

## Family Activities



**School Readiness Skill: Receives all required immunizations and medical exams**

We all want our children to be healthy so they are ready to learn, grow, and succeed in school. Getting sick can keep your child from learning because it can cause breaks in his or her attention and attendance.

### Vaccines



Getting your child ready includes protecting him or her from catching and spreading serious diseases and viruses. That's why vaccines, also known as immunizations, are required for children to be enrolled in child care and kindergarten. Vaccines are given every 3 months, on average, between birth and 18 months. The final shots before kindergarten are given between ages 4 and 6.

### Tips for Vaccine Visit

It is normal for your child to be fearful of getting a shot. Try these tips to help calm his or her fears and to lay the foundation for a successful vaccine visit.

- ✓ Bring your child's vaccine record.
- ✓ Pack a favorite toy, book, or blanket you use to regularly comfort your child.
- ✓ Remind your child that vaccines can help keep them healthy.
- ✓ Ask if you may hold your child on your lap.
- ✓ Distract your child by cuddling, singing, or talking softly.
- ✓ Smile and let your child know everything is ok.
- ✓ Praise your child after the shots.
- ✓ Use a cool, wet cloth to reduce redness, soreness, and swelling where the shot was given.
- ✓ Give your child lots of liquids following the visit as he or she may be less interested in eating.



### Healthy Teeth

In addition to dental exams, dental hygiene should be a part of your child's regular daily routine. Make an effort to get your child in the habit of brushing his or her teeth after meals and before bedtime to ensure healthy teeth and gums.



## Health Requirements for Enrollment

The chart below lists health requirements for various public preschool and licensed childcare facilities, including kindergarten. Keep the chart handy to serve as a visual reminder of your child’s healthcare needs.

Health Requirements for Enrollment				
	Kindergarten	Head Start	Public Preschool	Licensed Child Care
<b>Immunization Certificate</b>	✓	✓ (child 3 months +)	✓	✓ (child 3 months +)
<b>Eye Exam</b> <small>(by Jan. 1 of school year, ages 3-6)</small>	✓	✓	✓	
<b>Dental Exam</b>	✓ <small>(by Jan. 1 of school yr)</small>	✓ <small>(within 90 days of enrollment)</small>		
<b>Physical Exam</b>	✓ <small>(within 1 year prior to admission)</small>	✓ <small>(within 90 days of enrollment)</small>	✓ <small>(within 6 months prior to admission)</small>	

For a list of required vaccines, visit <http://www.lrc.state.ky.us/kar/902/002/060.htm>

## Health Books

Check out the list below for some wonderful stories related to keeping healthy and well.



- My Friend the Doctor* by Joanna Cole
- Too Big* by Claire Masurel
- Felix Feels Better* by Rosemary Wells
- Katie Goes to the Doctor* by Liesbet Slegers
- Froggy Goes to the Doctor* by Jonathan London

Note: Activities in this family print activity courtesy of Kentucky Governor’s Office of Early Childhood-Monthly Message (November 2014)