

## Checkups - continued

Checkup visits are also a good time to discuss with your pediatrician any concerns or questions you might have about your child's diet, activity, behavior, etc. You should always know when the child's next check up is due.

Well child checkups are usually scheduled at the following ages:

- Birth
- One month
- Two months
- Four months
- Six months
- Nine months
- 12 months
- 15 months
- 18 months
- 24 months
- 2 ½ years
- 3 years
- 4 years
- 5 years
- 6 years
- 8 years
- 10 years



Children with special health problems may need more frequent checkups.

Regular trips to the dentist starting at age one are also extremely important to the general health of children. The dentist will examine their teeth and gums for signs of tooth decay, gum disease, and other problems. Model good tooth brushing habits and develop a schedule that involves brushing every morning and night.

It is important to recognize that some children get a little "stressed out" when going to the doctor or dentist. Talk with your child about any fears she might be experiencing and explain the purpose of the visit. Listen and be encouraging.



### Snohomish Health District

- Immunization Clinic (Everett).....425.339.5200**
- Immunization Clinic (Lynnwood).425.775.3522**
- Communicable Disease.....425.339.5278**
- WIC (Everett).....425.252.5303**
- WIC (Lynnwood).....425.258.8400**
- Environmental Health.....425.339.5250**
- Dental Resource Line.....425.339.5219**
- Disease of the Week.....425.339.5266**
- TB Skin Testing.....425.339.5271**

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 HEALTHIER SNOHOMISH COUNTY

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## Information for Parents



**SNOHOMISH**  
 HEALTH DISTRICT  
 WWW.SNOHD.ORG

## You can help your child stay well by following these healthy routines:

### Teach and practice good handwashing.

Everyone should wash to prevent germs going from one person to another. Hands should always be washed before eating, after toileting, before preparing food, and whenever there is contact with a body fluid.

You should also wash your hands often when you are sick to prevent spreading the illness.



### Make sure your child has a regular bedtime routine that helps the child prepare for sleep.

A firm, regular bedtime helps children get the rest they need to meet the challenge of another busy day. Quiet activities like reading or singing help a child relax and prepare for sleep. If the child does not feel ready to sleep, the child should still be in bed, looking at books or listening to quiet music.



Sometimes nap-time may have to be adjusted to allow the child to be ready for sleep at a time that fits with the rest of the child's and family's schedule.

### Encourage your child to exercise in fresh air.

Exercise helps build muscle coordination and strength. Children enjoy exercise: skipping, hopping, jumping, running, throwing a ball, or dancing. Friendship and team work skills develop during playtime. Exercise also increases the child's ability to cope with unexpected stress.



### Offer your child healthy foods and snacks.

Children have small stomachs and need to eat small amounts of food often. Young children need to be offered something nutritious every two to three hours. Their appetites may vary from day to day.

#### Good snacks include:

- unsweetened cereal
- fruits; canned, frozen and fresh
- fruit smoothies
- raw vegetables with or without yogurt or cottage cheese dip
- peanut butter on celery or bread
- graham crackers
- yogurt, cheese & unsalted pretzels
- fruit juice popsicles
- popcorn (for older preschoolers)



Wholesome leftovers from meals make good snacks as long as the child is not forced to eat something the child really doesn't like.

#### Examples of unhealthy snacks are:

- candy, cake, pies, and cookies
- sugary drinks, soda, and popsicles
- potato chips and salted pretzels
- sugared cereals
- sticky fruit snacks

### Be sure to keep your child up-to-date with checkups.

Children need to go to the doctor even when they're not sick. Checkups are visits scheduled in advance for routine care.

The purpose of these visits is to assess the child's general health.

The doctor may give the child immunization shots, assess their

hearing and eyesight,

and check the heart, lungs, skeleton, and other organs. Additionally, special tests are often done to find health problems when they are just starting and may be easy to treat.

Starting at ages 3 to 5, children may be screened for:

- lead poisoning
- tuberculosis
- obesity
- high cholesterol, if the child is at high risk

Older children may have additional screenings for:

- anemia
- eating disorders

