Your child may have a health problem that you do not know about. Or you may need help with a health problem you do know about.

Don’t let a health problem hold your child back.

Help your child reach her dreams!

Healthy kids do better in school!

Don’t miss school! Every day matters!

Did You Know...

Children who miss 2 or more days of school a month:

- Have a harder time learning to read
- May have to repeat a grade

All kids—even in preschool and Kindergarten—need to go to school every day!
Does your child have any of these health problems? Ask a doctor or the school nurse for help.

- All kids need an eye test every year. Remind them to wear their glasses, if they have them. If you need help getting glasses, ask the school nurse or a doctor.
- Ask the school nurse or a doctor to test your child’s hearing.
- If you or a teacher has trouble managing your child’s behavior, talk to the school counselor or a doctor.
- All kids need to see a dentist every year. Kids around 6-7 years old also need sealant on their molars.
- If asthma makes your child sleepy or miss school, talk to a doctor.
- If your child is very afraid, sad, or worries a lot, talk to a doctor or the school counselor.
- Make sure your child eats breakfast at home or at school every morning.

What All Parents Can Do:

- Ask a doctor to check your child for the problems listed on this brochure.
- Take your child for a check-up every year, even if s/he isn’t sick.
- If your child misses more than 2 school days a month because of a health problem, talk to your school and doctor.
- Get an eye test for your child every year.
- When molars come in, ask a dentist to put sealant on them.
- If asthma makes your child sleepy or miss school, talk to a doctor.
- Tell your child that you are proud of him!
- Make sure your child gets 10 hours of sleep on school nights.
- Make sure your child gets breakfast every day.
- Ask a doctor or school counselor for help if you cannot manage his behavior.

These health problems make school harder.