

Don't forget to call...

No olvide llamar...



Dear Parent/Guardian:

It's time for your child's Well Child exam.

- **Please allow at least six weeks for scheduling.**
- Don't forget to state: "I am calling to schedule a **Well Child visit** for my child."
- Please remember to bring your child's immunization (shot) record and any questions or concerns with you to the visit.

Estimado padre/tutor:

Es tiempo del Examen de Salud de su hijo.

- **Permita al menos seis semanas para programarlo.**
- No olvide decir: "Llamo para programar un **Examen de Salud** para mi niño."
- Recuerde llevar a la visita el registro de inmunización (vacunación) de su niño y toda pregunta o preocupación que tenga.



EAT SMART AT BREAKFAST

Breakfast helps you build a stronger body, provides you with fuel to start your day and boosts brain power!

If you eat breakfast you are getting the fuel you need to get through the morning and keep your tummy full.

Kids who eat breakfast have shown higher test scores, they miss less school and have more energy to get through the school day.

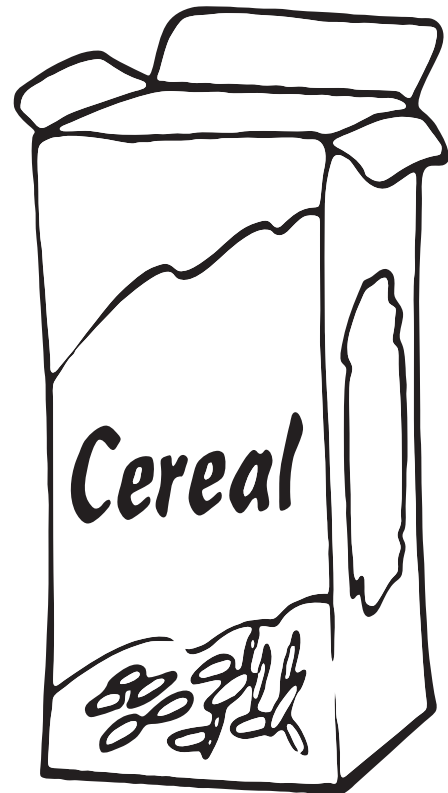
Eating in the morning helps you focus, solve problems and learn better!

Eating breakfast will give you that boost to get out and have fun playing with your friends!

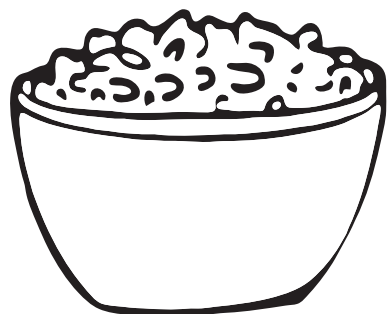
Quick, Easy, Healthy Breakfast Ideas

A Nutritious Breakfast Contains at least 3 of the 5 food groups.

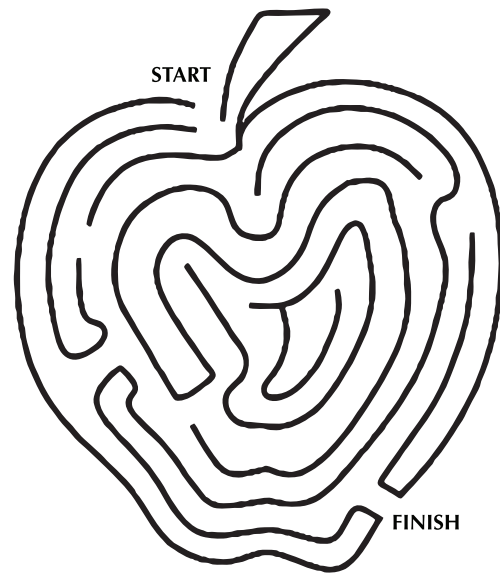
- Peanut butter, toasted English muffin, glass of milk
- Cold cereal, milk, banana
- Heated leftover cheese pizza
- Orange wedges, crackers, cheese
- Wheat toast, yogurt, apple
- Ham and cheese sandwich, glass of low-fat chocolate milk
- Heated leftover macaroni and cheese, apple
- Instant oatmeal, canned peaches, milk



Design and Color Your Own Healthy Cereal Box!
Color in this cereal box and design your own label.



Can you find the end of the apple maze?
Use your pencil and try to find the end!



If you are busy in the morning- you can eat breakfast on the run! Ask your mom or dad and help them pack food to go the night before!

For more tips about healthy eating go to: <http://www.mypyramid.gov/kids/>

WHY IS EXERCISE IMPORTANT?

Exercise is good for everyone. It is important to get 60 minutes of exercise a day. Here are some reasons why:

- It makes your heart healthy. Aerobic exercise gets your heart pumping faster and helps you take in more oxygen.
- It makes muscles strong. You need muscles to do every day activities. Muscle also keeps fat away. Just think of it this way: muscles eat fat!
- Makes you more flexible. Being flexible makes it easier for you to bend and stretch without pain. If you were not flexible, you would not be able to bend over and tie your shoes without going "OUCH!"
- Gives you energy and makes you feel GOOD! Exercise can actually put you in a better mood and make you feel happier.



The most important thing to remember is **TAKE CARE OF YOUR BODY AND IT WILL TAKE CARE OF YOU!**

Exercise for Children Ages 3-6 Years

During the winter months, it is important for children to still get plenty of exercise. This will help them release cooped up energy, sleep better, have better appetites, and even behave better.

Some types of winter outdoor exercises can be:

- Playing in the snow
- Making snow angels
- Building a snow man.
- Sledding

Some types of indoor exercises can be:

- Yoga for Kids
- Dancing to music on TV or Radio
- Simon says
- Hide and Seek

For healthy and happy kids, make sure your children are active every single day.

Help your little ones learn about stretching by singing and doing the actions of this song.

Stretching (Tune: "Twinkle, Twinkle, Little Star")

*Everybody reach up high, Stretching, stretching to the sky
Swaying left and swaying right,
Swaying to the sky at night.
Everybody reach up high,
Stretching, stretching to the sky.*