strong, determined, and healthy? Whether it's what you eat, how you take care of yourself, or how you handle tough situations, your choices shape the kind of person you become. That's why this book, *The SDH Hero: The Kid's Guide to Growing Up Strong, Determined, and Healthy*, is here to help you make smart choices that keep you feeling great, staying safe, and being the best YOU possible.

Growing up healthy is a journey, and like any great adventure, you need a good guide. This book is packed with fun and useful tips on keeping your body strong, your mind happy, and your surroundings safe. You'll learn how to eat the right foods, take care of your body, stay active, and even handle stress or tough emotions. Plus, there are important lessons on keeping safe and healthy at home, in your neighborhood, and online.

Being healthy isn't just about not getting sick—it's about feeling strong, confident, and ready to take on the world. And guess what? You don't have to do it alone. This book will be your sidekick, helping you make smart choices every day.

For some kids, growing up healthy can be harder because of things they can't control—like not having access to good food, safe places to play, or doctors when they need them. But knowledge is power. The more you know about how to take care of yourself, the better choices you will make. This book gives you the tools to stay strong, speak up for yourself, and build a healthy future.

As a doctor, my job is to help people live healthier lives, and I know that starts with learning. That's why I love this book—it makes sure every kid, no matter where they come from, has the chance to grow up strong, determined, and healthy.

So get ready to become an SDH Hero! Read, learn, and have fun. Use what you discover to take charge of your health and help others do the same.

You are the hero of your own story, and your future is bright.

Let's make it amazing!

CARMEN RENÉE GREEN, M.D.

President and Dean, CUNY School of Medicine

Medical Professor, Community Health and Social Medicine

Professor Emerita, Anesthesiology and Obstetrics and Gynecology, University of Michigan

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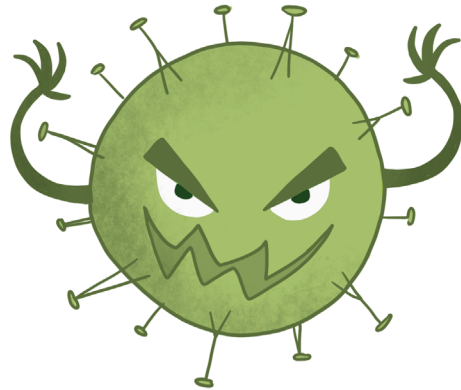
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CHAPTER 1: BASIC HEALTH & HYGIENE

**Did you know that keeping yourself clean is one of the best ways to
stay healthy?**

**Let's talk about a few easy things you can do every day to keep germs
away and feel great!**

PERSONAL HYGIENE

HANDWASHING: Your hands touch a lot of things throughout the day. Some of those things might have germs that can make you sick. That's why it's super important to wash your hands often, especially before and after you eat anything. Here's how to do it right:



Wet your hands with clean water.

Put soap on your hands and rub them together.



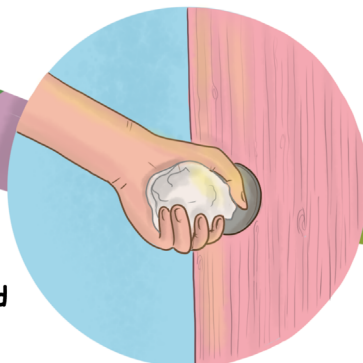
Don't forget to clean between your fingers and under your nails!



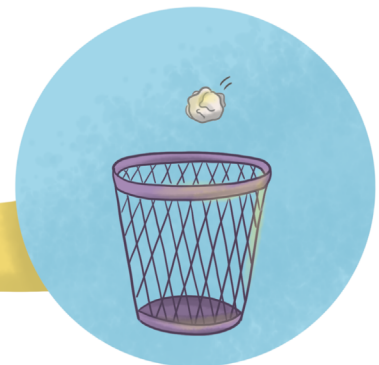
Rinse your hands with clean water and dry them with a clean paper towel



Rub your hands for at least 20 seconds. You can sing the "Happy Birthday" song twice to make sure you've washed long enough.



As you leave the bathroom, use the paper towel you used to dry your hands to open the door.



Throw the paper towel away into the trash as you leave the bathroom.

BRUSHING YOUR TEETH: A bright smile not only looks good but keeps you healthy, too! Brushing your teeth gets rid of food bits and stuff that can cause cavities and gum disease (red and swollen gums). Here's how to brush like a pro:

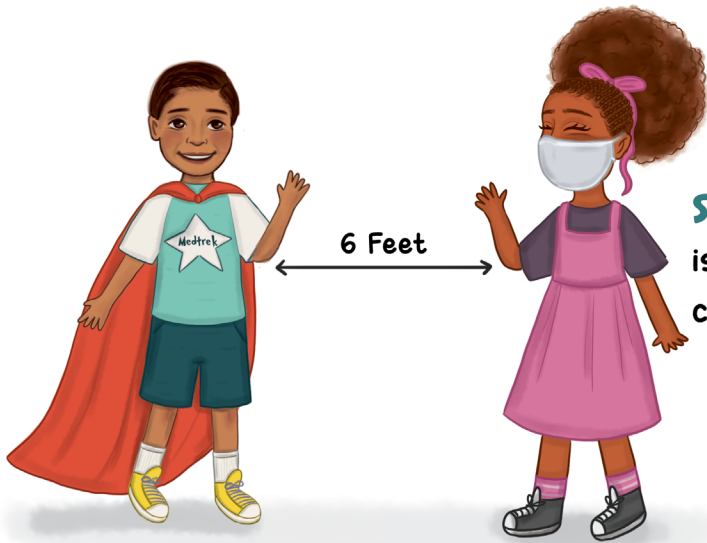


- Brush your teeth twice a day—once in the morning and once before bed.
- Use a pea-sized amount of toothpaste on your toothbrush.
- Brush for two minutes, making sure to clean all sides of your teeth and your tongue.
- Rinse your mouth well and spit out the toothpaste.



BATHING: Taking a bath or shower helps wash away dirt, sweat, and germs. Try to bathe every day. Use soap to clean your whole body, and shampoo to wash your hair. Don't forget to dry yourself well after you're done!

AVOID TOUCHING FACE: Try not to touch your face, especially your eyes, nose, and mouth, as germs can enter your body this way. Did you know that people touch their faces 23 times per hour? That's thousands of times a day! Don't be one of those people!



STAY AWAY FROM SICK PEOPLE: If someone is sick, try to keep a safe distance to avoid catching their germs.

COVER COUGHS AND SNEEZES: Use a tissue or your elbow to cover your mouth and nose when you cough or sneeze to stop the spread of germs.



NUTRITION

Eating the right foods is just as important as staying clean. Let's explore how to fuel your body with the nutrients it needs!

Balanced Diet: A balanced diet includes a mix of different foods that give your body energy, help you grow, and keep you strong. Here are the food groups you need to know about:

• FRUITS AND VEGETABLES:

These are packed with vitamins and minerals.

Try to eat a variety of colors like red apples, orange carrots, green spinach, and purple grapes!



• GRAINS:

Foods like bread, rice, and pasta give you energy.

Whole grains, like brown rice and whole wheat bread, are the best because they have lots of fiber.



• PROTEINS:



Protein helps build muscles and keeps you full.

You can find protein in meat, fish, eggs, beans, and nuts.



• DAIRY:

Milk, cheese, and yogurt are good for your bones because they have calcium.



• HEALTHY FATS:

Foods like avocados, nuts, and olive oil give you energy and help your body use vitamins.



• **SODA, FAST FOOD, AND JUNK FOOD:**

Eating too much of these foods can make it harder to concentrate and learn at school. Making unhealthy food choices all the time can lead to diseases such as Diabetes and Heart Disease that might stop you from doing the things you love, like playing sports or running around with friends.



- **SODA:** Soda has lots of sugar and can hurt your teeth and make you feel tired. It's better to drink water or milk most of the time.
- **FAST FOOD:** Fast food like burgers and fries can be tasty but has a lot of unhealthy fats and salt and pack a lot of calories that can make you gain weight. It's okay to have fast food sometimes, but not all the time.
- **JUNK FOOD:** Snacks like chips, candy, and cookies have lots of sugar and salt but don't give your body the nutrients it needs. It's okay to have them sometimes, but try to stick with healthy snacks like fruits and nuts instead.



• **DRINKING WATER:** Your body needs water to stay healthy. Water helps you stay hydrated, keeps your skin clear, and helps your body work well. Try to drink 6 to 8 glasses of water every day. If you're playing outside or it's hot, you might need even more

IMPORTANT TIPS

- Wash your hands before eating, after using the bathroom, and after playing outside.
- Brush your teeth for two minutes—maybe use a timer or a fun app to help.
- Eat a rainbow of fruits and vegetables every day.
- Avoid eating junk food and fast foods.
- Drink water with your meals and whenever you're thirsty. Avoid drinking sugary drinks.



CHAPTER 2: TRYING A VEGAN DIET: WOW, THAT TASTES AWESOME!

Hey there! Have you ever heard of a vegan diet?

It's a way of eating that includes lots of yummy foods that come from plants. Let's explore how you can eat a vegan diet for part of every week, and how it can be tasty and fun!

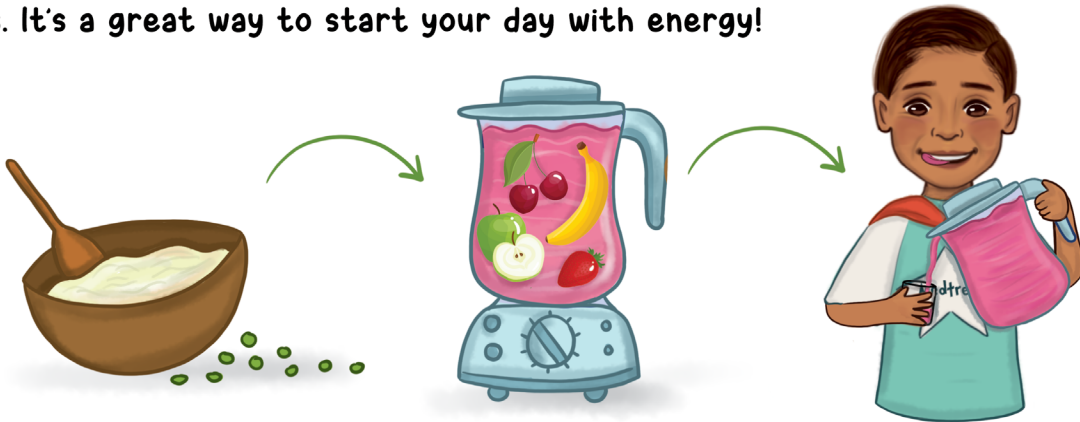
WHAT IS A VEGAN DIET?

A vegan diet is a way of eating that doesn't include any animal products. That means no meat, milk, cheese, eggs, or butter. Instead, it's full of delicious plant-based foods like fruits, vegetables, grains, nuts, and seeds. Even if you eat meat and dairy most of the time, trying vegan meals once in a while can be healthy and fun!

FOODS TO TRY ON A VEGAN DAY

1. PEA PROTEIN

- **WHAT IS IT?:** Pea protein is a powder made from peas that gives you lots of protein, which is important for building muscles and staying strong.
- **HOW TO EAT IT:** You can mix pea protein powder into smoothies or make protein shakes. It's a great way to start your day with energy!



2. OAT MILK

- **WHAT IS IT?:** Oat milk is a creamy drink made from oats and water. It's a great alternative to cow's milk and has a yummy, mild taste.
- **HOW TO USE IT:** You can drink oat milk just like regular milk. Pour it over cereal, mix it into oatmeal, or even use it in your favorite smoothies and recipes.



3. SOY PRODUCTS

- **WHAT ARE THEY?:** Soy products include foods like tofu and tempeh, which come from soybeans. They're packed with protein and are really versatile.
- **HOW TO EAT IT:** Tofu can be cooked in many different ways. You can add it to stir-fries, soups, or salads. Tempeh is great grilled or mixed into your favorite dishes.



4. OATMEAL AND FRUIT

- **WHAT IS IT?:** Oatmeal is a warm and comforting breakfast made from oats. Adding fruit makes it even more delicious and nutritious!
- **HOW TO MAKE IT:** With help from a grown-up, cook some oats in water or oat milk, then add your favorite fruits like bananas, strawberries, or blueberries. You can also sprinkle some nuts or seeds on top for extra crunch.



5. FRESH VEGGIES

- **WHAT ARE THEY?:** Fresh vegetables are a big part of a vegan diet. They're colorful, crunchy, and full of vitamins that help keep you healthy.
- **HOW TO EAT THEM:** You can eat veggies raw, like carrots and cucumbers, or cook them in different dishes. Try roasting some broccoli, peppers, and sweet potatoes for a tasty dinner.



BENEFITS OF TRYING A VEGAN DIET

- **STAY HEALTHY:** Eating lots of fruits, veggies, and whole grains can give you energy and keep your body healthy.
- **TRY NEW FOODS:** Exploring vegan foods can help you discover new flavors and dishes you might love.
- **HELP THE ENVIRONMENT:** Eating plant-based foods is good for the planet because it uses fewer resources like water and land.



IMPORTANT TIPS FOR YOUR VEGAN DAYS

- **BE CREATIVE:** Try making your own recipes and experiment with different ingredients. You might create something delicious!
- **SHARE WITH FRIENDS AND FAMILY:** Cooking and eating together can be fun. Share your vegan meals with friends and family to show them how tasty plant-based food can be.
- **KEEP IT SIMPLE:** Start with easy recipes, like a smoothie with oat milk and banana, or a simple vegetable stir-fry. There are also recipes that you can try at the end of the book.

By trying a vegan diet for part of your week, you can enjoy a variety of foods that are both delicious and healthy. It's a great way to explore new tastes and learn about eating in a way that's good for your body and the planet. Enjoy your vegan adventure!

DON'T FORGOT TO TRY THE RECIPES AT END OF THE BOOK!



CHAPTER 3:

SAFETY AND INJURY PREVENTION

Hey there! Let's learn how to stay safe at home and in our neighborhood.
Here are some easy tips to help you avoid accidents and injuries:

HOME SAFETY

AVOID HARMFUL SUBSTANCES:

There are some things in your home that can be dangerous if you touch or eat them. Here's what to watch out for:

• CLEANING PRODUCTS:

Cleaning products can be very harmful. Don't touch or taste them. If you see bottles with strong smells or warning labels, stay away



• MEDICINES:

Only take medicine if a grown-up gives it to you. Never take medicine on your own.



• SHARP OBJECTS:

Be careful with knives, scissors, and other sharp things. Ask a grown-up if you need help using them.



• TOBACCO PRODUCTS AND VAPES:

Don't attempt to use cigarettes, cigars or vapes. Using them can harm your lungs. Lighting tobacco products could also cause a fire.



• **ALCOHOL:**

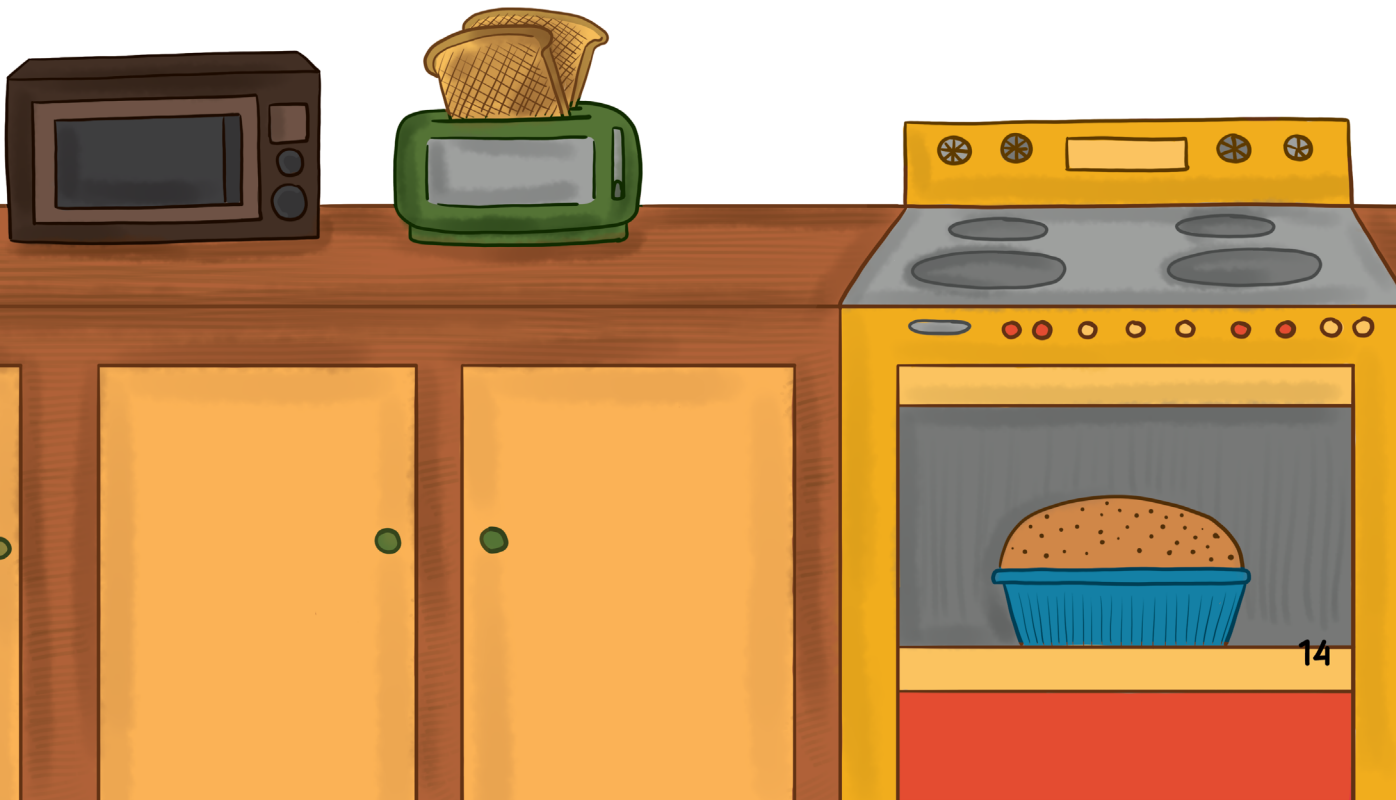
Don't drink anything that contains beer, wine or liquor. Drinking alcohol can make you sick and make you behave in ways that can be dangerous



APPLIANCES: Don't use appliances without supervision of a grown-up.

• **MICROWAVES:** Don't put metal utensils or aluminum foil containers in the microwave. They can heat up and cause a fire. Plastic utensils are also not safe to put inside the microwave since they could melt and make your food dangerous to eat. Use a microwave only with adult supervision.

• **STOVES, OVENS AND TOASTERS:** Don't use these appliances without having adult supervision. If they are accidentally left on, they could cause a fire.



WHAT TO DO IN EMERGENCIES:

Sometimes, unexpected things happen. It's important to know what to do:

- **FIRE:** If there's a fire, get out of the house quickly and safely. Don't use an elevator during a fire. Use the stairs or the fire escape steps outside your window. Don't hide—go outside and stay there. Call 911 or get an adult to call.



• **EMERGENCY CONTACTS:** Memorize important phone numbers, like your parents' phone numbers and 911, in case you need help fast.



• **FIRST AID:** If you or someone else gets hurt, tell an adult right away. Know where the first aid kit is in your home. You can get a free first aid kit from MedTrek.

GUNS AND WEAPONS:

Guns and other weapons can be extremely dangerous and should only ever be handled by trained adults. If you ever come across a gun or any kind of weapon, here's what to do:

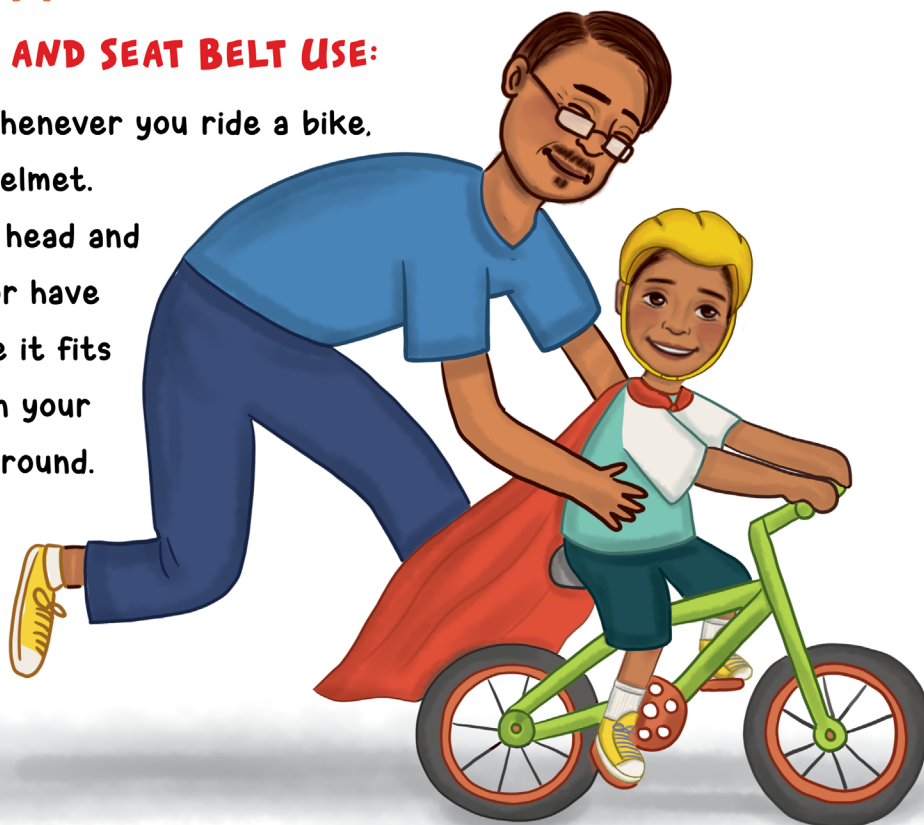
- **DON'T TOUCH:** Never pick up, touch, or play with any weapon, even if it looks like a toy. Sometimes toy weapons look real, and real weapons look like toys, so it's best not to touch any of them.
- **GET HELP:** If you find a gun or weapon, go find a trusted adult immediately and let them know.
- **STAY SAFE:** If a friend or someone else shows you a weapon, stay calm but don't handle it. Explain to them that it's dangerous and that you both should tell an adult.



PERSONAL SAFETY

BICYCLE HELMETS AND SEAT BELT USE:

- **BICYCLE HELMETS:** Whenever you ride a bike, remember to wear a helmet. Helmets protect your head and brain in case you fall or have an accident. Make sure it fits snugly and sits level on your head without moving around.



• WHY HELMETS ARE IMPORTANT:

If you fall off your bike, a helmet can help prevent serious injuries to your head. Think of it as a shield that keeps you safe!



• HELMET FIT:

Your helmet should cover the top of your head and not tilt too far back. Adjust the straps so the helmet Cleaning products can be very harmful. Don't touch or taste them. If you see bottles with strong smells or warning labels, stay away

• **SEAT BELTS:** Every time you get into a car, buckle your seat belt right away. A seat belt keeps you safe by holding you in place if the car stops suddenly or if there's an accident.

• WHY SEAT BELTS ARE IMPORTANT:

Without a seat belt, you could get thrown around in a car accident, which can be very dangerous. Wearing your seat belt makes car trips much safer.

• HOW TO WEAR A SEAT BELT THE RIGHT WAY:

Sit up straight, pull the seat belt across your body, and make sure it clicks into place. The belt should go over your shoulder and across your lap—not behind your back or under your arm.





NEIGHBORHOOD SAFETY

When you're playing outside or going places in your neighborhood, it's important to stay safe. Here's how:

PLAYING OUTSIDE:

Playing outside is fun, but you need to be careful too:

- **LOOK BOTH WAYS:** When crossing the street, always look both ways to make sure no cars are coming. Use crosswalks if you can.
- **STAY IN SAFE AREAS:** Play in safe places like parks or your yard. Avoid busy streets and stay away from people you don't know.
- **TELL AN ADULT:** Always tell an adult where you're going and who you're with. It's important they know where to find you.
- **DON'T TALK WITH STRANGERS:** Avoid talking to people who you don't know. Never go near cars or vans of people you don't know even if they are asking for your help.

PLAYING OUTSIDE:

Sometimes you might need help or feel unsafe. Here's what to do:

- **SAFE PLACES:** If you feel scared or lost, look for safe places like schools, libraries, or stores. They can help you find your way.
- **SAFE PEOPLE:** Find a trusted adult, like a police officer, teacher, or parent. They can help you if you're in trouble.

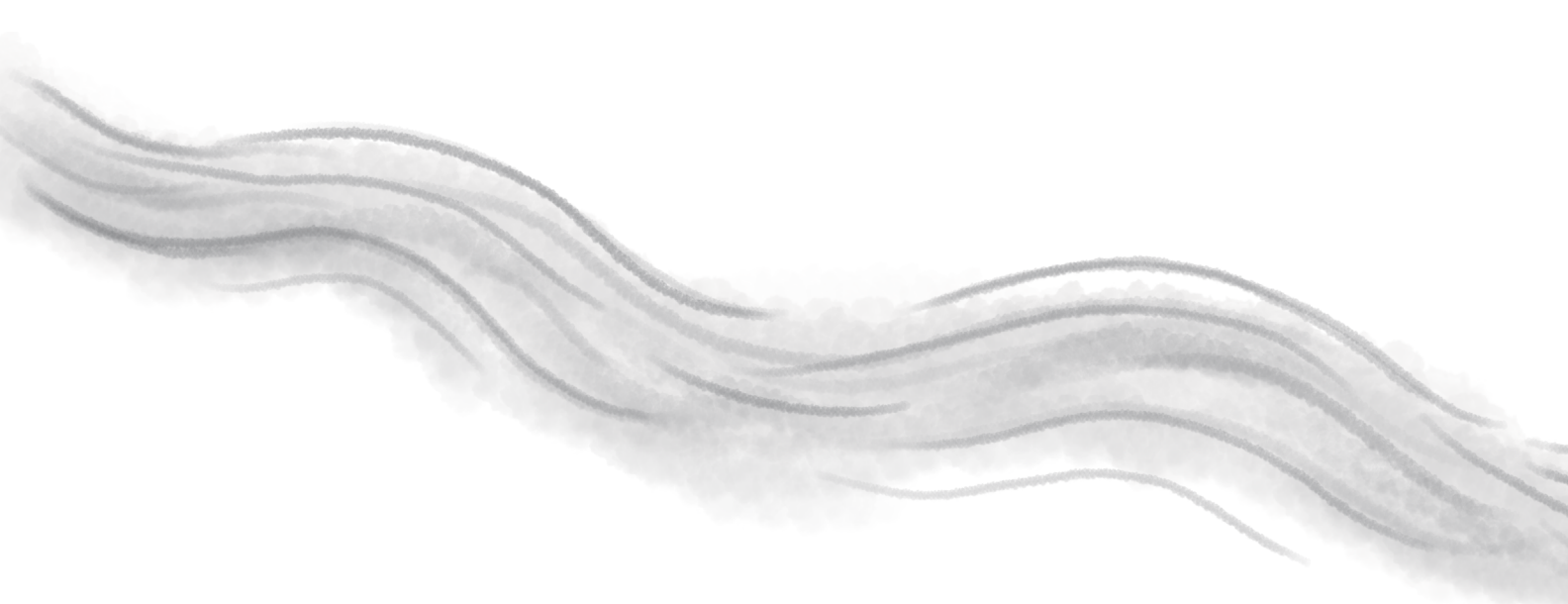


IMPORTANT TIPS

- **STAY ALERT:** Pay attention to your surroundings and avoid risky areas.
- **BUDDY SYSTEM:** When you can, play or travel with a friend. It's safer and more fun!
- **LISTEN TO YOUR GUT:** If something feels wrong or scary, find an adult you trust and tell them.
- Stay away from guns and other weapons!
- Always wear a helmet when riding a bike
- Always wear a seatbelt when riding in a car.

By following these tips, you'll stay safe at home and in your community.

Remember, safety first!



CHAPTER 4: STAYING SAFE UNDERSTANDING SUBSTANCE ABUSE

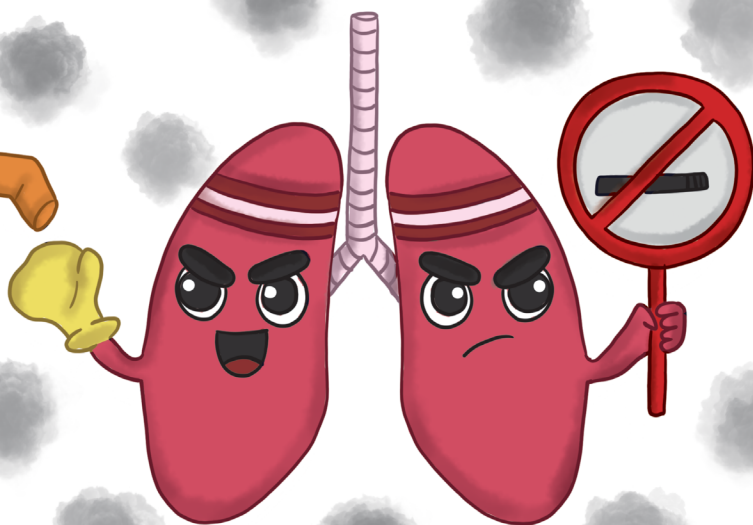
Hey there! Today, we're going to talk about something really important to help you stay safe and healthy. It's about avoiding harmful substances. Let's learn what they are and why staying away from them is a good idea.



WHAT IS SUBSTANCE ABUSE?

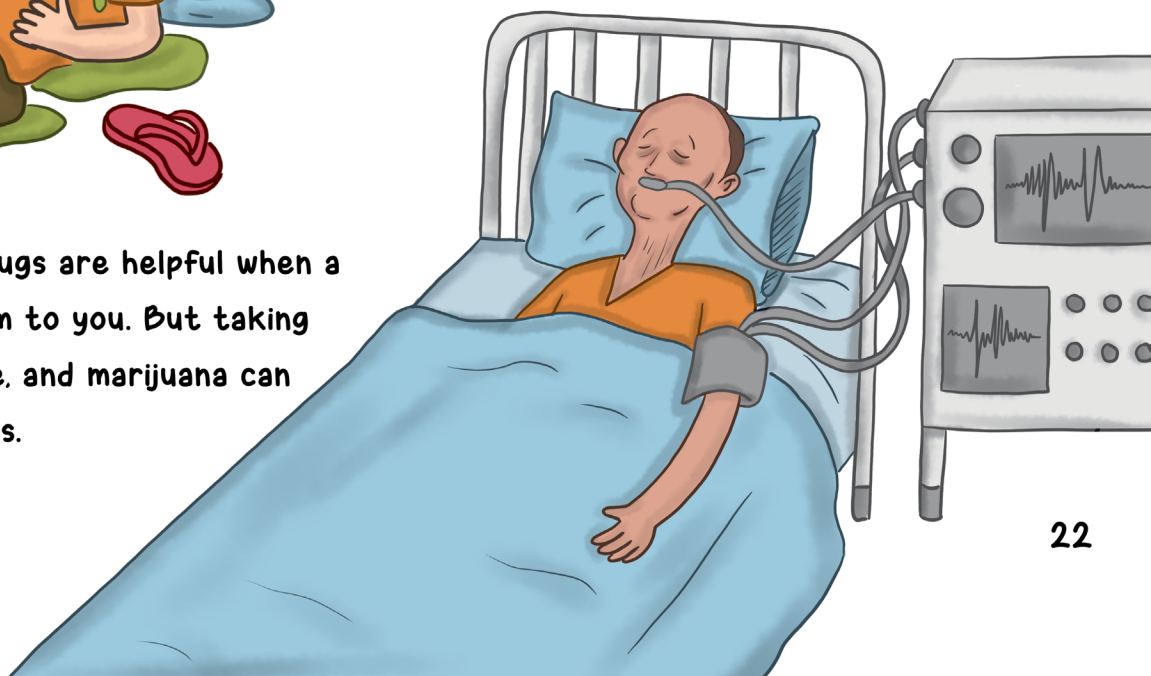
• **SUBSTANCES:** These are things people might smoke, drink, or take that can hurt their bodies and minds. Some of these substances are:

• **CIGARETTES:** Smoking can harm your lungs and make it hard to breathe.



• **ALCOHOL:** Drinking too much can make people sick and behave in ways that are not safe.

• **DRUGS:** Some drugs are helpful when a doctor gives them to you. But taking drugs like cocaine, and marijuana can be very dangerous.



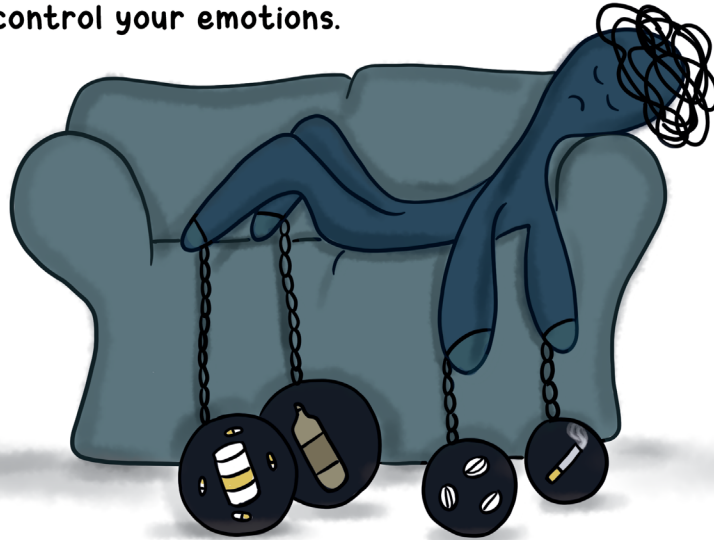
WHY ARE THESE SUBSTANCES HARMFUL?

HARM TO YOUR BODY:

- **CIGARETTES:** Smoking can cause lung diseases and make it hard to play and run.
- **ALCOHOL:** Drinking too much alcohol can hurt your liver and make you feel sick.
- **DRUGS:** Taking bad drugs can damage your brain, heart, and other parts of your body.

HARM TO YOUR MIND:

These substances can change how you think and feel. They can make it hard to make good decisions and control your emotions.



HARM TO YOUR LIFE:

Using these substances can get you into trouble at school or with the police. It can also hurt your relationships with friends and family.



HOW TO STAY SAFE:

SAY NO!:

If someone offers you cigarettes, alcohol, or drugs, it's okay to say "No, thank you." It can be hard, but it's very brave and smart to say no.



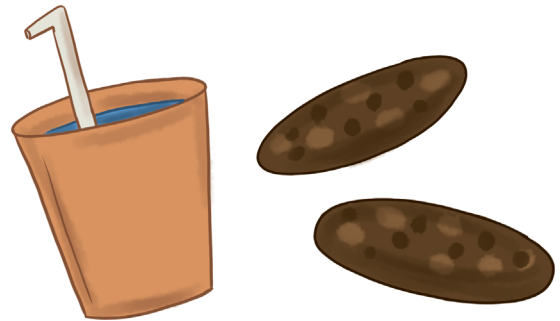
DON'T TOUCH UNKNOWN DRINKS OR FOOD:

Do not ever touch or drink from a open bottle, can or cup that you find sitting around at a party or playground. The drink could be mixed with alcohol or drugs. Hold on to your own food and drink when you are at any gathering.



TALK TO A TRUSTED ADULT:

If you ever feel pressured or see others using harmful substances, tell a trusted adult like a parent, teacher, or counselor. They can help you stay safe.



CHOOSE HEALTHY ACTIVITIES:

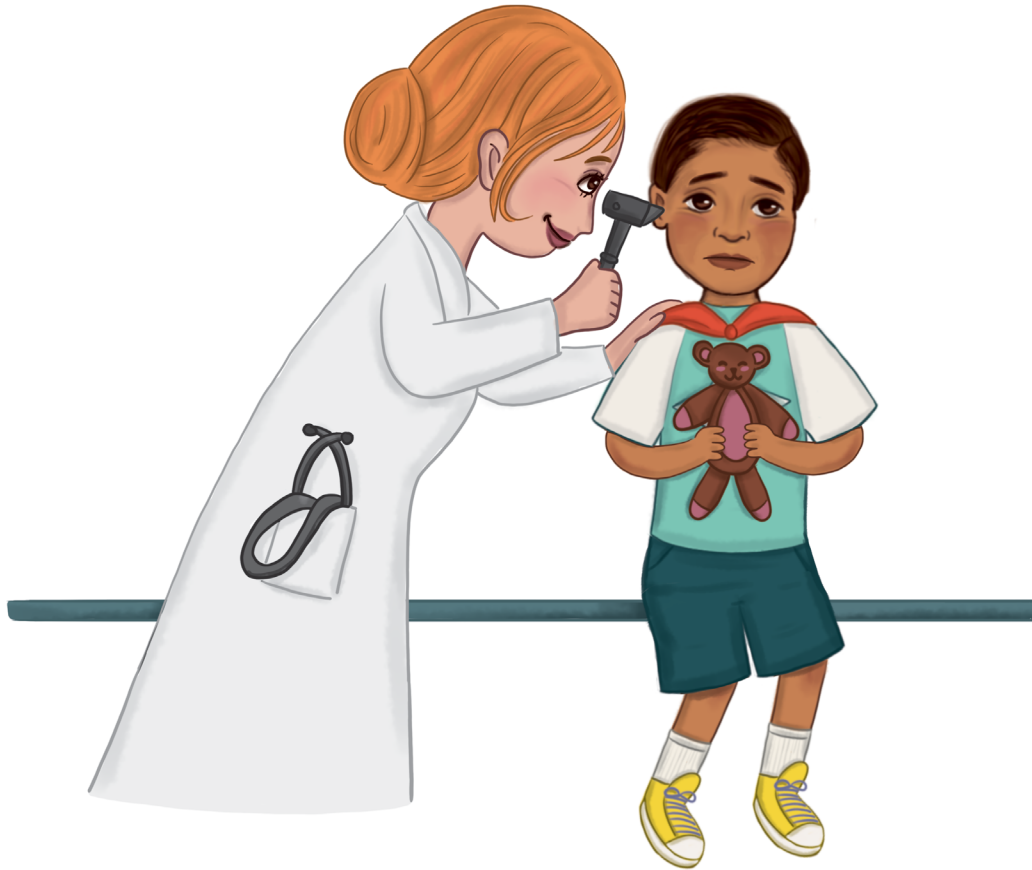
Find fun things to do that are good for you, like playing sports, reading, drawing, or hanging out with friends who make good choices.



IMPORTANT TIPS :

- **STAY ACTIVE:** Join clubs or sports teams to keep busy and make friends who like healthy activities.
- **BE A LEADER:** Be the one who makes smart choices and encourages your friends to do the same.
- **LEARN AND GROW:** Ask questions about things you're unsure of. The more you know, the better choices you can make.

By understanding what substance abuse is and why it's important to stay away from harmful substances, you're making a great choice to keep yourself healthy and happy. You're doing an awesome job taking care of yourself!



CHAPTER 5: UNDERSTANDING HEALTHCARE YOUR GUIDE TO DOCTOR VISITS AND VACCINATIONS

VISITS TO THE DOCTOR

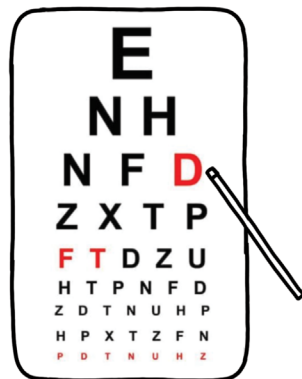
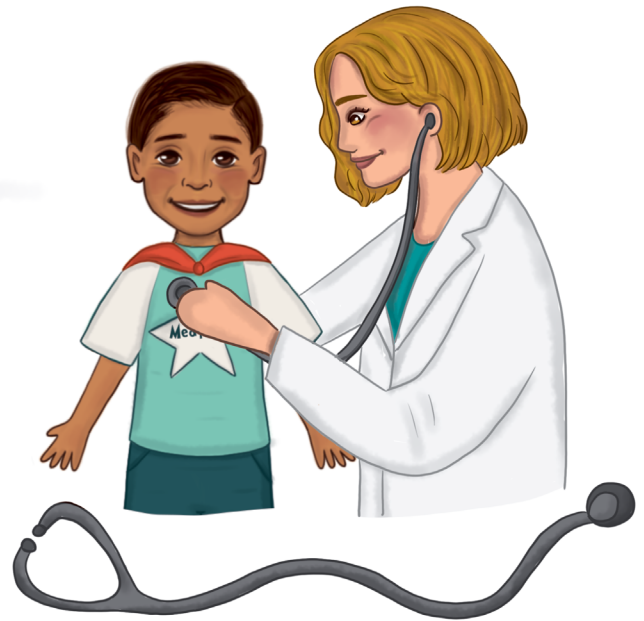
Hey there! Going to the doctor might seem a little scary, but it's actually really helpful. Doctors are on your team! Let's talk about what happens during a visit to the doctor and why it's important.



WHAT TO EXPECT DURING A DOCTOR'S VISIT:

- **CHECK-UP:** The doctor will check how you're growing. They might measure your height and weight.

- **HEART AND LUNGS:** The doctor will listen to your heart and lungs with a special tool called a stethoscope. It helps them make sure everything sounds good.



- **EYES AND EARS:** They might look into your eyes and ears to check if they're healthy.

- **QUESTIONS:** The doctor will ask how you're feeling and if you have any problems, like a sore throat or tummy ache. Be honest so they can help you feel better. If you want to talk to your doctor without other adults being present, you can do that too! Just ask!

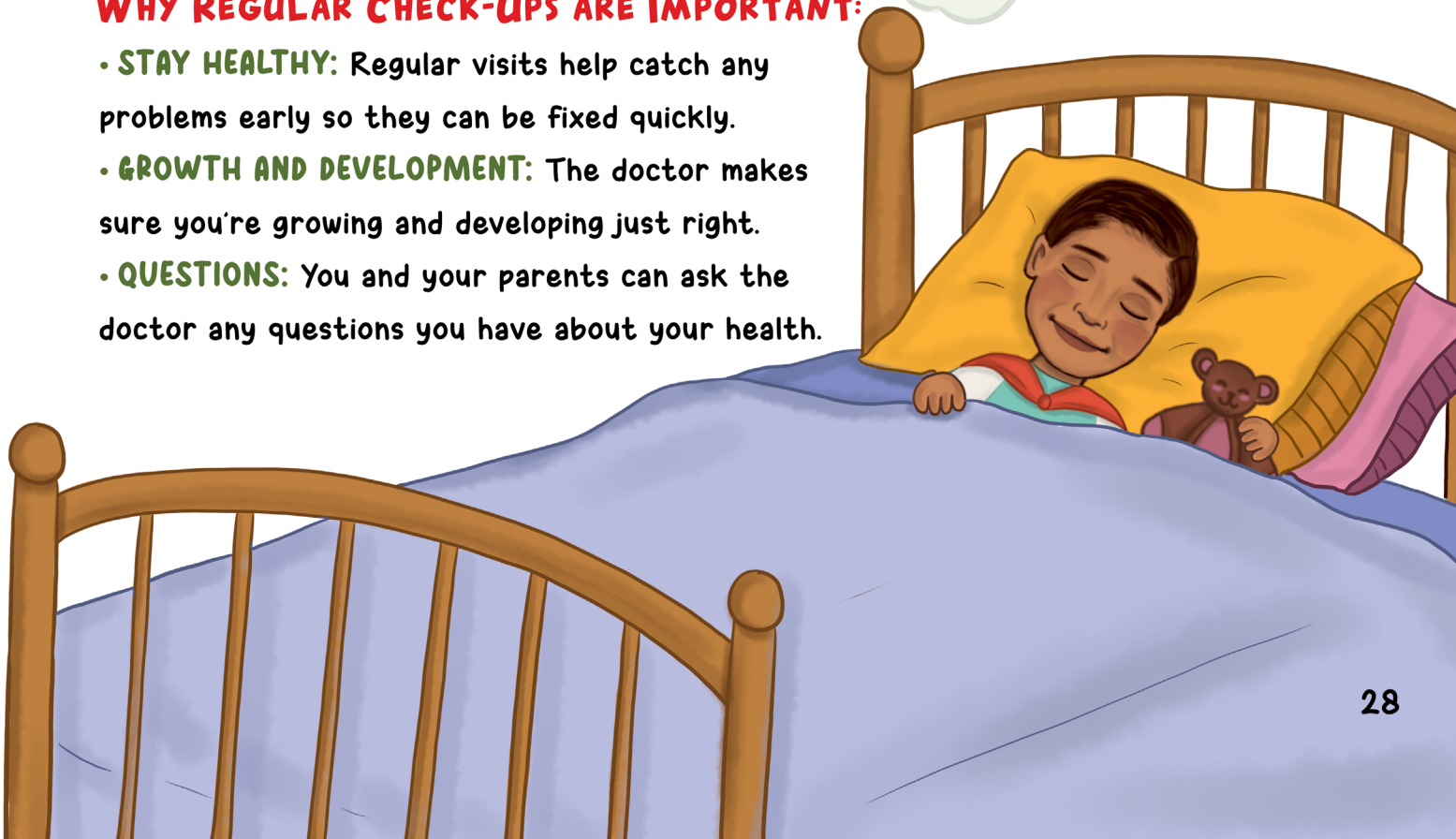


- **ADVICE:** The doctor might give you tips on how to stay healthy, like eating good food, getting enough sleep, and exercising.



WHY REGULAR CHECK-UPS ARE IMPORTANT:

- **STAY HEALTHY:** Regular visits help catch any problems early so they can be fixed quickly.
- **GROWTH AND DEVELOPMENT:** The doctor makes sure you're growing and developing just right.
- **QUESTIONS:** You and your parents can ask the doctor any questions you have about your health.



VACCINATIONS

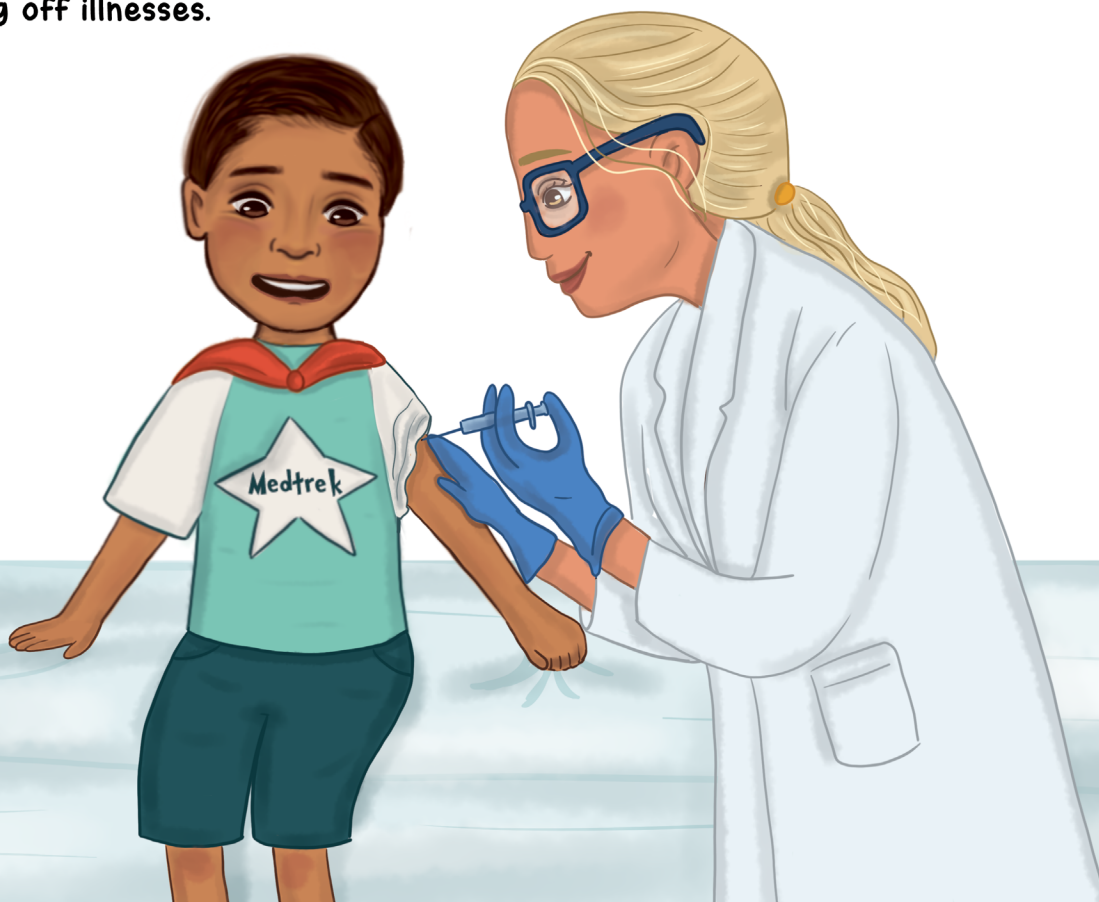
Vaccinations, or shots, are a big part of staying healthy. Let's learn why they're important.

WHAT ARE VACCINES?:

- **PROTECTION:** Vaccines are like a shield. They protect you from getting sick from certain diseases.
- **HOW THEY WORK:** When you get a vaccine, it helps your body learn how to fight off the germs that cause diseases. It's like training your body's army to fight off bad guys!

WHY VACCINES ARE IMPORTANT:

- **STAY HEALTHY:** Vaccines help you stay healthy by protecting you from serious diseases.
- **PROTECT OTHERS:** When you get vaccinated, you help protect your family, friends, and everyone around you. If lots of people get vaccinated, it's harder for diseases to spread.
- **SAFE AND STRONG:** Vaccines are safe and they make your body stronger at fighting off illnesses.



WHY DO I NEED THOSE SHOTS ?

VACCINE	DISEASE TREATED	WHAT HAPPENS IF DON'T GET THAT SHOT?
MMR	Measles, Mumps, Rubella	Can lead to serious health problems like brain damage, deafness, or even death
DTP	Diphtheria, Tetanus, Pertussis (Whooping Cough)	Can result in severe breathing issues, paralysis, heart problems, and in some cases, death.
Hib	Haemophilus influenzae type b	Can lead to severe bacterial infections that may cause pneumonia, meningitis, and other serious health complications.
Hepatitis B	Hepatitis B	Can cause liver infection, which might lead to chronic illness, liver failure, or liver cancer.
Varicella	Chickenpox	Can result in an outbreak of chickenpox, which can cause skin infections, pneumonia, brain inflammation, and even death.
Polio	Poliomyelitis	Can lead to poliomyelitis, a disease that causes paralysis and permanent physical disabilities.
HPV	Human Papillomavirus	Increases the risk of developing cancers caused by a virus called HPV, such as cervical cancer.
Influenza	Flu (Influenza)	Can lead to severe cases of flu, resulting in hospitalization and complications, especially in vulnerable populations.
Pneumococcal	Pneumococcal infections	Can cause severe infections, like pneumonia, meningitis, or bloodstream infections

QUESTION: Are you serious?! You want me to have 9 shots?!

ANSWER: No! Your doctor will reduce the number shots you have to take by combining the vaccines into one vaccine. So, taking one shot can protect you from 4 to 6 diseases depending on which shot your doctor gives you.

IMPORTANT TIPS

- **BRAVE AT THE DOCTOR:** It's okay to feel a little nervous, but remember, the doctor is there to help you. You can bring a favorite toy or book to make you feel better.
- **REWARDS:** After your doctor visit or vaccine, you can have a treat or do something fun as a reward for being brave.

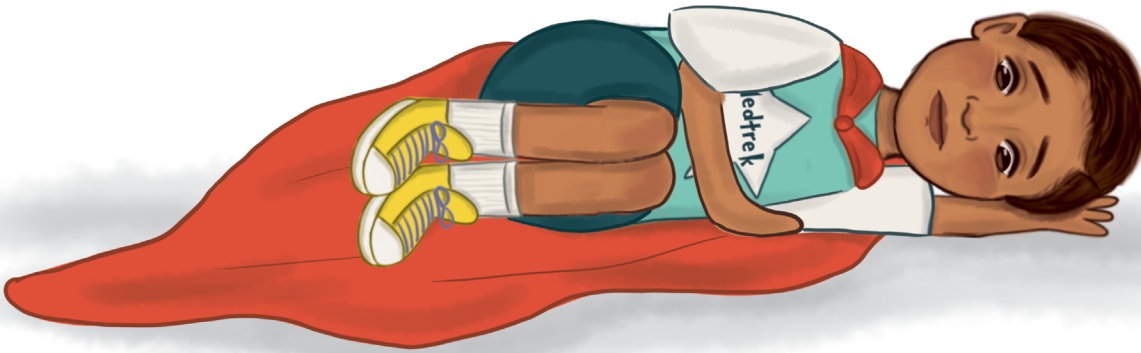


CHAPTER 6: TAKING CARE OF YOUR MIND DEALING WITH DEPRESSION AND ANXIETY

Hey friends! Sometimes daily life can be tough, and it's important to know how to handle feelings like sadness and worry. Let's talk about depression and anxiety and what we can do to feel better, including how important it is to get help from professionals.

UNDERSTANDING DEPRESSION AND ANXIETY

• **DEPRESSION:** is when you feel very sad for a long time and it doesn't go away. You might feel tired, not want to do things you used to enjoy, or feel like nothing is fun anymore.



• **ANXIETY:** is when you feel very worried or scared about things a lot of the time. You might feel nervous, have a fast heartbeat, or have trouble sleeping.





WHAT CAN BE DONE TO FEEL BETTER?

• **TALK TO SOMEONE YOU TRUST:** Talking to a parent, teacher, or friend about how you're feeling can help a lot. They can listen and help you figure out what to do next.

• **VISIT A COUNSELOR OR DOCTOR:**

Counselors and doctors are really good at helping with feelings like depression and anxiety. They can talk with you and give you tips on how to feel better. Sometimes they might suggest medicine that can help, too.

• **GET PSYCHIATRIC HELP:**

Psychiatrists are special doctors who help with mental health. They can talk with you about your feelings, give you advice, and sometimes prescribe medicine that can help you feel better. Seeing a psychiatrist is very important if you're feeling very sad or worried for a long time.



• **PRACTICE DEEP BREATHING:** Deep breathing can help calm your mind when you're feeling anxious. Breathe in slowly through your nose, hold it for a few seconds, and then breathe out through your mouth. Do this a few times until you feel calmer.



• **STAY ACTIVE:** Playing and exercising can help your mind feel better. Running, playing sports, or even dancing can help take your mind off worries and make you feel happier.



• **WRITE ABOUT YOUR FEELINGS:**

Sometimes writing or drawing about how you feel can help. It's a good way to get your feelings out.

IMPORTANT TIPS

- **YOU ARE NOT ALONE:** Lots of kids feel sad or worried sometimes. It's okay to ask for help.
- **IT'S OKAY TO FEEL THIS WAY:** Everyone has tough days. Be kind to yourself and remember that it's okay to feel sad or worried.
- **HELP IS ALWAYS AVAILABLE:** There are people who care about you and want to help you feel better. Don't be afraid to talk to them.
- **PSYCHIATRIC HELP IS IMPORTANT:** Psychiatrists can provide special help for your mind. If you're feeling very sad or worried, they can give you the right support and treatment.
- Taking care of your mental health is super important. If you're feeling sad or worried, remember that there are many things you can do to feel better, and there are professionals who can help you. You are strong, and there are people who love and support you. Keep taking care of your mind and remember, you're not alone!

GET HELP NOW!

Here are some places that can help you right away! The contacts listed below offer free support and information. They will not judge you. Don't worry if you don't know what to say. No matter which number you call or text, someone will help you!

- **CRISIS TEXT HOTLINE:** Available anytime. Text "HOME" to 741741 for free crisis counseling.
- **KLINIC CRISIS LINE 1-888-322-3019 (24 HOURS):** Provides counselling, support and information for people in crisis or distress.
- **KIDS IN CRISIS 24 HOURS HELPLINE- (203)-661-1911:** A counselor is always available to speak with you no matter what you are going through.
- **988 SUICIDE AND CRISIS HOTLINE:** Just call or text 988 any time to speak with a counselor.





CHAPTER 7:

KEEPING YOUR HOME AND ENVIRONMENT HEALTHY

Keeping our surroundings clean and healthy is super important.
Let's talk about why it matters and some easy ways you can help keep
your home and environment in great shape.

WHY KEEP YOUR HOME AND ENVIRONMENT HEALTHY?

• STAY HEALTHY:

A clean home and environment help keep germs and bugs away, which means fewer chances of getting sick.

• FEEL GOOD:

Living in a clean and tidy place makes you feel happier and more comfortable. It's nice to relax in a space that's neat and organized.

• PROTECT NATURE:

Keeping our environment clean helps plants and animals stay healthy too. Clean air, water, and land are good for everyone.



HOW TO KEEP YOUR ROOM AND HOME HEALTHY

• MAKE YOUR BED:

Start your day by making your bed. It makes your room look tidy and gives you a cozy place to come back to at night.



• PICK UP TOYS AND CLOTHES:

After playing with your toys or changing your clothes, put everything back where it belongs. This keeps your floor clean and safe..



• DUST AND SWEEP:

Use a cloth to dust your furniture and shelves. Sweep or vacuum the floor to keep it free from dirt and crumbs..



- **ORGANIZE YOUR STUFF:**

Use boxes or bins to keep your toys, books, and school supplies organized. Label the bins if you can, so you know where everything goes.

- **THROW AWAY TRASH:**

Have a small trash can in your room and make sure to throw away any trash right away. Empty the trash can regularly.

- **HELP WITH CHORES:**

Ask your parents what chores you can help with. This could be setting the table, washing dishes, or taking out the trash.



- **KEEP COMMON AREAS TIDY:**

Help keep the living room, kitchen, and bathroom clean. Put things back where they belong and clean up any messes you make.

- **CLEAN UP AFTER MEALS:**

After eating, put your dishes in the sink or dishwasher. Wipe down the table and counters if you spill anything.

- **LAUNDRY:**

Help with laundry by putting your dirty clothes in the laundry basket. You can also help fold and put away clean clothes.



HOW TO KEEP THE ENVIRONMENT HEALTHY?

• PICK UP TRASH:

If you see litter on the ground, pick it up and throw it in the trash can. This helps keep our streets, parks, and playgrounds clean. Don't forget to wash your hands after you pick up any trash. .

• RECYCLE:

If you want to be kind to your environment, start recycling to reduce waste. Sort your trash into things that can be recycled, like paper, plastic bottles, and cans. Ask your parents or teachers how to recycle properly.

• DON'T WASTE WATER:

Water is one of the most important things for any community. Sometimes, communities run out of water because of long periods of time without rainfall. It's important to save water. Don't leave the tap running when you're brushing your teeth or washing your hands. Use only what you need.



• PLANT TREES AND PLANTS:

Trees and plants help clean the air and make our neighborhood look nice. If you can, plant a tree or some flowers in your yard or community garden.



• REDUCE POLLUTION:

Walk, ride a bike, or use public transportation instead of using a car all the time. This helps keep the air cleaner and reduces pollution.



IMPORTANT TIPS

- **MAKE CLEANING FUN:** Turn on some music and dance while you clean. Make it a game to see how fast you can tidy up.
- **DO A LITTLE EVERY DAY:** Spend a few minutes each day picking up and cleaning. This way, it doesn't become a big job.
- **GET EVERYONE INVOLVED:** Cleaning is easier and more fun when everyone helps. Work together with your family and friends to keep your home and environment clean.
- By keeping your home and environment healthy, you'll feel better, stay healthy, and have a great place to live and play. Remember, a little effort each day makes a big difference!



CHAPTER 8:

IMPORTANCE OF PHYSICAL ACTIVITY

Staying active is really important for keeping our bodies and minds healthy. Let's talk about why exercise is good for us and some fun ways to stay active, especially when living in a neighborhood where it might be hard to find safe places to play outside.

WHY IS EXERCISE IMPORTANT?

- **STAY HEALTHY:** Exercise helps keep your body strong and healthy. It makes your heart beat faster and helps your muscles grow.
- **FEEL GOOD:** When you exercise, your body releases chemicals called endorphins that make you feel happy. It's a great way to feel better if you're sad or stressed.
- **HAVE MORE ENERGY:** Regular physical activity gives you more energy to play, learn, and have fun with your friends.
- **SLEEP BETTER:** Being active during the day helps you sleep better at night. A good night's sleep is important for feeling good and staying healthy.
- **PREVENT ILLNESS:** Exercise can help prevent illnesses by keeping your body in good shape. It helps you stay at a healthy weight and lowers the risk of getting sick.



FUN WAYS TO STAY ACTIVE INDOORS

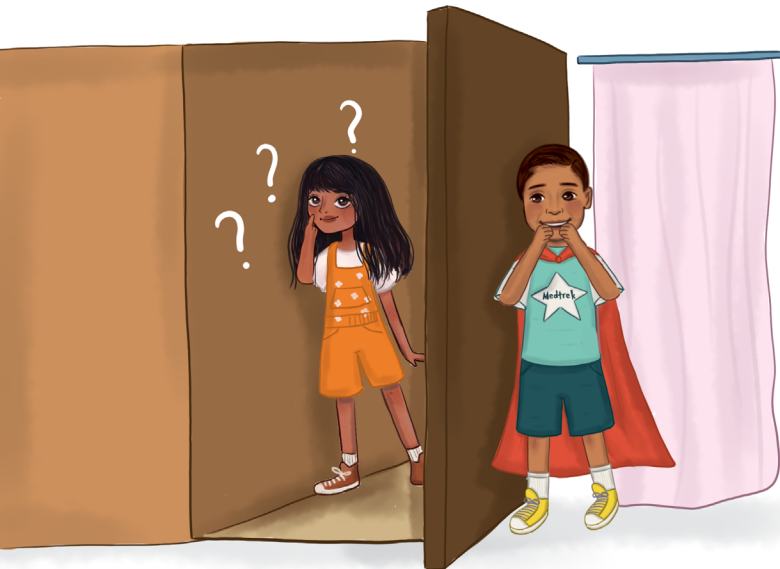
• DANCE:

Turn on your favorite music and dance around your room. It's a fun way to get moving and enjoy yourself.



• INDOOR GAMES:

Play games like Simon Says, hide and seek, or create an obstacle course using pillows and furniture. These games can be played safely inside your apartment



• EXERCISE VIDEOS:

Watch fun exercise videos online. There are lots of videos for kids that show how to do exercises like jumping jacks, stretches, and dancing.



• YOGA AND STRETCHING:

Try yoga or stretching exercises. These can help you stay flexible and calm. You can find simple yoga videos online made just for kids.





• BALLOON GAMES:

Play balloon volleyball or keep the balloon in the air. These games are fun and can be played safely indoors.



• FAMILY FITNESS:

Exercise with your family. You can do jumping jacks, push-ups, or sit-ups together. It's more fun and helps everyone stay healthy.



IMPORTANT TIPS

- **MAKE IT FUN:** Choose activities that you enjoy. Exercise doesn't have to be boring!
 - **STAY SAFE INDOORS:** Make sure you have enough space to move around without knocking things over or hurting yourself.
 - **BE CONSISTENT:** Try to be active every day, even if it's just for a little while. It's important to move your body regularly. Aim for 30 to 45 minutes of activity where you begin to sweat.
 - **GET YOUR FAMILY INVOLVED:** Exercise with your family. It's more fun when everyone joins in, and it helps everyone stay healthy.
 - By finding fun ways to stay active, you can keep your body strong, feel happier, and have lots of energy to do the things you love. Remember, staying active is a great way to take care of yourself and enjoy life!
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CHAPTER 9: VEGAN RECIPES

NO-BAKE BANANA OAT ENERGY BITES

INGREDIENTS:

- 1 cup oat.
- 2 ripe bananas
- 1/2 cup peanut butter or almond butter
- 1/4 cup honey or maple syrup
- 1/4 cup chocolate chips or raisins
- 1/4 cup unsalted chopped nuts (like almonds or walnuts, optional)
- 1 teaspoon of cinnamon or cocoa powder (optional)



INSTRUCTIONS:

- 1. MASH THE BANANAS:** In a large bowl, mash the bananas with a fork until smooth.
 - 2. MIX INGREDIENTS:** Add the oats, peanut butter, honey, chocolate chips, and nuts to the bowl. Mix everything together until well combined.
 - 3. FORM THE BITES:** Use your hands to roll the mixture into small balls, about the size of a ping-pong ball.
 - 4. CHILL:** Place the bites on a plate and put them in the fridge for about 30 minutes to firm up.
 - 5. ENJOY:** These bites are perfect for a quick snack or breakfast on the go!
- FUN TIP:** Try adding a sprinkle of cinnamon or cocoa powder for extra flavor.

RAINBOW VEGGIE WRAPS

INGREDIENTS:

- 1 large tortilla wrap
- 2 tablespoons hummus
- 1/4 cup shredded carrots
- 1/4 cup sliced bell peppers (red, yellow, or green)
- 1/4 cup sliced cucumber
- 1/4 cup baby spinach or lettuce leaves
- 1/4 cup cherry tomatoes, halved



INSTRUCTIONS:

- 1. SPREAD THE HUMMUS:** Use a spoon to spread hummus all over the tortilla.
- 2. ADD THE VEGGIES:** Place the carrots, bell peppers, cucumber, spinach, and cherry tomatoes on the tortilla in rows.
- 3. ROLL IT UP:** Carefully roll the tortilla up tightly, keeping the veggies inside.
- 4. SLICE AND SERVE:** Cut the wrap into smaller sections and enjoy your colorful veggie wrap!

FUN TIP: Add slices of avocado for creaminess or sprinkle some seeds for extra crunch.

FRUIT AND YOGURT PARFAIT

INGREDIENTS:

- 1 cup oat milk yogurt or any plant-based yogurt.
- 1/2 cup granola.
- 1/2 cup mixed berries (like strawberries, blueberries, and raspberries).
- 1 tablespoon honey or maple syrup (optional).

INSTRUCTIONS:

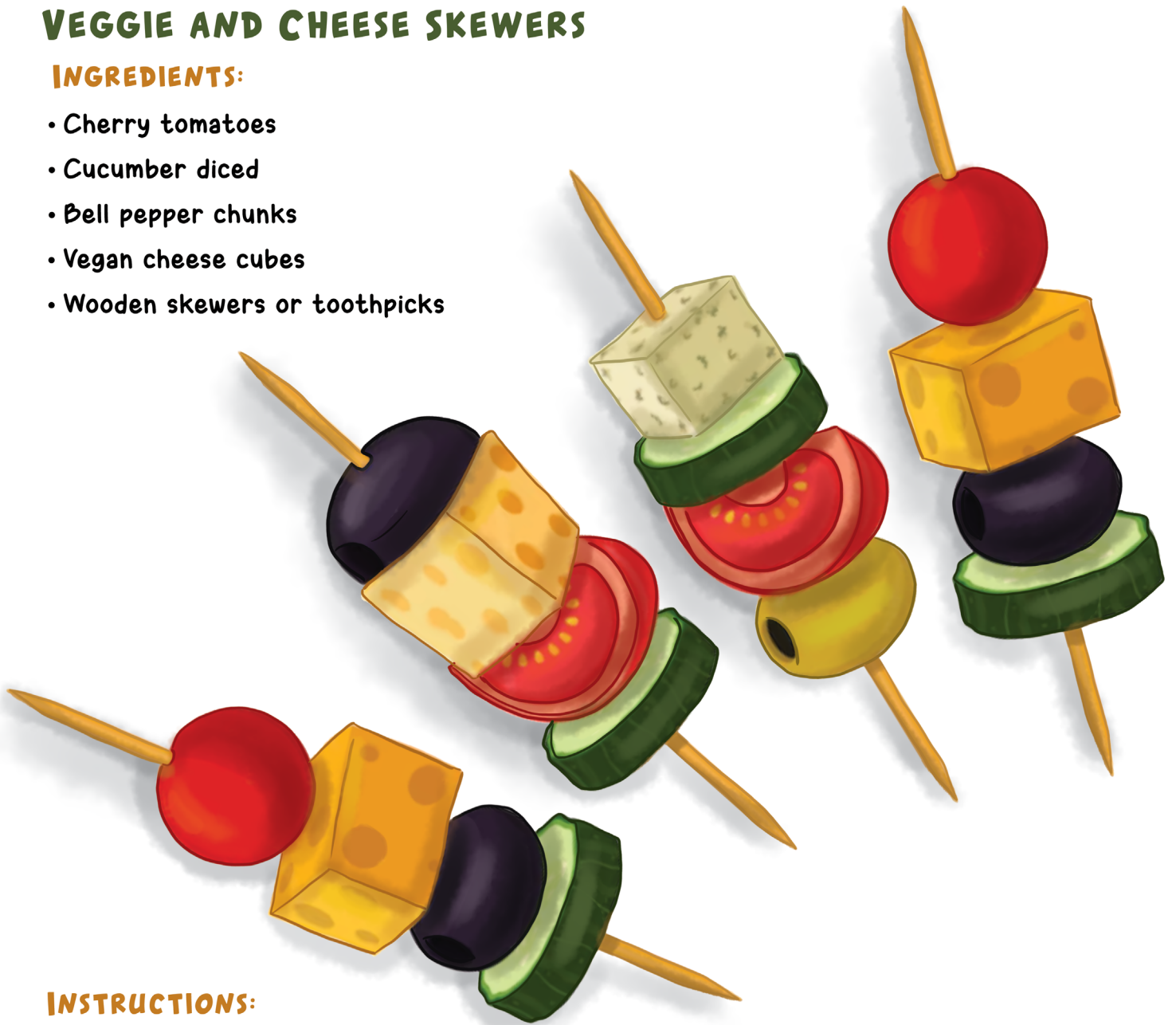
- 1. LAYER THE YOGURT:** Spoon a layer of yogurt into the bottom of a cup or bowl.
 - 2. ADD GRANOLA AND BERRIES:** Add a layer of granola and then a layer of mixed berries.
 - 3. REPEAT:** Add another layer of yogurt, followed by more granola and berries.
 - 4. DRIZZLE WITH HONEY:** If you like, drizzle honey or maple syrup on top for extra sweetness.
 - 5. ENJOY:** Grab a spoon and dig into your delicious parfait!
- FUN TIP:** Try different fruits like sliced bananas or peaches for variety.



VEGGIE AND CHEESE SKEWERS

INGREDIENTS:

- Cherry tomatoes
- Cucumber diced
- Bell pepper chunks
- Vegan cheese cubes
- Wooden skewers or toothpicks



INSTRUCTIONS:

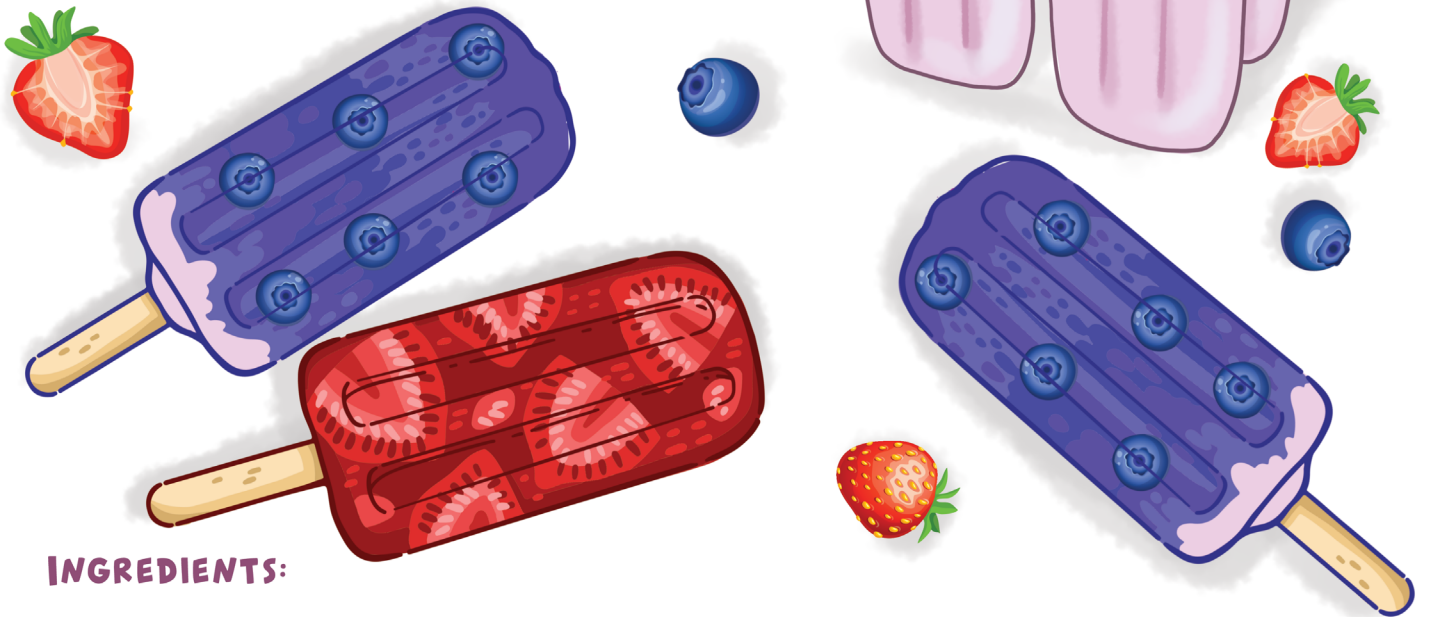
- 1. PREPARE THE INGREDIENTS:** Wash the veggies and cut them into bite-sized pieces.
- 2. ASSEMBLE THE SKEWERS:** Thread a cherry tomato, cucumber slice, bell pepper chunk, and cheese cube onto a skewer or toothpick.
- 3. REPEAT:** Continue adding more veggies and cheese in any order you like until the skewer is full.
- 4. SERVE:** Arrange the skewers on a plate and enjoy!

FUN TIP: Try different fruits like sliced bananas or peaches for variety.

BERRY YOGURT POPSICLES

INGREDIENTS:

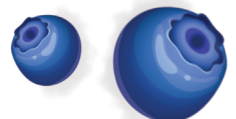
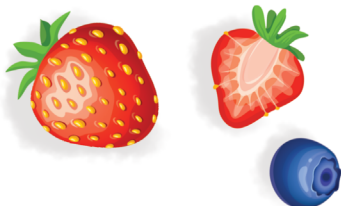
- 1 cup oat milk yogurt or any plant-based yogurt
- 1/2 cup mixed berries (like strawberries, blueberries, and raspberries).
- 1 tablespoon honey or maple syrup (optional)
- Popsicle molds or small paper cups with sticks



INGREDIENTS:

- 1. MIX THE YOGURT:** In a bowl, mix the yogurt with honey or maple syrup if you want it sweeter.
- 2. ADD THE BERRIES:** Gently stir in the mixed berries.
- 3. FILL THE MOLDS:** Spoon the mixture into popsicle molds or paper cups. Insert a stick in each cup.
- 4. FREEZE:** Place them in the freezer for at least 4 hours or until fully frozen.
- 5. ENJOY:** Once frozen, remove from the mold or cup and enjoy your refreshing popsicles!

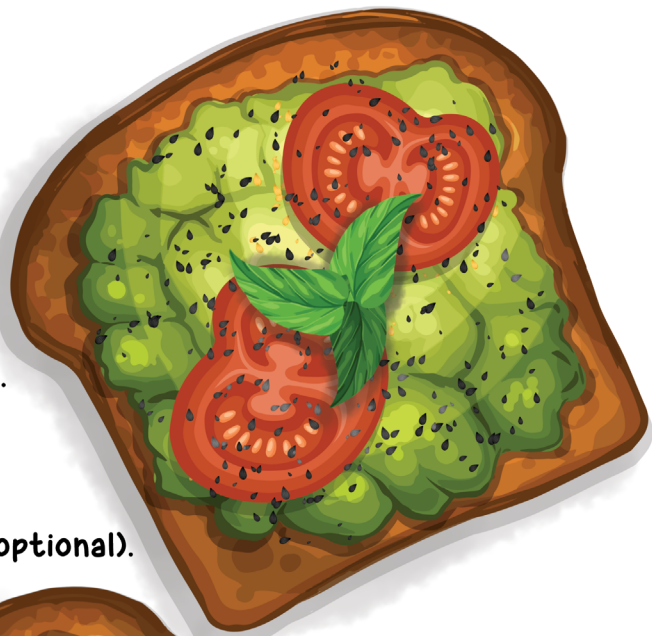
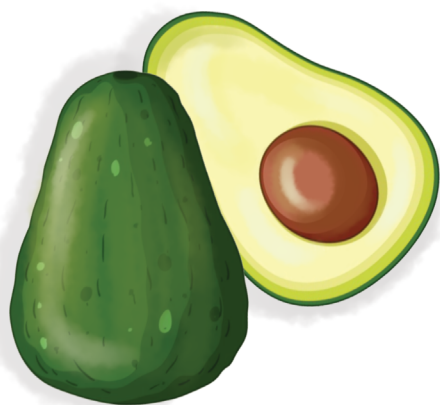
FUN TIP: Layer the yogurt and berries for a colorful swirl effect.



EASY AVOCADO TOAST

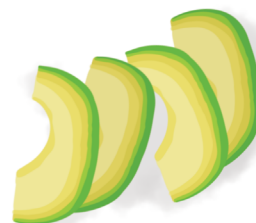
INGREDIENTS:

- 1 ripe avocado.
- 2 slices of whole-grain bread- lightly toasted.
- A pinch of salt and pepper.
- A sprinkle of red pepper flakes (optional).
- 1 tomato- diced or halved cherry tomatoes (optional).
- 1/4 cucumber- diced (optional).



INSTRUCTIONS:

- 1. MASH THE AVOCADO:** Cut the avocado in half, remove the pit, and scoop out the flesh into a bowl. Mash it with a fork until smooth.
- 2. SEASON:** Add a pinch of salt and pepper to the mashed avocado.
- 3. SPREAD ON BREAD:** Spread the avocado mixture onto each slice of bread.
- 4. ADD TOPPINGS:** Sprinkle red pepper flakes if you like a little spice.
- 5. ENJOY:** Your avocado toast is ready to eat!



FUN TIP: Add diced tomatoes, cucumbers or radishes for extra flavor and color.

THE HERO INSIDE YOU

You've made it to the end of *The S.D.H. Hero: The Ultimate Kids' Guide to Growing Up Strong, Determined, and Healthy*, but guess what? This isn't really the end— it's just the beginning of your incredible journey.

You've learned how to take care of your body, fuel your mind, and protect your heart. But being an SDH Hero isn't just about knowing what to do— it's about living it. Every time you make a healthy choice, every time you stand up for yourself or a friend, every time you push forward when things get tough— you're proving just how powerful you really are.

But true heroes don't stop there. They inspire others. They light the way in their homes, their schools, and their communities. You have the power to be that light. You can be the spark that helps a friend smile, the courage that says no to harmful things, and the strength that makes the world around you better.

You don't need a cape or superpowers to be extraordinary. Everything you need is already inside you: the strength to face challenges, the determination to keep going, and the heart to care for others.

So as you close this book, remember— you are capable, you are powerful, and you are unstoppable. The world is waiting for your light, your voice, and your courage.

Go out there and show everyone what it means to be an SDH Hero.
The future is bright because you are in it.

Stay strong. Stay determined. Stay healthy. And above all—believe in the hero inside you.



