

PARENT NOTES

HEALTH AND SAFETY

What is CHILD Profile?

CHILD Profile is a unique health program for all young children in Washington State. CHILD Profile is Washington State's health promotion and immunization registry system giving you important health and safety information you need for your child. CHILD Profile helps parents and providers work together to make good health care decisions for children.

<http://www.childprofile.org>

DID YOU KNOW?

CHILD Profile health promotion sends age-specific information to parents of children from birth to six years in Washington State. These materials contain information about immunizations, well child check-ups, nutrition, growth, development, and safety.

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PLAY IS YOUR CHILD'S JOB

Play is how your child learns about himself and the world. He needs many different kinds of play. Help him find ways to use his whole body, his hands, his brain and his imagination. Here are some easy and low-cost ideas:

Body

- Toss a ball or a Frisbee out in the yard.
- Use the playground toys at your local park.

Hands

- Put together puzzles with up to 50 pieces.
- String buttons or beads on yarn.

Brain

- Play simple card or board games.
- Read stories, share poems and sing songs.

Imagination

- Draw pictures, color with crayons and paint with watercolors.
- Dress up in old clothes and act out a scene from a favorite story.

Whatever your child is playing, remember to watch him carefully. Keep him safe and let him know that you care about everything he does.

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FAMILY FUN

Eat Together as a Family

Eating meals together each day helps your child enjoy mealtime. Some ways to enjoy meals together are:

- ✓ Give each person time to share what he or she has been doing and thinking.
- ✓ Turn off the television or radio during meals.
- ✓ Do not force your child to eat. She will let you know when she is full.

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