



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

Immunizations are an important part of staying healthy throughout your child's life. To stay protected, your child will need a yearly flu shot and the following vaccines at 11-12 years of age:

- Tetanus, diphtheria, and pertussis (Tdap)
- Meningococcal (MCV)
- Human papillomavirus (HPV)
- Other vaccines if your child has a high-risk medical condition.

Keep your child's Lifetime Immunization Record updated and in a safe place. He or she will need this record for school, camp, college, and travel. Talk to your doctor, nurse, or clinic to make sure your child's immunizations are in the Washington State Immunization Information System.

Healthy eating helps children learn

Children need a nutritious breakfast and lunch to have energy and learn well in school. Even if you're in a hurry, make sure your child eats something healthy in the morning, such as yogurt, fruit and granola, a tortilla filled with scrambled eggs, or refried beans and cheese.

Help your child decide what he or she wants to eat for lunch. If your child takes lunch from home, let him or her help make it. You can call your child's school to find out the qualifications for a free or reduced-price breakfast and/or lunch program. Limit juice, soda (including diet soda), and sports drinks between meals. They can lead to cavities and contribute to obesity.

Focus on your child's strengths

When your child brings home tests and school work, talk with your child about what he or she did well. Praise specific things and then talk about what areas need more work to improve. Don't only talk about the things that were done wrong.

General Health & Immunization Information

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

Washington State Department of Health's Infant, Children, and Teen webpage. Health and safety information for the whole family: www.doh.wa.gov/children

Washington State Department of Health's Office of Immunization and Child Profile: 1-866-397-0337 and www.doh.wa.gov/immunization

SmokeFreeWashington.com. Resources for help quitting smoking www.smokefreewashington.com

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

Child Care Aware Washington. Before- and after-school child care: 1-800-446-1114 and www.childcarenet.org

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

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

Child and Family Web Guide. Information containing child development research and practical advice: www.cfw.tufts.edu

Safety Information

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

Safety Restraint Coalition. Car and booster seat information: 1-800-BUCK-L-UP and www.800buckleup.org

LOK-IT-UP Safe Firearm Storage Campaign: Promoting the safe use of firearms: www.lokitup.org

NW Burn Foundation: 1-888-662-8767 and www.nwbum.org

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

Washington State Department of Health's Division of Environmental Public Health. Information on a variety of environmental public health topics: 1-800-525-0127 and www.doh.wa.gov/children

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. Aim for 60 minutes of physical activity each day for your child. Try new activities together. Biking, walking, hiking, and swimming may become lifelong activities.

If your child wants to be active in a team sport, try several sports to find the ones that your child 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, online 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, such as "Who is your favorite character?" or "Could a real person do that?"
- Teach your child that violence is not OK. Help him or her learn to solve problems with words, not by hurting others.
- Explain to your child that commercials and many programs are made to sell things.

The American Academy of Pediatrics recommends children spend no more than a total of two hours a day watching TV, playing video games, or playing computer games for entertainment.

Protect your child from sexual abuse

Protecting your child 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 child about safe and unsafe touching and behaviors. Children should be aware that unsafe touching doesn'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 child know there are people they can talk to even if they've been told not to tell. Talk with your child about asking for help right away from a trusted adult, such as a teacher, neighbor, or family member.

Continue using a booster seat in the car

Washington State law requires children to use a car seat or booster seat until they are 8 years old or at least 4 feet, 9 inches tall. Seat belts that do not fit right may 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 or she sit all the way back against the seat?
- Do 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 or she wears the lap belt low and snug and the shoulder belt across the shoulder and chest, not under his or her arm or behind his or her back. **Remember: The back seat is the safest place to ride for anyone under 13 years old.**

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 about ten years old. Your child also may forget the dangers of traffic while playing. Cross the street with him or her and set a good example by crossing safely yourself.

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

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, such as 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 Coast Guard-approved life jacket that is the appropriate size and fits snugly.