



Immunizations up-to-date?

Protect your child and her classmates by making sure she's had all recommended immunizations before starting school:

- 3 doses: Hepatitis B (Hep B)
- 5 doses: Diphtheria, tetanus, acellular pertussis (DTaP)
- 4 doses: *Haemophilus influenzae* type b (Hib)
- 4 doses: Pneumococcal conjugate vaccine (PCV)
- 4 doses: Inactivated poliovirus vaccine (IPV)
- 2 doses: Measles, mumps, rubella (MMR)
- 2 doses: Varicella (chickenpox)
- 2 doses: Hepatitis A (Hep A)
- Yearly: Influenza (flu)

Talk with your doctor or nurse to find out if your child has missed any immunizations. It's not too late to catch up! Bring her Lifetime Immunization Record card to every visit.

Keep teeth clean and healthy

Healthy teeth help your child speak and chew well. They also keep space in her mouth for her permanent teeth and help keep her healthy and ready to learn. Cavities can be very painful and may be prevented if you take good care of her teeth.

- Help your child practice brushing her teeth twice a day using a pea-sized amount of fluoride toothpaste.
- Your child is still learning how to brush. You need to brush all her teeth well to help prevent tooth decay.
- Snacking often on sugary foods or foods that stick to the teeth (like cookies, crackers, dried fruits and fruit juice) can cause tooth decay.
- Limit fruit juice. The American Academy of Pediatrics recommends no more than 4 to 6 ounces (½ - ¾ cup) per day of 100% fruit juice. Do not offer soda or other sugary drinks.
- Take her to the dentist at least once a year.

Help your child eat well and be active

Set a good example by sitting with your child for meals or snacks, eating healthy foods and being active.

- Avoid making your child eat more than he wants. Offer him small servings of a variety of healthy foods. Let him eat as much as he wants of the healthy foods you give him.
- Your child needs about 1½ cups of vegetables and 1 cup of fruit every day. Try to offer a variety of colors every day: green, yellow, orange, red and purple.
- Offer your child two to three healthy snacks a day. Healthy snacks are foods that are low in sugar and high in vitamins and minerals like cheese, fresh or canned fruits (no added sugar), nuts and vegetables.
- Limit salty, sugary, and fatty foods.
- Help your child be active for at least 60 minutes every day. Be active as a family. Walk, swim or play outside together.

Have fun with learning

You are your child's first and best teacher. You can help her learn while doing everyday things. A trip to the grocery store can give her a chance to help count the pieces of fruit you buy. Compare the weights of different fruits and vegetables using the vegetable scale.

Think about kindergarten early

Each school district has its own rules. It is important to go and talk to the school you want your child to go to the year before he starts school.

If your child will be going to before or after school care, look for a program with activities that match his interests. For example, some programs may offer outdoor sports or arts and crafts. Contact the school or the **Washington State Child Care Resource and Referral Network** at 1-800-446-1114 or www.childcarenet.org.

Family Health Hotline
1.800.322.2588
711 (TTY relay)

Programs of WithinReach

www.ParentHelp123.org

- Immunization information
- Child care referral agencies
- Affordable health insurance
- Food and nutrition assistance
- Prenatal resources
- Family planning services
- Local health clinics
- Free screenings for developmental concerns

Call the Family Health Hotline with questions about your CHILD Profile mailings.

Keeping Your Child Healthy and Safe

Be careful with words

At this age, your child might hear and repeat words you do not want him to use. If and when he does:

- Stay calm. Getting angry or upset, or even laughing, might encourage him to say things you don't want him to say.
- Tell him why you don't want him to say those things.
- Suggest other words that he can use instead.

Be careful of the words you use. Your child learns from you.

Practice problem-solving

When your child is angry or upset about something, she needs you to help her find a solution. Talk to your child and help her to explain to you why she is feeling bad. ("Are you upset because your brother took the book you were looking at?") Let her know that you understand her feelings but that certain actions are not OK. ("I'd feel angry, too. You really love that book. I know you're really mad, but it's not OK to hit your brother.") When your child has calmed down, you can help her come up with ideas. ("How else could you let your brother know you weren't finished with the book? Is there another book you can look at?")

Secondhand smoke and your child's health

Breathing secondhand smoke raises a child's risk of ear infections, asthma, and bronchitis. **Do not allow smoking in your home, or in cars** where your child rides. If you smoke, smoke outside and ask others to do the same. Since the chemicals in cigarettes stay on your clothing, wear a jacket and leave it outside. If you quit smoking, you will teach your child a good lesson and improve your own health! For help, call 1-800-784-8669 or visit www.quitline.com.

Children and nightmares

Many children have nightmares. Here are some things you can do to help your child:

- A quiet routine before bed may help him calm down and get ready to sleep.
- Avoid scary books, movies, television or video games. Young children can be scared by things that aren't scary to adults and older children.
- Put your child to bed in the same room every night, a room that is cool, quiet and dark.
- When he wakes up from a bad dream, hold him and talk about the dream. Reassure him that he's safe and stay until he's calm.

Begin to teach safety skills

As your child gets older, she may be out in the world without you more often. Here are some tips to help her be safe.

- Always know where your child is and who she is with. Never let her go places alone. Make sure she is always with an adult you trust.
- Teach her never to go away with anyone for any reason without your permission.
- Teach her to run to you or another trusted adult if she feels that she is in danger. Remember, her safety is more important than being polite.

Street, parking lot and driveway safety

Your child is still so small that a driver may not be able to see him in between cars or when backing up. You can help keep your child and other children safe by doing these things:

- Firmly hold your child's hand when near vehicles.
- Keep a lookout for children in parking lots and driveways where they could be playing.
- Walk all the way around your parked car to check for kids, toys and pets before getting in and starting the engine.



Drowning is a major cause of death of children

Here are some ways to prevent drowning:

- Have your child take swimming lessons. If you do not know how to swim, take the time to learn.
- Even if your child has had lessons, she is not old enough to be around water without an adult watching her and within arm's length every minute.
- **Make sure your child wears a life jacket whenever she is near water.** It should be a Coast Guard-approved life jacket. Make sure it fits snugly. Washington State law requires that all children under 13 wear a Coast Guard-approved life jacket on boats less than 19 feet. Set a good example by always wearing a life jacket yourself.
- Be careful in or near open bodies of water like lakes, rivers and the ocean. Even though the water may look calm, there may be strong currents that are dangerous for children and adults.
- Learn child and adult CPR (cardiopulmonary resuscitation or rescue breathing).

WA State Drowning Prevention Project

www.seattlechildrens.org/dp

For the Health of All Our Children

CHILD Profile is a service of the Washington Department of Health

Prepare your child for school

Help your child feel ready to start kindergarten. Visit the school with her before classes begin. Talk about what to expect, such as meeting new friends and learning new skills. Help her practice getting ready for school on time. Visit www.gettingschoolready.org for more information on helping your child be ready for school.

A child in kindergarten is not old enough to walk to school or cross streets safely by herself. Walking to school is a healthy and safe activity if your child has a trusted adult to go with her. If she rides a bus, an adult should wait with her for the bus. Be sure an adult meets her at the bus after school, too.



Make sure your child has a healthy breakfast every day. This will give her energy to learn, be active and stay healthy. Offer foods like fruit, a whole grain tortilla with cheese, eggs, beans, low sugar cereal and milk, toast, yogurt or oatmeal. Make sure she has a healthy lunch and snacks at school as well.

Prepare school for your child

Talk with your child's teacher and others at school to help them learn about your child.

- Visit your child's teacher and describe the things your child knows how to do and any special needs.
- Throughout the year, talk with the teacher about what's going on in your child's life and how that might affect how he feels and acts.
- When you can, volunteer at your child's school.

Schedule health and dental checkups

Your child should see the doctor once a year and a dentist every six months. Talk with your doctor about any

concerns you have about your child starting school. Talk about any illnesses or injuries he has had in the past year. Ask the dentist if he needs fluoride tablets or drops.

Immunizations for kindergarten

When you sign your child up for kindergarten you will need an up-to-date record of her immunizations. Your doctor, clinic, or school health staff may be able to use the CHILD Profile Immunization Registry to print out this information. To meet the vaccine requirements for school entry in Washington State, she needs to have:

- 3 doses: Hepatitis B (HepB)
- 4 doses: Diphtheria, tetanus, acellular pertussis (DTaP)
- 3 doses: Inactivated poliovirus (IPV)
- 2 doses: Measles, mumps, rubella (MMR)
- 2 doses: Varicella (chickenpox)

Your child has probably had other vaccines that are not on this list, such as *Haemophilus influenzae* type b (Hib) or pneumococcal (PCV). These diseases are most serious for infants and toddlers. Your child received the best protection possible by getting these vaccinations when she was younger. Remember to keep her protected as she grows with "booster" doses and other vaccines recommended for her age.

Being fully immunized protects your child from getting certain diseases and spreading them to others. You may choose to exempt your child from vaccine requirements for child care and school. However, your child will be at risk for disease and may be required to stay home if there is an outbreak.

For more information, call your local health department or visit:

www.doh.wa.gov/cfh/immunize/schools/

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Keeping Your Child Healthy and Safe

Help your child get enough sleep

Children are happier and learn better if they get enough sleep. School-aged children still need at least 10 to 11 hours of sleep a night. Bedtime should be at the same time every night. A quiet routine may help your child calm down before bed. Read a story or talk about his day. Say good night and let him fall asleep on his own.

Television and video games

The American Academy of Pediatrics recommends that school-age children spend no more than two hours per day watching TV and using video or computer games. Too much time in front of TV, video games and the computer can limit the ways your child learns and may prevent him from getting enough physical activity.

There are rating systems for TV, movies and video games. They can help you decide if a movie or game is OK for your child's age. However, it is best to watch with your child and talk about what he sees. If there is a TV or computer in his room, move it to a family room. When the TV or computer is in your child's room, it is harder for you to be involved in the choices he makes.

Visit www.common sense media.org
for information and reviews of
movies, games and books

Play is your child's job

Play is how your child learns about herself and the world. It even helps her get ready for school! She needs many different kinds of play. Help her find ways to use her whole body, especially her hands, her brain and her imagination. Here are some easy, low-cost ideas:

Body

- Toss a ball or a Frisbee out in the yard.
- Use the playground at your local park.

Hands

- Put together puzzles with up to 50 pieces.
- String buttons or beads on yarn.

Brain

- Play simple card or board games.
- Read stories, share poems and sing songs.

Imagination

- Draw pictures, color with crayons and paint.
- Dress up in old clothes and act out a story.

Whatever your child is doing as she plays, remember to watch her carefully and make sure she is safe.

Prevent injuries to children

Injuries are the leading cause of death among children. Between the ages of five and nine, children are most likely to be seriously injured by:

- Car crashes
- Cars that hit children who are walking or biking
- Crashing into something or falling while riding a bike
- Drowning
- Burns and fires
- Falling from playground equipment and furniture
- Guns

Children this age still need the protection of watchful parents and caregivers. Safe driving, helmets, booster seats, life jackets, locking up poisons, safe gun storage and smoke detectors save lives.

Fire safety tips

Teach your child that matches and lighters are tools for grown-ups, not toys for children. If she finds them, she should leave them alone and tell you right away.

Practice a fire escape plan. The more practice your child has with your fire escape plan, the better. Practice to the sound of the smoke alarm. This will help your child learn to recognize the sound and follow the plan. The more you practice, the less scary it will be if she ever needs to follow the plan herself.

Booster seats are for big kids, too!

Current Washington State law requires that children use a booster seat until they are 8 years old or at least 4 feet, 9 inches tall.

A booster seat helps the vehicle lap-shoulder belts fit properly. Without a booster seat, the lap part of the belt can easily slide onto your child's tummy. This could injure his internal organs in a crash. Putting the shoulder belt behind his back or under his arm could also lead to serious injury. If your car only has lap belts, call the number below for information on how to make sure your child is safe. Washington State law also says that children younger than 13 must sit in the back seat.



Visit www.boosterseat.org
or call the **Safety Restraint Coalition**
425-828-8975 or **1-800-BUCK-L-UP**

For the Health of All Our Children

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