Your child is graduating from Child Profile!

We hope you have found these mailings helpful. We have enjoyed providing you with information to help your child grow up healthy and safe. Your child will continue to need regular health and dental checkups. To the right is a list of resources you may find useful. Cut it out and post it near the phone or on your refrigerator.

**Immunizations for life**

Immunizations are an important part of staying healthy throughout your child’s life. By age five, your child most likely finished his or her primary vaccination series. To stay protected, your child will need a yearly flu shot and the vaccines below at 11 to 12 years of age:

- Tetanus, diphtheria, and pertussis (Tdap)
- Meningococcal conjugate vaccine (MenACWY)
- Human papillomavirus (HPV) can be started at age nine and protects against certain cancers caused by the virus, including cervical cancer
- Other vaccines if your child has a high-risk medical condition

Keep your child’s Lifetime Immunization Record updated and in a safe place. He or she will need this record for school, camp, college, and travel. Talk to your doctor, nurse, or clinic to make sure your child’s immunizations are in the Washington State Immunization Information System. You can also access your and your child’s immunization records online at [https://myir.net/](https://myir.net/).

**Healthy eating helps children learn**

Children need a nutritious breakfast and lunch to have energy and learn well in school. Even if you’re in a hurry, make sure your child eats something healthy in the morning.

Help your child decide what he or she wants to eat for lunch. If your child takes lunch from home, let him or her help make it. You can call your child’s school to find out the qualifications for a free or reduced-price breakfast and lunch program. Offer your child a variety of vegetables, fruits, grains, protein, and dairy. Limit juice, soda (including diet soda), sugary drinks, and sports drinks. They can lead to cavities and contribute to obesity. Limit drinks made with artificial sweeteners. The effects of artificial sweeteners on young children are not well known. For more information, visit [www.choosemyplate.gov/](http://www.choosemyplate.gov/).

**General Health & Immunization Information**

**Family Health Hotline.** Health, nutrition, and other local resources: 1-800-322-2588 and www.parenthelp123.org

**Washington State Department of Health:** Health and safety information for the whole family: www.doh.wa.gov/children

Office of Immunization and Child Profile. 1-866-397-0337 and www.doh.wa.gov/immunization


**U.S. Centers for Disease Control and Prevention.** General disease information: 1-800-232-4636 and [www.cdc.gov](http://www.cdc.gov)

**American Academy of Pediatrics.** Health, illness, and safety information for parents: [www.healthychildren.org](http://www.healthychildren.org)

**Parenting Support**

**Family Help Line.** Support for parents and families: 1-800-932-HOPE (4673) and www.parentrust.org

**Child Care Aware of Washington.** Free and unbiased child care referrals in your local area: Call the Family Center at 1-800-446-1114 or [http://wa.childcareaware.org/families](http://wa.childcareaware.org/families)

**Washington State Libraries.** Libraries in your community (Internet access is available at most libraries): 360-704-5200 and www.libraries.wa.gov

**Common Sense Media.** Information and reviews of movies, games, and books: [www.commonsensemedia.org](http://www.commonsensemedia.org)


**Safety Information**

**Washington Poison Center.** 1-800-222-1222 (TTY) and [www.wqpc.org](http://www.wqpc.org). Call 911 if your child is having difficulty breathing or will not wake up.

**Safety Restraint Coalition.** Car and booster seat information: 1-800-BUCK-L-UP and [www.800bucklup.org](http://www.800bucklup.org)

**LOK-IT-UP Safe Firearm Storage Campaign.** Promoting the safe storage of firearms: [www.lokitup.org](http://www.lokitup.org)

**NW Burn Foundation.** 215-545-3816 and [http://www.burnfoundation.org/](http://www.burnfoundation.org/)

**Consumer Product Safety Commission.** Product safety and recalls: 1-800-638-2772, 301-595-7054 (TTY), and [www.recalls.gov](http://www.recalls.gov)

Focus on your child’s strengths
When your child brings home school work, talk about what he or she did well. Praise specific things and talk about what areas need more work to improve. Don’t only talk about the things that were done wrong.

Encourage your child to be physically active
Daily physical activity is important for the whole family. Help your child make exercise a habit for life. Aim for 60 minutes of physical activity each day for your child. Try new activities together. Biking, walking, hiking, and swimming may become lifelong activities.

If your child wants to be active in a team sport, try several sports to find the ones that your child likes. Look for programs that are based more on fun and learning skills than winning. Remind yourself that having fun while being active is most important.

Know what your child is watching and playing
Your child will learn many things from TV shows, movies, the Internet, and video games. Some of these “lessons” you will agree with and some you won’t. Here are some ways to make screen time a positive learning activity:

• Watch and play with your child. Ask questions, such as, “Who is your favorite character?” or, “Could a real person do that?”
• Teach your child that violence is not OK. Help him or her learn to solve problems with words, not by hurting others.
• Explain to your child that commercials and many programs are made to sell things.

The American Academy of Pediatrics recommends children spend no more than a total of two hours a day watching TV, playing video games, or playing computer games for entertainment.

Protect your child from sexual abuse
Protecting your child from sexual abuse is a safety issue. Talk about the subject in the same matter-of-fact, calm way that you discuss other safety issues. This may make it easier to talk about this difficult subject. Talk to both boys and girls about sexual abuse.

Teach your child about safe and unsafe touching and behaviors. Children should be aware that unsafe touching doesn’t necessarily cause pain. They need to know that strangers aren’t the only people who can abuse them. In fact, most children who are abused are abused by someone they know.

Let your child know there are people he or she can talk to even if he or she has been told not to tell. Talk with your child about asking for help right away from a trusted adult, such as a teacher, neighbor, or family member.

Continue using a booster seat in the car
Washington State law requires children to use a car seat or booster seat until the lap and shoulder belt without a booster seat fits them properly. This is usually when a child is around 4 feet 9 inches tall or 10 to 12 years old. If your child uses the lap and shoulder belt without a booster seat too soon, it may cause serious injuries. Your child is big enough to use the lap and shoulder belt without a booster seat only if you can answer yes to all of these questions:

• Does your child sit all the way back against the seat?
• Do knees bend at the edge of the seat?
• Does the shoulder belt cross the middle of your child’s shoulder?
• Does the lap belt fit low against your child’s thighs?
• Can your child ride this way the entire trip?

Children under 13 must ride in the back seat in Washington State whenever possible. To find car seat inspection services near you, visit http://bit.ly/CarseatInspection.

Street and bike safety
Children this age should not cross streets or bike on the street without an adult. Your child won’t be old enough to always remember to follow traffic rules until about ten years old. Your child also may forget the dangers of traffic while playing. Cross the street with him or her and set a good example by crossing safely yourself.

Let your child bike in playgrounds, parks, or on trails. Bikes should be the right size for your child. Feet should touch the ground when standing over the bike. There should be about two inches between the crossbar and your child’s body. Make sure he or she wears a helmet and other safety gear when using a bike, scooter, or skates.

Water safety for children
Swimming is a life-saving skill. However, even children who know how to swim must be watched around water. A child could easily become tired or get into deep water.

When swimming in or playing around lakes, rivers, and the ocean, there are dangers, such as strong currents. Everyone should be extra careful and wear a life jacket. State law requires children under age 13 to wear life jackets in boats under 19 feet long. Children should always wear a Coast Guard-approved life jacket that is the appropriate size.