

# tulsakids

## YOUR GUIDE TO STAYING HEALTHY



### SLEEP

The American Academy of Pediatrics recommends the following amount of sleep, based on age group:

- \*4-12 mo.: 12-16 hours
- \*1-2 yrs.: 11-14 hrs.
- \*3-5 yrs.: 10-13 yrs.
- \*6-12 yrs.: 9-12 hrs.
- \*13-18 yrs.: 8-10 hrs

### Fresh Fruits and Vegetables

\*Include a fresh fruit and vegetable at one meal each day.

\*Introduce your children to a variety of fruits and vegetables by letting them explore the produce department at the grocery store.



### Screenings

**HEARING:** Call the Mary K. Chapman Center for Communicative Disorders at TU for a free speech-language and hearing test. [918.631.2504](tel:918.631.2504).

**VISION:** The American Optometric Association recommends eye exams at 6 months of age, age three, just prior to first grade and every two years following if no vision correction is required. Go to [infantsee.org](http://infantsee.org) go get your infant's eyes examined free of charge

### Flu Shot

According to the CDC, seasonal flu vaccines protect against the 3 influenza viruses that research indicates will be most common during the upcoming season. Flu viruses change each year, so it is important to get the shot each year. The flu shot is safe for children 6 month or older.



### Hand Washing

To encourage handwashing at home:

- \*Make it easy for kids to reach the sink by installing a step stool
- \*Buy fun soaps and hand scrubbers

\*Make hand washing part of their routine before eating a meal or after using the bathroom

### Immunizations

Vaccines give you immunity to a disease before it has the opportunity to get you sick., and the risks of vaccinations are small compared to the health risks linked to the diseases they're intended to prevent. Get a list of vaccination requirements for school attendance in OK at [tulsa-health.org](http://tulsa-health.org).



### Physical Activity

- \*Take a family walk around the block after dinner.
- \*Encourage your child to walk the dog or play outside after school and before homework time.

\*Physical activity will help your child relax and concentrate.

### Emergency Plan

Every preschooler should know **his or her full name** and **parents' names**, their **home address**, how to dial **911** and at least one of their **parents' cell phone numbers**.

