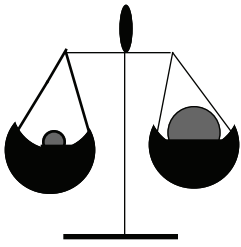


Preventive Health Care Guidelines For Children



IH-IV-134
R.D. 8/03
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**An ounce of prevention
is worth
a pound of cure**

Ten Tips for Healthy Living

1. Do not smoke or expose your child to smoke. Keep matches and lighters away from children. Use smoke detectors and have a fire escape plan.



2. Be safe! Buckle up! Use infant and child car seats. Be aware of air bags. Teach children street and traffic smarts. Use bicycle helmets. Practice injury prevention. Never leave children in a car or van unless an adult is in the car with them to keep them safe and cool.

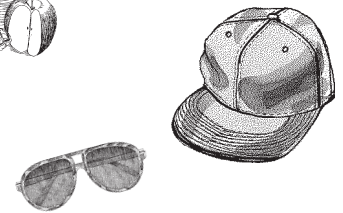


3. Your child should get regular exercise. Walking is a good, simple way to get exercise. Limit television watching to less than 1 - 2 hours a day.

4. Feed your child a healthy, balanced diet. Avoid junk food. Children should not have any alcohol.

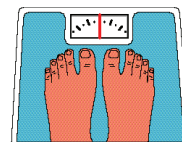


5. Protect your child's skin from the sun. Use sun block, hats, and shirts. Do not let them tan or burn. Use insect repellent when outdoors.



6. Remember, the best way to keep from becoming pregnant and to keep from getting sexually transmitted diseases is to **not** have sex. If you have sex, use condoms to keep from getting sexually transmitted diseases **and** from getting pregnant.

7. Children should stay away from illegal and street drugs.



8. Your child's weight and blood pressure should be within normal limits.

9. Reduce stress. If your child seems nervous or sad most of the time, ask for help!



If you have any questions, ask your health care provider

(over)

Age	What you can do:	What you should have done:												
All ages	<ul style="list-style-type: none"> • Provide a smoke free home for yourself and for your children. • Eat a balanced diet. Limit fat and sugar in the diet. Avoid junk food. • Clean teeth daily. • Exercise regularly. • Keep television viewing to less than 1-2 hours a day. • Learn the right way to use car seats and use them or seat belts at all times. • Keep the phone number for Poison Control on all telephones. 1-800-POISON-1 (1-800-764-7661) 	<ul style="list-style-type: none"> • Regular medical exams, including screening of development, weight, height, head size, blood pressure, hearing, and vision as recommended. • Screening tests for lead, anemia, and TB as recommended. • Routine immunizations on schedule. • Regular dental check-ups starting at age 3 years, or sooner if there are problems with the teeth. • All children, specially those with chronic disease need a flu shot in the fall each year starting at 6 months of age. 												
Before birth	<ul style="list-style-type: none"> • Start doctor visits early in the pregnancy. • Do not smoke or drink alcohol. • Do not take any drugs unless prescribed. • Do not gain excess weight. Eat healthy. 	<ul style="list-style-type: none"> • Regular check-ups including weight, blood pressure, and blood sugar. 												
Birth to 5 years	<ul style="list-style-type: none"> • Breast feed your baby. If not able to breast feed, give formula with iron until one year of age. • Do not give low fat milk until 2 years of age. • Do not prop the bottle or let the child lie down with the bottle. • Start using a cup beginning at 6 months. Wean from the bottle by one year. • Child proof your home for safety. • Lower the water heater temperature to 120° - 130°. • Never leave your child or children to take care of themselves. • Teach your child about 'Stranger Danger'. 	<ul style="list-style-type: none"> • Newborn Screen blood test at 2 - 4 weeks of age. • All scheduled immunizations (with physical exams) as below: <table border="1" data-bbox="906 1003 1521 1503"> <thead> <tr> <th data-bbox="906 1003 1003 1087">At Birth</th> <th data-bbox="1003 1003 1109 1087">2 months</th> <th data-bbox="1109 1003 1219 1087">4 months</th> <th data-bbox="1219 1003 1320 1087">6 months</th> <th data-bbox="1320 1003 1433 1087">12-15 months</th> <th data-bbox="1433 1003 1521 1087">4-6 years</th> </tr> </thead> <tbody> <tr> <td data-bbox="906 1087 1003 1503">HepB (Hepatitis B)</td> <td data-bbox="1003 1087 1109 1503">HepB</td> <td data-bbox="1109 1087 1219 1503">DTaP (Diphtheria, Tetanus, Pertussis)</td> <td data-bbox="1219 1087 1320 1503">HepB DTaP</td> <td data-bbox="1320 1087 1433 1503">DTaP Hib MMR (Measles, Mumps, Rubella) Varicella (Chickenpox) PCV Hep. A (Hepatitis A)</td> <td data-bbox="1433 1087 1521 1503">DTaP Polio MMR</td> </tr> </tbody> </table>	At Birth	2 months	4 months	6 months	12-15 months	4-6 years	HepB (Hepatitis B)	HepB	DTaP (Diphtheria, Tetanus, Pertussis)	HepB DTaP	DTaP Hib MMR (Measles, Mumps, Rubella) Varicella (Chickenpox) PCV Hep. A (Hepatitis A)	DTaP Polio MMR
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6 - 12 years	<ul style="list-style-type: none"> • Teach street safety. Always use helmets and protective gear with bicycles and roller blades. • Teach your child about the dangers of smoking, drugs, and sex. 	<ul style="list-style-type: none"> • Get the second measles shot by age 11 years (if not given at 4 years of age). • Physical exams every other year. 												
13 - 18 years	<ul style="list-style-type: none"> • Do not smoke. Do not use alcohol and drugs. • Girls should do monthly self breast exams. • Boys should do monthly self testicular exams. • Do not have sex, or at least have safe sex 	<ul style="list-style-type: none"> • Physical exams every other year. • Hepatitis vaccine (3 doses). Tetanus-diphtheria vaccine at age 14 years and every 10 years after that. • Breast exam, pelvic exam, and PAP smear every year for sexually active girls, or girls 18 or older. • Ask your doctor if you need a flu shot. 												