

These health problems make it harder for your child to go to school, pay attention, and learn.

- Seeing
- Hearing
- Tooth pain
- Asthma
- Behavior
- Feeling Sleepy
- Hunger
- Stress

WITH SUPPORT FROM JAGUAR LAND ROVER



STRONG  
HEALTHY  
COMMUNITIES  
INITIATIVE



Children's  
Health Fund

[childrenshealthfund.org](http://childrenshealthfund.org)



## Is your child healthy and ready to learn?



## Healthy kids do better in school!

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!*



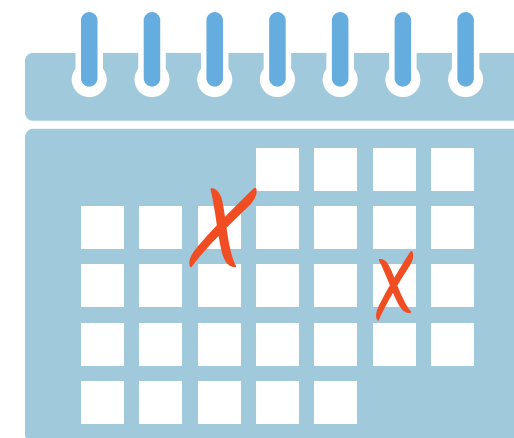
**Don't miss school! Every day matters!**

### 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.



Seeing

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.

Asthma can make kids cough at night. That can make them sleepy at school or even miss school. Ask a doctor for help with your child's asthma medicine or if your child coughs a lot at night.



Asthma

## These health problems make school harder.

Ask the school nurse or a doctor to test your child's hearing.



Hearing



Behavior

If you or a teacher has trouble managing your child's behavior, talk to the school counselor or a doctor.

Children need 10 hours of sleep on school nights. Make it a rule!



Feeling Sleepy



Hunger

Make sure your child eats breakfast at home or at school every morning.

All kids need to see a dentist every year. Kids around 6-7 years old also need sealant on their molars.



Tooth Pain



Stress

If your child is very afraid, sad, or worries a lot, talk to a doctor or the school counselor.

## 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.