

Health Check Your Children

Growth checks

It's a good idea to have your child's weight and height checked just to make sure they are growing up strong.

Needles

There are lots of immunisations (needles) that young children have. There are important reasons why your baby should be immunised. Have your kids had theirs? If not perhaps talk to your PuP therapist about getting in touch with the health service to discuss this in more detail.

Eyes and Ears matter

Sometimes kids who don't follow directions are having problems with their hearing. If you have any concerns, take them to get their eyes and ears checked.

Head lice

All kids get head lice from time to time – have you any concerns about your kids and head lice. If so then talk to your PuP therapist and make a plan.

Good food

Good food is really important. Do your kids start the day with breakfast? Do they eat one piece of fruit a day? Talk through diet with your PuP therapist and see if there are any things that you would like to do differently.

Teeth matter too!

Along with good food, getting your children to brush their teeth twice a day is really important for good teeth and gums.

Sleep

Getting plenty of sleep helps children to grow and to be active during the day. Going to bed early will help them to get lots of sleep.

Skin

If your child has sores that don't heal quickly, you might need to take them to the health clinic to get them checked.

Moving around and being physically active is very important

Are your kids active? Think of ways to share fun physical activities together. Check out the sports programs available for kids in your community. Have races with them in the park or on the beach. Show them that being active is fun (it will also help you to reduce STRESS).

Children and Sugar

Many of the foods our children love are high in sugar content. As with many things in life, a little bit of what you fancy does you good.

Eating too much sugar contributes to weight gain and tooth decay.

Try really hard to limit the amount of sugar your children eat.

How much sugar did your kids eat yesterday?

Type of Food	Amount of Sugar (teaspoons)	No	Yes
A packet of Twisties	2		
A can of Coca Cola (375mls)	8		
A bottle of Coca Cola (750mls)	16		
A Mars Bar	6		
A Roll Up	0.5		
A Happy Meal (Nuggets)	5		
A Chupa chup	2		
A block of chocolate (100g)	11		
A packet of Starburst chews (170g)	17		
A donut	2		
Paddle Pop ice-cream	3		
Sports drink	7		
A chocolate biscuit (eg Tim Tams)	2		

