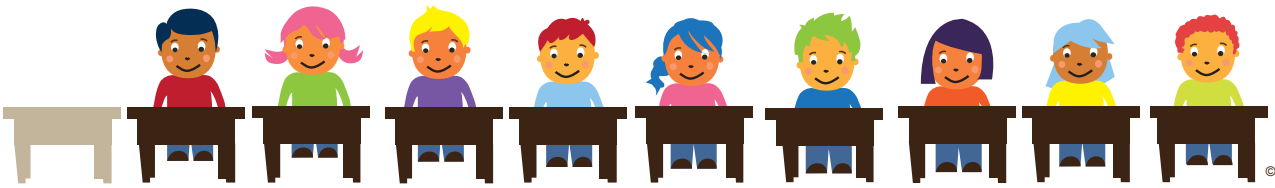

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Help Your Child Succeed in Preschool and Kindergarten
Build the Habit of Good Attendance

DID YOU KNOW…

Showing up on time every day is important to your child's success and learning from preschool forward.

Missing 10% of school (1 or 2 days every few weeks) can make it harder to:

- Gain early reading and math skills.
- Build relationships.
- Develop good attendance habits.

High quality preschool and kindergarten has many benefits!

- The routines your child develops will continue throughout school.
- Make the most of early grades by encouraging your child to attend every day.

WHAT YOU CAN DO

Work with your child and his/her teacher to develop your child's strong attendance.

Talk about it – sing about it – make it an adventure!

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Share ideas with other parents for getting to school on time.

Before the school year starts

- Find out what day school starts and begin a countdown!
- Keep your child healthy and make sure your child has the required shots.
- Attend orientation with your child to meet teachers and classmates and find out about health and safety procedures.

Ready, Set, GO!

- If you are concerned your child may have Covid-19, call your school for advice. Ask for resources to continue learning at home if needed.
- Ask family members or neighbors for assistance if you need help.
- Try to schedule non-urgent medical appointments and extended trips when school is not in session.
- If your child seems anxious about preschool or kindergarten, talk to the program director, teacher, your doctor or other parents for advice.

Revised September 2023

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

Get ready for one of the biggest adventures of your child's life!

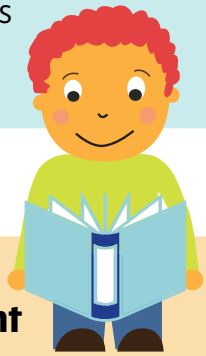
School will be starting soon. These tips can help your children look forward to attending school every day.

Did you know that missing just one or two days of preschool or kindergarten every few weeks can make it harder for children to develop reading skills, and to be prepared for kindergarten or first grade?

Adventure Time!

Take your child to visit the school to see the building

- If possible, meet their teacher and visit their classroom!
- Visit with neighbors to see who is going to the same school. It's always fun to have a buddy.
- Explore a pick-up and drop off sharing plan with neighbors, or a "Walking School Bus."
- Respond right away to outreach from your child's teacher. Ask any questions you have!



Story Time!

Tell your child positive stories from when you were a young student

- Make up silly songs about everyday routines: getting up, eating breakfast and going to school.
- Read to your child each night in your home language.
- Books can address children's concerns in playful ways and support conversations.

Get ready for one of the biggest adventures of your child's life!

Habit Time!

Set a standard bed and wake up time a few weeks in advance

- Let children choose what clothes they'd like to wear the next day.
- Routines make everyone feel in control, and that's a good feeling.

Good Health Time!

Make sure your child has the right shots to attend school

- Ask your child's teacher about health and safety procedures.
- Ask questions about any concerns you have related to Covid-19.
- Schedule non-Covid-19 medical appointments and extended trips when school is not in session.

Preschool through first grade establishes the foundation for relationship building and life-long learning. Help your child gain comfort, self-confidence and delight in these milestone events.

Revised October 2021

Visit Attendance Works www.attendanceworks.org for strategies and resources

Tips to Increase Your Child's School Bus Safety

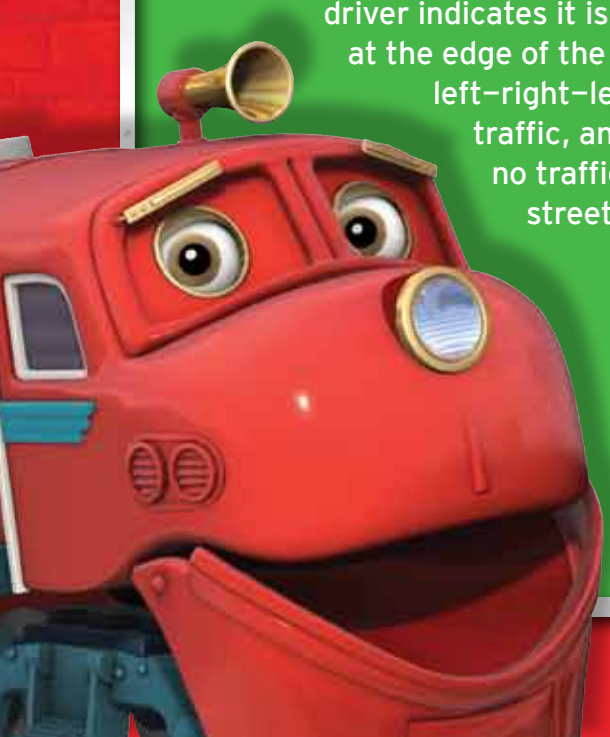
Even safer than riding in your own vehicle, riding on a school bus is the safest way for your child to travel to and from school. The greatest risk is not riding the school bus, but approaching or leaving it, so children need to be especially careful around the school bus "danger zone," which is the 10 feet in front, behind and on each side of the school bus.

What Children Should Be Taught About School Bus Safety

- Wait until the driver says it is safe to board. Then get on one at a time.
- Once you're off the school bus, walk five giant steps from the front of the bus, cross in front of the bus when the driver indicates it is safe, stop at the edge of the bus – look left–right–left again for traffic, and if there's no traffic, cross the street.
- Ask the driver for help if you drop something while getting on or off the school bus.
- Keep your loose items inside your backpack or book bag.
- Once on the school bus, go directly to your seat and sit down facing forward. Remain in your seat facing forward when the school bus is moving.
- Be respectful of the school bus driver, and always obey his or her instructions.

Tips for Parents

- If your children ride the school bus, walk with them to the bus stop and wait with them until they get on the school bus.



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- Tell children to use the handrails when they get on and off the school bus, and be careful of drawstrings and book bag straps that could get caught in the handrails and doors.
- When driving in neighborhoods and school zones, watch out for young people who may be distracted and not thinking about safety.
- Slow down. Watch for children playing and congregating near school bus stops.
- Be alert. Children arriving late for the school bus may dart into the street without looking for traffic.

Think SAFE Ride SAFE BE SAFE!
A TRAFFIC SAFETY PROGRAM

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Tips to Increase Your Child's Pedestrian Safety

Most young children who are hit by motor vehicles are injured near their home or on neighborhood streets.

Why Children Are Vulnerable

- They often act before thinking.
- They often make the mistake of thinking that if they can see a driver, the driver can see them.
- They can't judge speed or the distance of vehicles moving toward them.
- They think cars can stop instantly.
- They're difficult to see when behind a backing vehicle.

Child Pedestrian Safety Tips for Parents

- Young children should be introduced to basic safety principles (look left–right–left for traffic) and simple explanations. Model these correct behaviors as part of your day–to–day activities, and point out correct and incorrect pedestrian safety behaviors. This will lay the foundation for them to think safety and apply safe behavior to their own actions.
- Supervise your children constantly – especially when they're near parked or moving vehicles, or playing near streets or driveways.
- Hold your child's hand when crossing streets, walking along streets and in parking lots
- Show your child how to walk facing traffic when there's no sidewalk.

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www.nhtsa.gov/parents

- Demonstrate how to cross the street by stopping at the curb or street's edge and looking left–right–left for traffic before crossing.
- Children age 10 and under do not have the skill sets to manage traffic situations by themselves. They must be supervised closely by an adult or young adult.
- Set a good, safe example when walking on streets or sidewalks and when crossing roads.

Think SAFE Ride SAFE BE SAFE!

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NHTSA
www.nhtsa.gov

Tips for Car Seat Safety in Your Baby's First Year– Fastening the Seat in the Car

For a car seat to do its job, it has to be the right one for your child's age and size. Car seats must be used properly and be adjusted to fit your child securely.

Always:

- Read the instructions before you install the car seat. Also read your car owner's manual.
- Keep your baby in a rear–facing car seat, in the back seat, and never in front of an active airbag.
- Make sure the car seat is tightly secured in your vehicle, using either the seat belt or the LATCH system for installation.
- Make sure your car seat is installed at the correct recline angle.
- Properly position the harness on your child. Harness straps should lie flat and be placed through the slots located at or below your child's shoulders.
- Buckle the harness, and the chest clip, and tighten. The harness is snug enough when you cannot pinch any extra material at the shoulder.
- Place the chest clip at armpit level.

Child Car Safety

Think SAFE Ride SAFE BE SAFE!
A TRAFFIC SAFETY PROGRAM

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For more safety tips visit www.safercar.gov/parents

CHUGGINGTON

NHTSA
www.nhtsa.gov

Tips for Car Seat Safety for Children 4 to 7 Years Old

Children between 4 and 7 years old should ride in a forward-facing car seat with a harness. Once he or she reaches the top height or weight limit allowed by the car seat manufacturer, then your child can use a booster seat.

Forward-Facing Car Seats

Always:

- Read the instructions before you use the car seat. Also read your car owner's manual.
- Install the car seat in the back seat of your vehicle and never in front of an active air bag.
- Make sure the car seat is tightly secured in your vehicle, using either the seat belt and tether or the LATCH system for installation.
- Properly position the harness on your child. Harness straps should lie flat and be placed through the slots located at or above your child's shoulders.
- Buckle the harness, and the chest clip, and tighten. The harness is snug enough when you cannot pinch any extra material at the shoulder.
- Place the chest clip at armpit level.

Booster Seats

Always:

- Read the instructions before you use the booster seat. Also, read your car's owner's manual.
- Place the booster seat flat on the vehicle seat, in the back seat.
- Have your child sit on the booster seat and buckle the seat belt.
- Make sure the seat belt fits your child properly.
- Adjust the lap belt so it lies snugly across your child's upper thighs, not across the stomach. Adjust the shoulder belt so it rests across the chest; it should never touch the neck.

Get Automatic Recall Information

Register your seat right after installation. If it is found to have a possible safety problem, the maker of the seat will provide instructions.

Child Car Safety

Think SAFE Ride SAFE BE SAFE!
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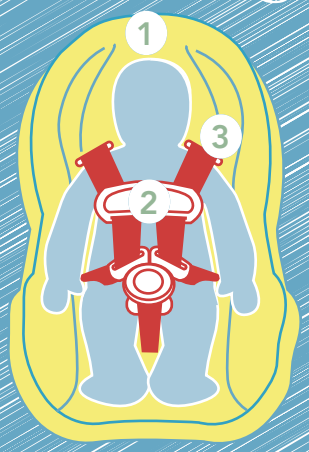
For more safety tips visit www.safercar.gov/parents

Child Car Seat

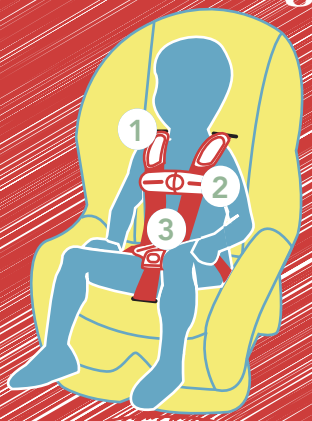
Are you using it correctly?

rear-facing seat



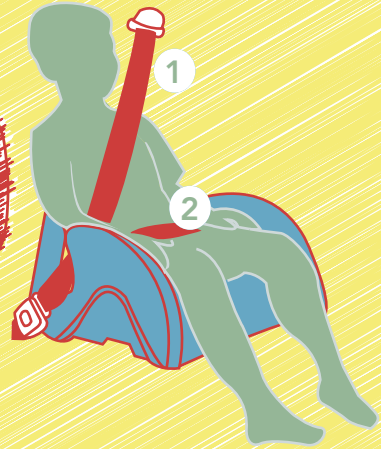
1. Head no closer than 1 inch to the top of the plastic shell.
2. Place clip at the middle of the chest, level with armpits.
3. Keep straps snug, flat and at or below shoulders.

forward-facing seat



1. Head no closer than 1 inch to the top of the plastic shell.
2. Place clip at the middle of the chest, level with armpits.
3. Keep straps snug, flat and at or above shoulders.

booster seat



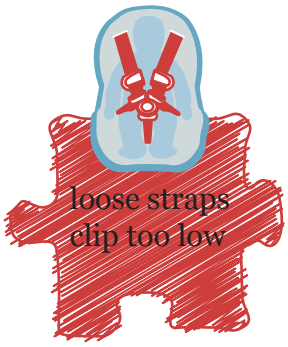
1. Shoulder belt snug across the chest positioned off the neck.
2. Lap belt low on hips across upper thighs.

newborn - 1 yr	2 - 3 yrs	4 - 7 yrs	8 - 12 yrs
rear-facing seat			
	forward-facing seat		
		booster seat	

Read car seat label for height and weight limits. Arizona law requires a child under 8 yrs old or less than 4 feet 9 inches tall to sit in child safety seat when riding in a vehicle.

avoid these mistakes

car seat in front of airbag



loose straps clip too low

car seat facing wrong direction, is loose, or damaged

For more information or for help with a car seat installation contact your local inspection station. Mesa Fire and Medical Department 480-644-2200.

Reference: USAA Educational Foundation, The. (2014.) Personal Safety child passenger safety. USAA

Flossing is Fun!

Did you know?

- When your child's teeth touch, it's important to begin flossing.
- Flossing removes germs and food stuck between teeth that may cause cavities.
- You should floss your child's teeth daily.

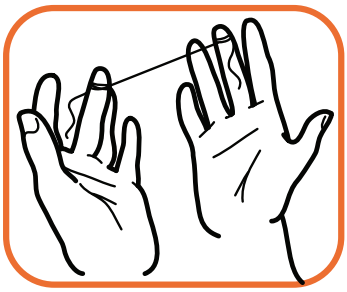
Take the Healthy Mouth Challenge!

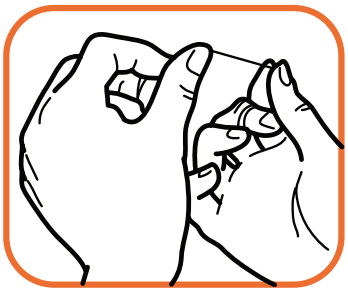
I will:

- ☐ Find a comfortable position for my child and me and practice flossing his teeth.
- ☐ Sing a song while flossing.
- ☐ Make flossing a part of my child's daily routine.

Cavity Free Kids™ Oral Health Education for Home Visiting with Pregnant Women and Parents of Children Birth to Age Five • Copyright © 2015 WDSF

How To Floss





Wrap the floss around your middle or index fingers to get a firm grip.

Hold between your thumbs and fingers.

Gently slide the floss between two teeth. Then wrap the floss toward one tooth, hugging it as you gently slide it up, back, forth, and down.

Repeat this process on all teeth. Remember to hug that back tooth even though it is the last one in line.

Remember...

- ✔ Always use a clean piece of floss between teeth.
- ✔ Never snap or force floss as this may cut or bruise gum tissue.
- ✔ Children cannot floss by themselves, they need your help.
- ✔ Start flossing your child's teeth as soon as teeth touch.
- ✔ It will help your child learn good habits if they see you floss.

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LOVE THEM, PROTECT THEM

How to Protect Your Children from Lead Poisoning

Lead Poisoning Is Preventable!

OFFICE OF HEAD START NATIONAL CENTERS

THE NATIONAL CENTER ON Health

School readiness begins with health!

What Is Lead Poisoning?

Lead is a metal that is harmful, especially to the nerves, when it builds up in the body. **Children and pregnant women** are at high risk when exposed.

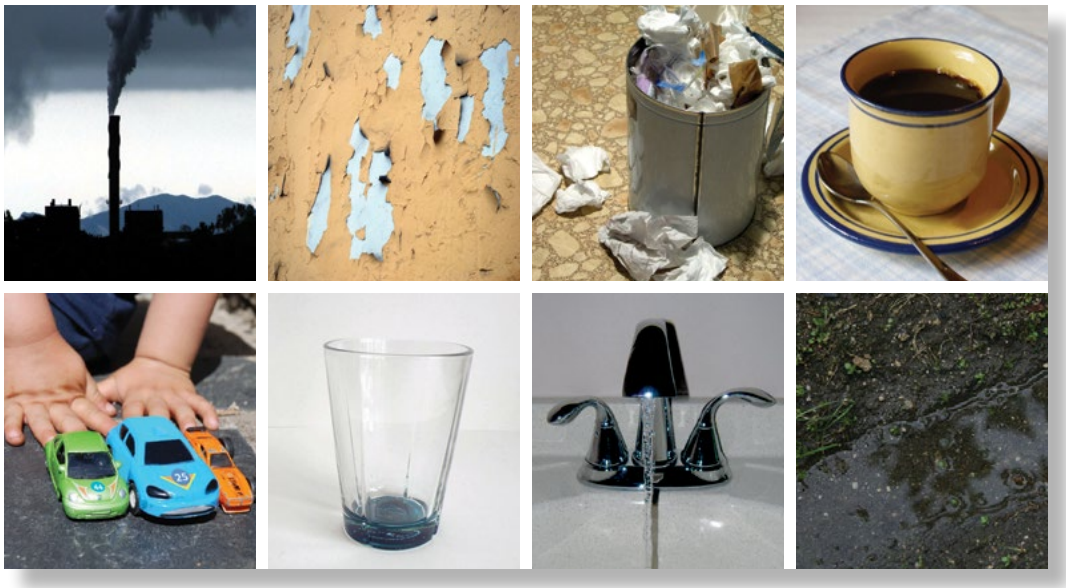
How Do I Protect My Child from Lead?

- Recognize where lead is found and how it gets into the body.
- Avoid exposure whenever you can.

Where Do You Find Lead?

Lead exposure can be higher near truck routes and certain factories, for example. Toys and candies made outside the U.S., in places where rules for making things are less strict, may contain lead. Lead can also be found in old paint and certain pottery dishes. Think about what is in your environment and ask questions!

- Lead in water
- Lead glazed pottery
- Lead painted toys
- Lead from soil
- Lead soldered cans
- Peeling lead paint
- Airborne lead
- Lead crystal

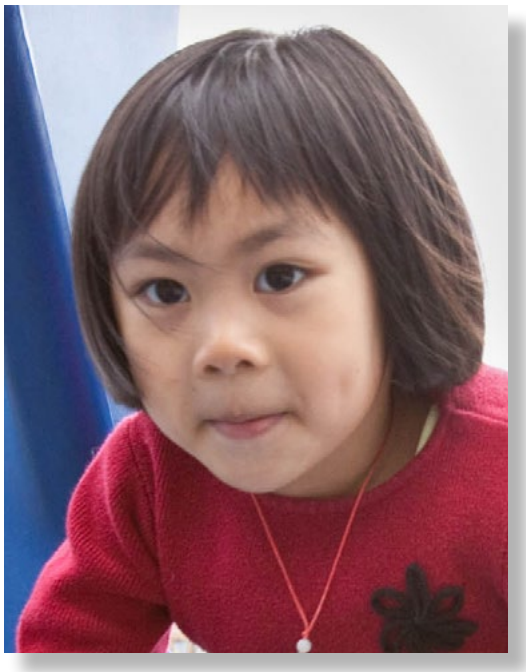


Who Is At Greatest Risk?

Children under the age of 6 and pregnant women.

How Does Lead Get into Your Child's Body?

- Children breathe in the lead or get it on their hands or toys and swallow it.
- Their small bodies absorb more lead.
- They crawl on the floor or in soil outside and then put their hands or other objects in their mouths.
- Lead can also be passed from mother to unborn baby during pregnancy.



What Are the Risks of Lead Poisoning?

Small amounts of lead can build up in the body and cause us to **get sick.**

Build-up of lead in children is especially dangerous because:

- Lead sickness does not always cause symptoms we can see.
- Lead can permanently harm the brain and nervous system of your child.
- Lead can cause learning problems, attention problems, and behavior problems in your child.
- Lead can sometimes cause speech and hearing problems and slow down your child's growth.

How Do You Test for Lead Poisoning?

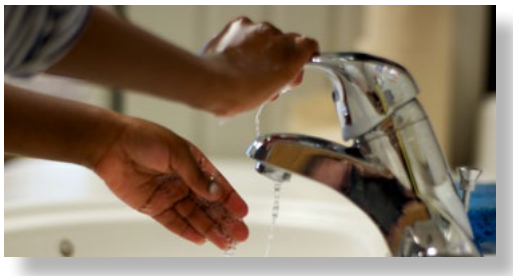
- Talk with your health care provider about the risk for your child.
- **A blood test,** through either finger stick or blood draw, is the only way to know for sure.

Many children who have lead poisoning do not look or act sick!

Protect Your Family from Lead

Remove any lead in your home

- Use wet paper towels to clean up dust with lead.
- Clean often around windows and play areas, and wet mop floors often.
- Wash hands and toys often with soap and water.
- Use duct tape to cover chipping or peeling paint.



Give your child healthy foods

- Feed your child healthy meals with foods like milk, cheese, green leafy vegetables, peanut butter, beans, cereals, oranges, and peppers. Foods with vitamin C, iron, and calcium may help keep lead out of the body.

Get your child tested and contact your health department

- Contact your local health department or doctor if you see chipping or peeling paint or think there may be lead in or around your home.
- You may need an expert to help you remove the lead in your home.

Call the National Lead Information Center at (800) 424-5323

Visit the EPA website:
http://www2.epa.gov/lead

REMEMBER: Protect Your Family from Lead

- Lead exposure can harm young children and babies even before they are born!
- Separate children and pregnant women from home repair areas or areas with peeling/ chipping paint.
- Even children who seem healthy may have dangerous levels of lead in their bodies.
- Tell your health care provider about your home to check if there is risk.
- Be aware of the risks where you and your child live, work, and play.

The Good News: Lead Poisoning Is 100% Preventable!

You Can Protect Your Family!

Visit the CDC website:
http://www.cdc.gov/nceh/lead

ACTIVE PLAY

Tips for Families from the Head Start National Center on Health

THE NATIONAL CENTER ON Health

Healthy Habits Start Early

Good activity habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy play habits. Your child learns from you, so while you help him be active, try to do the same activities!

Play Time Can Be Active Time!

For Your Infant:

- Keep your baby active with tummy time and time spent out of the swing or bouncy chair. This will give him plenty of chances to stretch, reach, and kick so he can reach important milestones like crawling and sitting up.
- Avoid putting a TV in your baby's room. The more YOU talk to and play with your baby, the more likely he is to be healthy as he grows.

For Your Toddler:

- Even very active toddlers need physical activity. Keep moving by dancing, jumping, and walking together.
- Try to limit TV watching to 2 hours or less a day. Children who have lots of active play time outside and indoors are more likely to stay healthy and active as they grow up.

For Your Preschooler:

- Help your child to stay active and learn at the same time by spending time outdoors.
- Try to limit TV, video games, and computer time to 2 hours or less a day. Children who watch more than 2 hours of TV a day are more likely to be overweight as they get older.

For Yourself and Your Family:

- When you spend time being active, your child learns healthy habits from you.
- Set playtime, mealtime, and bedtime routines to make daily life easier to handle.
- Talk with your child's pediatrician, Head Start staff, and other parents to get ideas for making playtime active time.

HEALTH LITERACY: A KEY TO UNDERSTANDING AND USING HEALTH INFORMATION

THE NATIONAL CENTER ON Health

Tips for Families from the Head Start National Center on Health

Understanding What Your Doctor Tells You

Health literacy is how well you understand health information and make good choices about health and medical care.

Why Is It Important?

Many people find it hard to understand the health information they need to take care of themselves and their families.

When Parents and Caregivers Understand Health Information and How to Use it, Children Are More Likely to:

- Miss fewer days of school
- Make fewer trips to the pediatrician or the emergency room that are not needed
- Live healthier lives
- Get preventive care like flu shots
- Have a safe home where fewer accidents happen

Learning Ways to Understand and Use Health Information Can Help With:

- Talking with your doctor
- Asking questions
- Following a doctor's directions
- Taking or giving medicine the right way
- Getting needed medical tests and care
- Knowing what to do when your child gets sick
- Preventing diseases like diabetes, asthma, cancer
- Making healthy choices for you and your family
- Asking for help

Things You Can Do to Help Your Child

- **ASK** for help if you do not understand a health form or do not know how to fill it out.
- **ASK** for handouts in the language that is easiet for you to read.
- **WRITE DOWN** questions you have before you go on any health care visit.
- **TELL YOUR DOCTOR** if you do not understand what he or she is saying.
- Go to the library and ask how to find accurate information about your health concerns and medicines.
- Ask your Head Start program for information on health issues that concern you.
- Go to health workshops at your child's Head Start program and in your community.

HEALTHY BREATHING AT HOME

THE NATIONAL CENTER ON Health

Tips for Families from the Head Start National Center on Health

Help Prevent Asthma: Keep Your Home Smoke-Free

Why Is It Important?

- Children should be in places that are smoke-free, all of the time.
- Secondhand and thirdhand smoke are triggers for asthma, but you can avoid them.
- Cigarette smoke contains chemicals, including some that can cause cancer.

What Is Asthma?

Asthma is a condition that causes swelling and narrowing of the airways. Asthma can cause chest pains and tiredness, and make people wheeze and cough.

What Is Secondhand Smoke?

Secondhand smoke is tobacco smoke in the air. It is the smoke that people breathe in from cigarettes, pipes, and cigars.

What Is Thirdhand Smoke?

Thirdhand smoke is smoke that stays on surfaces and fabric even after someone finishes smoking.

Things You Can Do to Help Your Child

- The most important thing you can do to help a child with asthma is to have a smoke-free home.
- Secondhand smoke is never safe.
- Secondhand smoke can cause infections.
- Because children are smaller and still growing, secondhand smoke is even more dangerous for them than it is for adults.
- Children are in the hospital for asthma more often than for most other health problems.
- Children with asthma miss more days of school than children without asthma.
- If a child has asthma, breathing in secondhand smoke can cause more severe asthma attacks.
- Being near secondhand smoke can cause children without asthma to have asthma-like symptoms.
- Chemicals from tobacco smoke (thirdhand smoke) may stay in the air and on your clothes for days or weeks after a cigarette is put out.
- Thirdhand smoke is never safe.
- Your pediatrician can help you or others quit smoking.

HEALTHY EATING

Tips for Families from the Head Start National Center on Health

THE NATIONAL CENTER ON Health

Healthy Habits Start Early

Good eating habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child's best role model so while you help her to eat healthy, try to do the same too!

Healthy Feeding and Eating

For Your Infant

- It is important to breastfeed for at least 6 months. She will be more likely to have a healthy weight as she gets older.
- Put breast milk or formula, not cereal, in your baby's bottle. Cereal adds extra calories that she doesn't need.
- Try to wait until your baby is around 6 months to start healthy solid foods like pureed vegetables, jarred baby foods, and infant cereals. Starting solid foods too early can lead to problems with overweight and obesity later.
- Around 8 or 9 months try offering your baby small amounts of healthy finger foods like grilled chicken, cooked carrots, and cut up strawberries. This will help your baby learn to eat healthy.
- Breast milk, formula, and water are the best drink choices for your baby. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her new teeth.

For Your Toddler

- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help him stay full in between meals and reduce hunger-related temper tantrums.
- Try to be patient with picky eaters. He may need to try a food 10 to 15 times over several months before he will eat it.
- Try giving your toddler a choice between two healthy options. He will be more likely to eat healthy food if he picks it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sport drinks add extra calories to his diet and can harm his teeth.

For Your Preschooler

- Let your child help you in making healthy meals and snacks. She will be more likely to try healthy foods if she helps out.
- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your preschooler. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her teeth.

For Yourself and Family

- Your child is learning healthy habits by watching you. Try to eat healthy too.
- Set playtime, mealtime, and bedtime routines to make day-to-day life less stressful.
- Talk with your child's doctor, Head Start staff, and other parents to get healthy eating tips.

MENTAL HEALTH

Tips for Families from the Head Start National Center on Health

THE NATIONAL CENTER ON Health

What is mental health?

Mental health means that young children are growing in their ability to:

- understand and share feelings
- have close and positive relationships
- explore and learn

Why Is It Important?

Having Positive Mental Health Makes It Easier for Children to:

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems
- Develop patience (or not give up)
- Focus on a task
- Ask for help

When Young Children Are Worried, Sad, or Angry, It Can Be Hard To:

- Make friends
- Follow directions
- Express feelings or wishes
- Follow simple directions
- Pay attention in class
- Solve problems in positive ways
- Do well in school

Things You Can Do and Say to Help Your Child

For Your Infant

- Hold your baby during feedings.
  "I love cuddling when I feed you."
- Look at your baby and smile, smile, smile!
  "Hey, when I smile, you smile back."
- Talk about what you are doing.
  "I'm going to change your diaper now."
- Try to relax and have fun.
  "When I am happy, you are less fussy."
- Read and sing to your baby every day.
  "It is bedtime. Time for a story and favorite song."
- Take care of yourself.
  "When I am rested, I take better care of you."

For Your Toddler/Preschooler

- Make sure they always feel safe.
  "I know loud noises can be scary, but it's OK."
- Offer choices.
  "Do you want the blue shirt or the red shirt?"
- Practice patience.
  "Let's wait until the song is over and then we'll go outside."
- Show understanding.
  "You REALLY want another cookie! It is hard when you can only have one."
- Leave extra time.
  "I see you don't want to leave the playground. One more time on the slide, then we need to leave."
- Play together at least 15 minutes a day.
  "There is so much to do but it is important for us to play together."
- Follow her interest.
  "I see you want to play with the blocks. What are you going to build?"
- Praise your child when she keeps trying.
  "I love the way you keep trying to find the right piece for the puzzle."
- Practice following directions.
  "First pick up the blocks, then take out the cars."

ORAL HEALTH

Tips for Families from the Head Start National Center on Health

THE NATIONAL CENTER ON Health

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family

Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 2 years, brush with a smear of fluoride toothpaste.
- If your child is age 2 years or older, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your Head Start or Early Head Start program know if you need help or have questions about oral health.

SAFETY AND INJURY PREVENTION

THE NATIONAL CENTER ON Health

Tips for Families from the Head Start National Center on Health

Safety and Injury Prevention for Young Children Is:

- Making sure children have safe places to grow and learn
- Protecting children from danger
- Teaching children what to do to be safe

Why Is It Important?

Children Like to Explore But Need:

- Safe places to play
- Adults who watch and listen so they can prevent an injury before it happens
- Opportunities to practice new skills safely

When Children Are Safe, They Are More Likely To:

- Be injury-free
- Focus on learning
- Explore new situations with confidence

Things You Can Do to Help Your Child

At Home:

- Keep all medicine, cleaning and harmful products away from children.
- Use cabinet locks and electrical socket covers.
- Use safety gates on stairs.
- Use cribs with secure sides rather than drop sides.
- Keep cribs away from windows and blind cords.
- Lift blind cords out of reach from children.
- Put babies to sleep on their backs in a crib with no soft blankets, pillows or bumpers.
- Keep children away from hot foods and liquids.
- Turn pot handles to the back of the stove.
- Set your water-heater thermostat to 120 degrees or less.
- Keep children away from heaters or fires.
- Have a smoke alarm on every floor. Replace batteries in the spring and fall.
- Get a carbon monoxide detector, if you do not have one.
- Check with your local fire station to see if they can help you find a smoke alarm or carbon monoxide detector.
- Ask your pediatrician about foods and small objects that can cause choking.
- Make and practice an escape plan.

Continued on next page

Things You Can Do to Help Your Child

Continued from previous page

Outside:

- Use sunscreen.
- Teach your child to stay out of the street.
- Look for playgrounds with soft surfaces instead of dirt or grass.
- Watch your child closely on the playground.
- Remove drawstrings from clothing.
- Keep shoelaces short and tied.

Water Safety

- Know that a child can drown in any amount of water that covers his mouth and nose.
- Always stay within arm's reach of your child if he is in or near water.
- Learn to swim, and take your child to professionally supervised swim lessons.
- Use four-sided fences with self-latching gates around pools.
- Learn cardiopulmonary resuscitation (CPR).

Car and Truck Safety

- Choose a car seat that is right for your child's age, height and weight.
- Choose a seat that fits in your car or truck and use it all the time.
- Ask your Head Start staff where you can go in your community to have your child's car seat installed safely.
- Be sure that children under age 12 only sit in the back seat.
- Never leave your child in a car without an adult.
- Teach children that vehicles are never safe places to play. Even if the windows are open, young children can become dangerously overheated within the first 10 minutes.

THE SCHOOL BOARD OF BROWARD COUNTY, FLORIDA

Office of Academics
Early Childhood Education

Head Start Preschool/Early Head Start Program
2026-2027 School Year

Acknowledgment of Parent Handbook, Services, Policies, Procedures and electronic document submissions

I have read and reviewed the electronic copy of the Head Start Preschool/Early Head Start Parent Handbook.

I understand that in order to apply for Early Head Start or Head Start, I must provide sensitive information to Broward County Public Schools, Head Start/Early Intervention Department, which will be housed in the ChildPlus Database Management System. By signing this form, I agree to provide the required application and additional health information for my child(ren).

Parent Name:

Child's Name:

School: Select School From Dropdown

Parent Signature: