

# Getting Your Child Ready for School



## Time for a Well-Check



- ✓ Schedule a yearly physical with your child's health care provider
- ✓ Make sure your child's immunizations are up to date
- ✓ Have your child's hearing and vision screened

### **The Midland County Health Department offers:**

Immunizations: 989-832-6655

Free Hearing and Vision Screens: 989-832-6673

## Nutrition

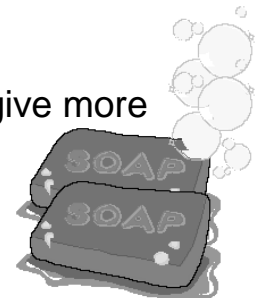


It is important for children to get proper nutrition. You should allow time for meals so your child is not eating on the run. Most children need 20-30 minutes to eat a complete meal.

Start the day with a healthy breakfast which includes foods from the following food groups:

- ♥ Grains (Wholegrain breads or cereals)
- ♥ Fruits (Whole fruit or 100% Juice)
- ♥ Dairy (Milk or yogurt)
- ♥ Protein (Eggs or meat)

Large portions can be overwhelming. Start with small portions and give more when your child asks.



## Hygiene

Your child should have a full body bath/shower at least once a week. Check your child for body odor and dirty clothing each morning before they go to school. If your child still has bed wetting accidents, a bath and a change of clothes is needed after every accident.

Children should wear their own clothing and use their own brush/comb. Sharing hats, clothing and brushes/combs can spread contagious conditions like Head Lice and Scabies.

# Sleep



Children ages 6 – 13 years old need 9 – 11 hours of sleep each night. Establish a regular bedtime to help your child get the necessary amount of sleep

## Sleep Tips for School-aged Children *(from the National Sleep Foundation)*

- ✓ Teach school-aged children about healthy sleep habits.
- ✓ Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- ✓ Make child's bedroom conducive to sleep – dark, cool and quiet.
- ✓ Keep TV and computers out of the bedroom.
- ✓ Avoid caffeine.

# Sickness

Keep your child home from school if they have a fever, cough, sneezing, earache, headache, nausea, vomiting, diarrhea, rash, sore throat, or other signs of illness. Remember to contact your school to report the absence and call your health care provider.



# Dress for the Weather

Dress your child for current weather conditions. Layers of comfortable clothing may be helpful when it is cool in the morning and warm in the afternoon. A layer, such as a sweatshirt or hoodie, can be easily removed when the temperature gets warmer.

Be prepared for expected changes in weather. For example if it is currently sunny but the forecast predicts rain, send an umbrella, raincoat and rain boots.

Make sure your child has on a winter coat, hat, scarf, gloves and boots to keep them warm while they wait for their bus or play at recess.



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