

# ◆C.P.C. Preschool Press◆

Preschool Checkup Edition

A publication of Cabarrus Pediatric Clinic

Name:

weight:

height:

***parenting tip:***

***Demonstrate that your child's learning is important to you. Each night at the dinner table, ask your child to share something new that they learned at school. This helps stimulate family conversation and allows parents to help children learn more about things that interest them. Also, try to become involved in your child's school by volunteering your time. Never criticize your child's teacher or school in front of your youngster.***

## Entering School adapted from materials written by Donna Warner Manczak, PhD, M.P.H.

Even if your child has been in day care or nursery school, the first day of "real" school is an important event often characterized by tense anticipation. Getting your child off to a good start the first few weeks of school will foster future positive attitudes. If your child is about to start school for the first time you may find the following suggestions helpful.

- 1) *Visit the school a few times before the start of classes.* Become acquainted with the school on the weekend; a big new school is less intimidating on a quiet Saturday or Sunday. Walk or drive the route the bus will take, explore the playground, walk around the school and even look into a window. If possible, let your youngster see the room and meet the teacher. Many schools have orientations.
- 2) *Allow your child to feel scared about starting school.* Do not ignore your child's feelings of apprehension. Point out that children are sometimes scared when they first go off to school because they miss their parents and do not know what to expect. Reassure your child that the teacher knows a lot about children and will take very good care of your child. Talk about the feelings you had starting school and emphasize some funny or positive aspect.
- 3) *Prepare your child at home.* One way to relieve anxiety is to play school at home. Discuss how your child will get to and from school; what your child is likely to do during the day; what you will be doing while your child is away; and what will happen once school is over for the day. Read books together about kids at school.
- 4) *Try not to build too much significance into the first day.* Your child's first day is indeed a milestone. Do prepare and provide reassurance, but do not treat it as a world-shaking event. Your child will be less apprehensive if the first day is treated as a normal part of every day life.
- 5) *Once at school, do not force your child to participate.* Allow your child to become accustomed to the new sights and surroundings by observing rather than participating directly. Your youngster is likely to resist if you push too hard.
- 6) *Make your good-byes short and visible.* If you do take your child to the classroom, do not try to sneak away while your youngster is in the midst of a classroom activity. Always say good-bye. Regardless of where you say good-bye, try to act casual and up-beat. If your child protests, remain calm but state firmly that there is no other choice and that you have faith in your child's ability to remain in school

## Nutrition

If at all possible, the family should sit together for meals. This is an important time for family conversation and becomes even more important as your child grows older. At this age your child should be eating a relatively low fat, low cholesterol diet. Limit fast food meals and bake, broil, or grill foods rather than frying. Skim or 2% milk is now preferable to whole milk. Milk, cheese and yogurt remain important

### **Safety tip- Sunscreens**

*90% of total lifetime sun exposure occurs during childhood. Skin cancers develop based on lifetime sun exposure, but may not appear until adulthood.*

*Protect your child by generous use of hats, clothing, and sunscreens. Use waterproof, PABA-free sunscreens and reapply every few hours.*

*Sunglasses are also helpful to protect your child's eyes from sun damage.*

### **Other instructions:**

### **Next check-up:**

**Age 6**

sources of calcium. Three servings of these dairy products per day is usually sufficient. Iron is important to prevent anemia. Good sources include red meats, liver, poultry, fish, green vegetables such as spinach and broccoli, enriched cereals, and whole grain breads. Children should eat 5 servings of fruits and vegetables per day. This helps prevent obesity and may protect children from developing heart disease and certain cancers as adults. In general, use fresh produce whenever possible. Remember, the most reliable way for you to get your child to eat healthy is for you to *shop* healthy. Learn to read food labels and select low fat items whenever possible. If junk food is available, most children will choose that instead.

## **Safety**

- Be sure your child wears a **bicycle helmet** every time he rides. Helmets significantly reduce the incidence of brain injuries from bicycle accidents.
- Teach your child her name, address, phone #, and parents' full names in case she gets lost. Teach her never to talk to or go anywhere with **strangers**. Remember, children often think that only scary people are strangers. Teach her that even "nice people" she does not know are strangers.
- Whenever in the car, your child should wear a lap-and-shoulder safety belt or be in a belt-positioning booster seat so that belt goes across child's chest and not the neck. **Children should always ride in the back seat whether your car has airbags or not.** Airbags can kill children even in low-impact collisions.
- Children are not safe on motorcycles or 4-wheelers-avoid these vehicles.
- Test smoke detectors regularly and teach children what to do if one alarms.
- Teach your child not to play in or near the street.
- Teach your child to swim but never let him swim alone.
- Keep guns out of the home. If you have guns keep them locked and unloaded.
- Post emergency #'s by your phone including the poison center #: 1-800-84-TOXIN.
- Take a CPR course and be prepared for emergencies.

## **Immunizations**

At this visit, most children receive immunizations for measles mumps, rubella, diphtheria, tetanus, pertussis, and polio. Be sure to review the vaccine information sheets before the vaccines are given. You can expect some fever and mild soreness which may be relieved by acetaminophen. The MMR may cause a faint rash about a week after the injection. Call our office if your child has any of the severe reactions listed in the vaccine information sheets. Children with chronic illnesses like asthma or diabetes should get a flu shot each fall.

## **Office Policies**

Our regular office hours are 8 AM-5 PM Monday through Friday. Please call during office hours to schedule appointments or to ask routine questions. Except for true medical emergencies, appointments are necessary. Evening and weekend visits are offered in the Concord office for urgent problems that cannot wait. For urgent concerns, you can reach us when the office is closed by calling the regular office # (895-0063). A nurse or doctor will call you back. Except for true medical emergencies, please do not take your child to the emergency room without first speaking to the doctor on call. We can often arrange to see your child or handle problems by phone.