



Make sure your child's immunizations are up to date

Protect your child and his or her classmates by making sure he or she gets all recommended immunizations before starting school:

- Hepatitis B (HepB): 3 doses
- Diphtheria, tetanus, and pertussis (DTaP): 5 doses
- Inactivated Polio Vaccine (IPV): 4 doses
- Measles, mumps, and rubella (MMR): 2 doses
- Varicella (chickenpox): 2 doses
- Hepatitis A (HepA): 2 doses
- Influenza (flu): yearly

Your child also needs other immunizations in addition to the ones required for school:

- *Haemophilus influenzae* type b (Hib): 3 to 4 doses
- Pneumococcal conjugate vaccine (PCV): 4 doses

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 your child's Lifetime Immunization Record to every visit.

Healthy teeth matter

Children without tooth decay and cavities do better in school. Tooth decay hurts and may cause a child to be anxious or irritable. It may also slow speech development. A child with missing or discolored teeth may not want to participate in activities and make new friends.

Check your child's teeth often. Lift his or her lip and check teeth for white or brown spots. If you see changes in the teeth or gums, call your child's dentist or doctor. Your child should see a dentist at least once a year.

You can prevent tooth decay. Help your child brush after breakfast and before bed with a pea-sized amount of fluoride toothpaste. Remind him or her to spit out the toothpaste. Floss between any of your child's teeth that touch. Drinking fluoridated water and eating a diet low in sugar and starch may help prevent tooth decay in your child.

Help your child eat well and be active

Set a good example and sit with your child for meals or snacks, eat healthy foods, and be active.

- Offer small servings of a variety of healthy foods. Let your child eat as much as he or she wants of the healthy foods you offer, but don't make your child eat more than he or she wants.
- Your child needs about 1½ cups of vegetables and 1 cup of fruit a 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 low in sugar and high in vitamins and minerals, such as cheese, fresh or canned fruits (with no added sugar), nuts, and vegetables.
- Limit salty, sugary, and fatty foods.
- Help your child be active for at least 60 minutes a 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 him or her learn while doing everyday things. For example, during trips to the grocery store, ask your child to help count pieces of fruit or compare the weights of different fruits and vegetables using the scale.

Think about kindergarten early

Each school district has its own rules. It's important to talk to your child's school a year before he or she starts.

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



Call the Family Health Hotline at 1-800-322-2588 (711TTY relay) or visit ParentHelp123.org to find:

- Immunization information
- Free or low-cost health insurance
- Breastfeeding support and nutrition programs
- Free developmental screenings and referrals to get your child school ready
- Information about your Child Profile mailings

Keeping Your Child Healthy and Safe

Practice problem-solving

When your child is angry or upset about something, he or she needs you to help find a solution. Talk to your child and help him or her explain to you why he or she is feeling bad. Ask questions, such as "Are you upset because your brother took the book you were looking at?" Let your child know that you understand these feelings but certain actions are not OK. For example, say, "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." Help your child calm down (try breathing slowly and deeply together) and then help him or her come up with ideas, such as "How else could you let your brother know you weren't finished with the book? Is there another book you can look at?"

Children and nightmares

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

- Have a quiet before-bed routine to help your child calm down and get ready to sleep.
- Avoid scary books, movies, TV, or video games. Young children may 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 your child wakes up from a bad dream, hold him or her and talk about the dream. Reassure your child that he or she is safe and stay until your child is calm.

Secondhand smoke and your child's health

Breathing secondhand smoke or vapor raises a child's risk of ear infections, asthma, and bronchitis. **Do not allow smoking or vaping in your home, or car.** If you smoke, smoke outside away from children and ask others to do the same. The chemicals in cigarettes stay on your clothing, so wear a jacket and leave it outside. The liquid nicotine (e-juice) used with vaping can be fatal to a small child. Be sure to keep it in a locked place. For help quitting, call 1-800-QUIT-NOW or visit www.quitline.com.

Use safer household products

Household products, such as cleaners and yard care products may cause health problems.

- Avoid buying products labeled DANGER or POISON.
- Avoid buying bug killer and "weed & feed" products.
- Follow instructions on product labels.
- Keep products out of reach of children at all times.
- For cleaning recipes and shopping guides visit www.ecy.wa.gov/hsieo/index.html.

Prevent falls from windows

About 3300 children under age 7 fall from windows in the United States each year. **Window screens will not keep your child from falling out.** Screens are meant to keep bugs out, not kids in. Keep things your child can climb on away from windows. Keep windows from opening more than four inches by using a window stop or install a window guard to prevent falls. Visit www.safekidswashington.org for more information.

Falls don't only happen at home. Share this information with grandparents, child care providers, friends, and neighbors.

Street, parking lot, and driveway safety

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

- Firmly holding your child's hand when near vehicles.
- Keeping a lookout for children in parking lots and driveways where they could be playing.
- Walking 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

Enroll your child in swimming lessons. If you do not know how to swim, take the time to learn. Learning to swim is fun and great exercise for the whole family. But even if your child has had lessons, he or she is not old enough to be around water without an adult watching and within arm's length every minute. Swim in areas with a lifeguard when you can.

Make sure your child wears a life jacket whenever he or she is near water. It should be a Coast Guard-approved life jacket. Make sure it fits snugly. Washington State law requires all children under 13 to wear a Coast Guard-approved life jacket on boats less than 19 feet. Set a good example and always wear a life jacket yourself.

Be careful in or near open water, such as lakes, rivers, and the ocean. Even though water looks calm, there may be strong currents that are dangerous for children and adults.

Learn child and adult CPR (cardiopulmonary resuscitation). Go to www.cpr.heart.org to find a class.

Water Safety and Drowning Prevention for All Ages

www.seattlechildrens.org/dp