

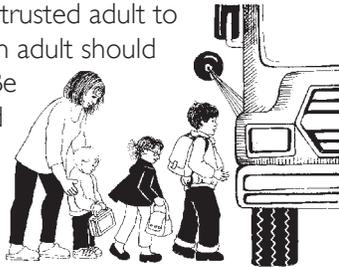
Prepare your child for school

Help your child feel ready to start kindergarten. Visit the school with him or her before classes start. Talk about what to expect, such as meeting new friends and learning new skills. Practice getting ready for school on time. Visit <https://www.del.wa.gov/helpful-resources/kindergarten-readiness> for kindergarten readiness tips.

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

Make sure your child has a healthy breakfast every day. This will give him or her energy to learn, be active, and stay healthy.

Offer foods, such as fruit, a whole grain tortilla with cheese, eggs or beans, low sugar cereal and milk, toast, yogurt, or oatmeal. Make sure your child has a healthy lunch and snacks at school as well.



Prepare your child's school

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

- Visit your child's teacher and describe the things your child knows how to do and any special needs.
- Talk with the teacher throughout the year about what's going on in your child's life and how that might affect how he or she feels and acts.
- Volunteer at your child's school when you can.

Schedule health and dental checkups

Your child should see the doctor once a year. Talk with your doctor about any concerns you have about your child starting school. Talk about any illnesses or injuries this past year. Visit the dentist twice a year. Ask if your child needs sealants, fluoride varnish, tablets, or drops.

Immunizations for kindergarten

When you enroll your child in school, you will need a Certificate of Immunization Status that shows the immunizations received by your child. Your doctor, clinic, or school staff can print this information for you. To meet vaccine requirements for school entry in Washington State, your child needs:

- 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

Since not all vaccines are required for school, your child probably got other immunizations not on this list. Those vaccines are important, too. Keep him or her protected with booster doses and other vaccines recommended for his or her age. Being fully immunized protects your child from getting and spreading serious diseases. If you choose to exempt your child from vaccines, he or she will be at risk for disease and may need to stay home if there's an outbreak.

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

For more information,
 call your local health department or visit
www.doh.wa.gov/immunization/schoolandchildcare

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 or her day. Say good night and let your child fall asleep on his or her own.

TV, videos, and games

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

There are rating systems for TV shows, movies, and video games. This can help you decide if a movie or game is OK for your child's age. However, it's best to watch with your child and talk about what he or she sees. Move TVs and computers into a family room. It's hard for you to know when and what your child watches when the TV or computer is in your child's room.

Visit www.commonsensemedia.org
for information on and reviews of
movies, games, and books

Play is your child's job

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

Body

- Toss a ball or a Frisbee outside.
- Climb, run, and jump at a local park or playground.

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 he or she plays, remember that he or she still needs you to watch and help keep him or her 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, scooter, or skateboard.
- Drowning.
- Burns and fires.
- Falling from playground equipment and furniture.
- Guns.

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

Smoke and carbon monoxide alarm safety tips

Have an escape plan in case your alarms go off. Practice your escape plan to the sound of the alarms. The more practice your child has with your escape plans, the better. This will help him or her learn to recognize the sound and follow the plan. The more you practice, the less scary it will be if your child ever needs to follow the plan.

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

Safety in cars

Everyone who rides with you must use a car seat, booster seat, or seat belt that fits. Washington State law requires children to ride in a booster seat until they are 8 years old or at least 4 feet 9 inches tall (whichever comes first). Booster seats must be used with both a lap and shoulder belt, not just a lap belt. As your child gets older, he or she is likely to ride with other parents or caregivers. Make sure they buckle your child into a car seat or booster seat correctly. Washington State law also requires children under 13 to sit in the back seat. If your vehicle does not have a back seat, slide the front seat all the way back and, if possible, turn off the air bag.



Call **The Safety Restraint Coalition** at
1-800-BUCK-L-UP (282-5587)
or visit www.800bucklup.org