

HEALTH TIPS FOR THE MONTH OF NOVEMBER 2016

HEALTHY HABITS FOR SCHOOL AGE CHILDREN

The health habits your child develops during the school-aged years—the wide span between ages five and 12—often become habits for life. Although nearly everything concerning health habits of five- and six year-olds—from what they eat to how often they bathe—is controlled by their parents, as children get older they become more capable of managing these habits on their own. Therefore, it's crucial that you help your child develop healthy, lifelong practices as early as possible. This guide offers information and tips on encouraging healthy habits in your school-aged child.

Your School-Aged Child's Health

We recommend annual well-child examinations for children ages five to 15 years. As part of a complete physical checkup, the exams cover the following:

- Height and weight
- Blood pressure and vital functions
- Vision and hearing
- Immunization updates.

At your well-child visits, your child's pediatrician will also ask about your child's sleep patterns, diet and exercise. This is also a good time to bring up any questions or concerns you may have about your child's health and development.

Immunization Schedule for Children

Age Vaccine	Birth	2 Mos	4Mos	6 Mos	12 Mos	18 Mos	5 - 6 Years
BCG	BCG						
Diphtheria, Pertusis, Tetanus		Dtap	Dtap	Dtap		Dtap	DPT
Haemophilus Influenza Type b		Hib	Hib	Hib		Hib	
Hep. B	HBV	HBV	HBV	HBV			
Polio		IPV	OPV	OPV		OPV	OPV
Pneumococcal		PCV	PCV	PCV		PCV	
Measles, Mumps, Rubella					MMR		MMR
Varicella					Varicella		Varicella

Combined Dose
 Single Dose

National Immunization Program

AT BIRTH	BCG & Hep B (1 st dose)
2 MONTHS	Hexavalent vaccine ((DTaP, IPV, Hib (1 st Dose), Hep.B (2nd Dose)) PCV(Pneumococcal conjugate Vaccine) (1 st Dose), Rota virus vaccine(1 st Dose)
4 MONTHS	Hexavalent vaccine ((DTaP, IPV, Hib (2nd Dose), Hep.B (3 ^d Dose)) PCV(Pneumococcal conjugate Vaccine) (2nd Dose) Rota virus vaccine (2nd Dose)
6 MONTHS	Pentavalent vaccine ((DTP,Hib (3 ^d Dose), Hep.B (4th Dose)), OPV (Oral Polio Vaccine) PCV (Pneumococcal conjugate Vaccine) (3 ^d Dose)
12 MONTHS	MMR (Mumps, Measles, Rubella) *Chicken Pox (1 st Dose)
18 MONTHS	Tetravalent ((DTaP,Hib (4th Dose)), OPV (Oral Polio Vaccine)(1 st Booster Dose) PCV (Pneumococcal conjugate Vaccine) (4th Dose)
5-6 YEARS	DPT (Diphtheria, Pertussis, Tetanus) OPV (Oral Polio Vaccine) (2 nd Booster Dose) MMR (Mumps, Measles , Rubella) - 2nd Dose *Chicken Pox (2 nd Dose)
13-14 YEARS	TD (Tetanus, Diphtheria)

* Chickenpox vaccine will be free for nationals and against payment for non-nationals

** School Health Immunization

School age is the perfect time for children to learn about healthy food, bodies and activity. Children of this age learn quickly and are also influenced by their friends and popular trends. They need a wide variety of foods for a well-balanced diet due to the amount of physical activity they have in a day. A healthy morning snack at recess and one after school are usually needed each day.

Breakfast is important

It is important to encourage breakfast. A good night's sleep followed by food in the morning helps your child to stay active and concentrate at school. It also means your child is less likely to be too hungry during the morning and it can help with performance at school. A bowl of cereal with milk and fresh or stewed fruit or chapatti/idli/dosa is a great starter for the whole family.

School lunches

Many schools have a canteen that offers a range of food choices. The food your child chooses might be high in cost and energy, but low in nutrients sometimes. An alternative is a packed lunch from home, which is a great way for your child to learn about healthy food and to help with preparation. Sandwiches or pita bread with cheese, lean meat, hummus and salad; cheese slices, crackers with spread, and fresh or dried fruits; Washed and cut up raw vegetables or fresh fruits; Rice with pulses/cereals/green leafy vegetables.

School lunches-foods to limit

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods to limit in everyday school lunches include: Processed meats such as salami, ham, pressed chicken and Strasbourg; Chips, sweet biscuits, and muesli bars and breakfast bars; fruit bars and fruit straps; Cordials, juices and soft drinks.



Treats and peer pressure

Peer pressure to eat particular ‘trendy’ food at this age is strong. Let your child eat these kinds of foods occasionally, such as at parties, special events or when the rest of the family enjoys them. It’s best to limit the amount of money children are given to spend at school or on the way home.

After-school snacks

Children of this age may have swings in appetite depending on activity levels, so allow them to choose how much they need to eat while offering a wide variety of healthy foods. Some children only eat small amounts at the evening meal, so make sure that the afternoon snack is nutritious, not just high in energy.

Snack suggestions include: A sandwich with a glass of milk; cereal and fruit/ fresh fruit juices; A bowl of soup and toast.

Family mealtimes

For school children, family mealtimes are a chance to share and talk about the day's activities and events. The evening meal together is an important time to do this.

Family mealtime suggestions include: Allow talk and sharing of daytime activities; Avoid distractions such as the television, radio or the telephone; Let your child decide when they are full – don't argue about food; Allow children to help with preparing meals and shopping; Teach some simple nutrition facts such as 'milk keeps your bones strong'.

Drinks

Suggestions include: Children should be encouraged to drink plain water; Sweet drinks such as cordials or fruit juice are not needed for a healthy diet and aren't recommended instead go for fresh fruit juices; A glass of milk (or a tub of yoghurt or slice of cheese) equals a serve of dairy food. Three serves are needed each day for calcium.

Exercise and activity

Physical activity is an important part of good health. Try to encourage your child to do something active each day, such as a hobby, play a game or be involved in sport. For primary school children 60 minutes of activity is recommended each day, and no more than two hours of watching TV, DVDs or computer games.

To increase your child's activity, try to: Limit the amount of time spent watching television for the whole family; Do something physical and active together; Go and watch your child play sports; Encourage daily activity, not just exercise; Use the car less – that means everyone!



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