



Community immunity

A disease spreads through our community by making people sick, especially those NOT immunized or protected against the disease. For some very contagious diseases, like measles, even if only a few people are not immunized, there can be an outbreak. For this reason, it is important that everyone who can get vaccinated, does get vaccinated. When you immunize your child and yourself, you also protect those who:

- have weak immune systems
- are not fully immunized
- cannot get shots because of a medical condition, or
- cannot get shots because they are too young or too old, like babies, or grandparents.

If your child is not fully immunized or if you have questions about vaccines, talk to your doctor or nurse. For more information, visit www.doh.wa.gov/cfh/immunize or call your local health department.

Care for your growing child's teeth

Help your child brush well at least twice a day with a pea-sized amount of fluoride toothpaste.

Your child will get her permanent six year molars soon. Talk with the dentist about getting dental sealants on these molars to prevent cavities.

Your child may soon become active in sports. If she does play sports, talk to the dentist about using a mouth guard to prevent teeth from being damaged or knocked out. This is important because all teeth, baby teeth and permanent teeth, are needed for speech and to keep other teeth in place. Guard her teeth, jaw and head from injury by using:

- a booster seat on every car ride
 - a helmet for active sports like bicycling, skateboarding, skating, skiing and riding a scooter
- If a permanent tooth is knocked out, **get your child**

to a dentist within two hours. The tooth can often be reattached. Rinse it gently if it is dirty. If possible, hold the tooth by the crown (biting side) and put it back in the mouth right away. Hold it there. If you cannot get it back in, put it in milk or water until you get to the dentist.

Learning about others

As your child gets older and begins to be around more people, he will meet children who are not like him. They may look or sound different, have different abilities or be part of other kinds of families or cultures. Help him understand that every person is unique and special. If you notice your child staring at someone, remember he is just being curious. Talk to him about what he is seeing and answer any questions he has about the differences he notices in others. Encourage him to make friends with all kinds of people. Try to set a good example yourself.

Make healthy food choices

Talk with your child about the importance of eating foods that help her grow and be healthy.

- A variety of grains, proteins, dairy products and colorful fruits and vegetables helps everyone get the vitamins and minerals they need.
- Every meal and snack should include at least one serving of a fruit or vegetable. One serving for a child this age is about ¼ - ½ cup of fruits or vegetables. Half of a medium-sized apple or six baby carrots is about a ½ cup. Let her choose a favorite fruit or vegetable for a snack.
- Ask your child to make a list of her favorite foods from each food group. Use this list to help plan meals. Go shopping together and pick out foods from each food group.
- Remember that your child may need to try a food many times before she likes it. Give her lots of chances to try new foods.

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

Help your child deal with stress

Stress can be caused by many things. Both happy and sad things can cause stress. Starting school, family changes (like a new brother or sister, a move or a divorce), or broader world events can all be stressful. Learn when your child is feeling stress by noticing changes in how he behaves. Your child may:

- Feel sick, or cry and whine more often than usual.
- Have temper tantrums or trouble getting along with others.
- Not want to do things he usually enjoys.

There are things that you can do to help your child cope in any stressful situation.

- Keep your daily routines the same as much as possible. This helps your child feel safe.
- Talk with your child to find out what he is feeling and thinking.
- Give your child simple, honest answers. Be sure to answer all his questions but remember that too much information could scare or confuse him.
- Help your child express and release his feelings by doing things like drawing, playing with dolls or puppets and being physically active.

Help your child learn to handle strong feelings

You are a role model for your child. Children learn how to treat others by watching you. You set a good example when you show your child respect as you talk about strong feelings and solve problems.

It might be hard to listen to your child when she is very angry or upset. When she is mad at **you** it is even more difficult. Listening to your child will help her calm down and talk. If you need to calm down, take a deep breath and count to ten. Try to listen without interrupting. Kneel or bend down to your child's level. Tell her that you want to hear and understand her feelings. Then you can find ways to solve the problem together.

Questions about sex are normal

You may be uncomfortable or worried about how to answer your child's questions about sex. If you need help, ask your doctor, nurse or a trusted friend for help and ideas. You can also find helpful books at your local library.

When your child asks you a question about sex or private body parts, keep your answer short and simple. Use the correct words for body parts and try not to seem embarrassed. Find out why your child is asking the question. This may make it easier to answer.

Gun safety at home

It is important to lock up all guns. It is very hard to keep things hidden from curious children. If you have guns in your home, your child will find them and want to play with them.

Storing guns safely is even more important than teaching your child that guns are dangerous.

- Always remove ammunition (bullets) from guns.
- Lock up guns and ammunition separately.
- Use a locking device, like a gun safe or lock box.
- Check that the storage device has been approved by going to <http://ag.ca.gov/firearms/fsdcertlist.php>.

To learn about safe gun storage, go to
www.lokitup.org

Gun safety away from home

In Washington State, more than 30% of homes with children have a gun. In about 39,000 of those households, guns are left loaded and unlocked. Before your child goes to other children's homes, ask the parents about firearms and how they are stored. Ask about guns just as you would ask about other safety issues like booster seats or swimming pools. Then decide whether or not to let your child play there.

Prepare for an emergency

Begin to teach your child how and when to call 911 in case of emergency.

- Use a toy telephone and pretend he is making a call. Help your child practice giving his phone number, address, and parents' full names.
- Make sure he knows that he should stay calm and answer all of the operator's questions. Let him know that help will be on the way even though the operator may continue to ask questions.
- Teach him not to hang up until the operator tells him to.

Teach your child that 911 is for people emergencies only. (He should not call 911 for hurt animals.) Make sure your child knows never to call 911 as a joke or just to see what might happen.

To learn more about teaching children to use 911, call your local fire department.



For the Health of All Our Children

CHILD Profile is a service of the Washington State Department of Health



Watch Me Grow

6 Years

Your child is graduating from CHILD Profile!

We hope you have found these mailings helpful! We have enjoyed providing you with information to help your child grow up healthy and safe. Your child will continue to need regular health and dental checkups. To the right is a list of resources you may find useful. Cut it out and post it near the phone or on your refrigerator.

Immunizations for life

Vaccines are an important and necessary part of staying healthy. Continue to protect your child and your community through immunization. Tdap, meningococcal and HPV, are recommended for your child at 11-12 years old. If she has a high-risk medical condition, ask about other vaccines too. She will also need "booster doses" of some vaccines in her adult years. Be sure she (and everyone in your family) gets a flu vaccine every fall. Keep your child's Lifetime Immunization Record card updated and in a safe place. She'll need this record for school, camp, college, and travel. Check to be sure that your child's immunizations are in Washington's statewide immunization registry. Talk to your doctor, nurse, or clinic if you have questions.

Healthy eating helps children learn

Children need a nutritious breakfast and lunch to have energy and learn well in school. Even if you are in a hurry, make sure your child eats something healthy in the morning, like a bagel with cream cheese and a piece of fruit, or a tortilla filled with scrambled eggs or refried beans and cheese.

Help your child decide what he wants to eat for lunch. If he brings his lunch from home, let him help make it. You can call your child's school to find out if he qualifies for a free or reduced-price breakfast and/or lunch program.

Focus on your child's strengths

As your child begins to bring home tests and school work, talk with her about what she did well. Praise specific things and then talk about what areas need more work to improve. Don't just talk about the things that were done wrong.



General Health & Immunization information

Seattle Children's Resource Line: Health and safety; 1-866-987-2500, www.seattlechildrens.org

Family Health Hotline: Health, nutrition and other local resources; 1-800-322-2588, www.parenthelp123.org

Washington State Department of Health Immunization Program: 1-866-397-0337, www.doh.wa.gov/cfh/immunize

Tobacco Quitline: 1-877-270-STOP, www.quitline.com

U.S. Centers for Disease Control and Prevention: General disease information; 1-800-232-4636, 1-800-232-6348 (tty), www.cdc.gov

American Academy of Pediatrics: Health, illness and safety information for parents; www.healthychildren.org

Parenting Support

Family Help Line: Support for parents and families; 1-800-932-HOPE (4673), www.parenttrust.org

Washington State Child Care Resource & Referral Network: Before and after school child care; 1-800-446-1114, www.childcarenet.org

Washington State Libraries: Libraries in your community (Internet access is available at most libraries.); 1-360-704-5200, www.libraries.wa.gov

Common Sense Media: Information and reviews of movies, games and books; www.commonsensemedia.org

Child and Family Web Guide: www.cfw.tufts.edu

Safety Information

Washington Poison Center: 1-800-222-1222 (tty, ttd), www.wapc.org. **Call 911 if your child is having difficulty breathing or will not wake up!**

Safety Restraint Coalition: Car & booster seats; 1-800-BUCK-L-UP, www.800bucklup.org

LOK-IT-UP Safe Firearm Storage Campaign: www.lokitup.org

NW Burn Foundation: 1-888-662-8767, www.nwburn.org

Product safety and recalls; Consumer Product Safety Commission, 1-800-638-2772, 1-800-638-8270 (tty), www.recalls.gov

This letter available in other formats. Call the Family Health Hotline at the number above.

Keeping Your Child Healthy and Safe

Encourage your child to be physically active

Daily physical activity is important for the whole family. Help your child make exercise a habit for life. Try new activities together. Biking, skating, walking, hiking, and swimming can become life-long activities.

If your child wants to be active in a team sport, let her try several sports to find ones that she likes. Look for programs that are based more on fun and learning skills than winning. Remind yourself that having fun while being active is most important.

Know what your child is watching and playing

Your child will learn many things from TV shows, movies, computer and video games. Some of these "lessons" you will agree with and some you won't. Here are some ways to make screen time a positive learning activity.

- Watch and play with your child. Ask questions like "Who is your favorite character? Could a real person do that?"
- Teach your child that violence is not okay. Help him learn to solve problems with words, not by hurting others.
- Explain to your child that commercials and many programs are made to sell things.

Remember that the American Academy of Pediatrics recommends that children spend **no more** than a total of two hours a day watching television or playing video games. This includes programs or games that are educational. Visit www.common sense media.org for information and reviews of movies, games and books.

Protecting your children from sexual abuse

Protecting your children from sexual abuse is a **safety** issue. Talk about the subject in the same matter-of-fact, calm manner that you discuss other safety issues. This may make it easier to talk about this difficult subject. Talk to both boys and girls about sexual abuse.

Teach your children about safe and unsafe touches and behaviors. Children should be aware that unsafe touches don't necessarily cause pain. They also need to know that strangers aren't the only people who can abuse them. In fact, most children who are abused are abused by someone they know.

Let your children know that there are people they can talk to even if they've been told not to tell. Talk with them about asking for help right away from a trusted adult like a teacher, neighbor or family member.

Street and bike safety

Children this age should not cross streets or bicycle on the street without an adult. Your child won't be old enough to always remember to follow traffic rules until she's about ten years old. She also may forget the dangers of traffic while playing. Cross the street with her and set a good example by crossing safely.

Let your child bicycle in playgrounds or parks, or on trails. Her bike should be the right size for her. Her feet should touch the ground when standing over the bike. There should be about two inches between the cross-bar and her body. Make sure she wears her helmet and other safety gear when using her bicycle, scooter, or skates.

Continue using a booster seat in the car

Washington law requires that children use a car seat or booster seat until they are 8 years old unless they reach 4 feet, 9 inches tall first. Seat belts that do not fit right can cause serious injuries. Your child is big enough to use the lap and shoulder belt without a booster seat **only** if you



can answer "yes" to all of the following questions:

- Does he sit all the way back against the seat?
- Do his knees bend at the edge of the seat?
- Does the shoulder belt cross the middle of the shoulder?
- Does the lap belt fit low, against the thighs?
- Can your child ride this way the entire trip?

Make sure he wears the lap belt low and snug and the shoulder belt across the shoulder and chest, not under his arm or behind his back. **Remember: The back seat is the safest place to ride for anyone under 13 years old.**

Water safety for children

Swimming is a life-saving skill for everyone. However, even children who know how to swim must be watched closely around water. A child could easily become tired or get into deep water.

When swimming in or playing around lakes, rivers and the ocean, there are special dangers like strong currents. Everyone should be extra careful and wear a life jacket.

State law requires children under age 13 to wear life jackets in boats under 19 feet long. Children should always wear a U.S. Coast Guard approved Type II life jacket that is the appropriate size and fits snugly.

For the Health of All Our Children

CHILD Profile is a service of the Washington Department of Health

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