



Preventive Care at 3 to 6 Years of Age

Vision and Hearing Screening



All children should have a vision check every year between the ages of 3 and 6 years. Hearing checks should be done every year between 4 and 6 years. Regular vision and hearing checks are key to keeping your child healthy. It is a good way to help make sure your child develops normally. It can also be an important time to catch and treat problems early. Talk to your child's primary care provider (PCP) about an eye and hearing test.

Lead Screening



All children with Medi-Cal should have a blood test done for lead if they are under the age of 6 and have not been tested. Lead is a metal. It is very harmful, especially for young children. Even a small amount of lead in the blood is not safe. It can affect their brains and nervous systems while they are still growing. It can cause problems with learning, behavior, and how they develop. Protect your child's health and well-being by getting a blood lead test!

Anemia Screening



All children should have a blood test done for anemia at the ages of 1 and 2 years. Your child's PCP may suggest that your child have additional tests done between ages 1 and 5 years. Anemia is common in young children. A child who is anemic does not have enough red blood cells or hemoglobin to carry oxygen to other cells in the body. At this age, it is most likely because there is not enough iron in a child's diet. There are often no symptoms. Low iron in the blood can harm your child's development. Talk to your child's PCP about their iron needs.



Routine Vaccines

- Annual COVID-19 and Flu Vaccine.
- 5th DTaP Vaccine – to prevent diphtheria, tetanus, and pertussis, also known as “whooping cough.”
- 4th IPV Vaccine – to prevent polio disease. This virus infects the spinal cord and is disabling.
- 2nd MMR Vaccine – to protect against measles, mumps, and rubella.
- 2nd Varicella Vaccine – to protect against chickenpox.
- Any catch-up vaccines suggested by your child's PCP.



Advice Nurse

For questions about a preventive test, call our Advice Nurse at **1-877-661-6230, Option 1** (TTY 711). This is a toll-free number available 24 hours a day, 7 days a week, including holidays.

Creating Healthy Habits

Creating healthy habits with your child is important for the whole family. Here are some tips that you can practice at home!



Offer healthy foods and drinks. Give your child a variety of foods that include fruits, vegetables, whole grains, protein, and dairy or soy options. Avoid drinks with added sugar like soda and other sweet drinks. If you serve juice, make sure that it is 1 cup of 100% whole juice per day or less.



Encourage exercise. Movement throughout the day helps your child continue to grow and develop well. Find activities that your child enjoys. Some activities may include jumping, playing in a jungle gym, or riding a tricycle.



Make time for enough sleep. Your child needs 10 to 13 hours of sleep each day. Help your child sleep well by having a regular bedtime routine. This includes making time for teeth brushing, keeping a calm and quiet space, and setting a regular time to go to bed and wake up.



Set limits on screen time. Setting time rules for using technology can be helpful to your child's well-being. Limit your child's television time to one hour of child programming per day.



Getting Ready for School

Here are some ways you can help get your child ready for preschool and kindergarten:

- **Read together.** Reading books and stories with your child is fun and helps their brain grow. It also helps you build a strong relationship with them.
- **Practice healthy routines.** Have regular times each day for meals, sleep, and teeth brushing. This helps your child learn good habits.
- **Talk to your child's PCP** about how they are growing and learning new things. Here are some skills they may be working on.
 - **Sensory skills:** Learning about the world by touching, seeing, and hearing things around them.
 - **Social and emotional skills:** Learning to pay attention, express feelings, follow directions, take turns, and make friends.
 - **Language skills:** Talking, listening, and understanding sounds, letters, numbers, and shapes.

Child Health and Safety Resources

Denti-Cal



Regular dental check-ups are key to keeping your child's teeth healthy and strong. This dental program can help your child get the dental care they need. It covers a lot of dental services, including check-ups, cleanings, and treatments. Go to smilecalifornia.org, use the QR code, or call 1-800-322-6384 for dentists or more information.

Women, Infants, & Children (WIC)



This program offers food assistance and resources about creating healthy habits to help protect your child's development. To apply today, submit an online form at cchealth.org/services-and-programs/support-for-families/wic or use the QR code.

Health Education



Contra Costa Health has resources to help you learn more about ways to protect your child's health. Get access to a health library, a resource guide, tools and videos, health tips, and classes. Visit healthed.cchealth.org or use the QR code.

Behavioral Health Virtual Services



Online behavioral (mental) health platforms are available to you and your family at no cost. BrightLife Kids is made for parents or caregivers and kids from birth to age 12. You can find it online at hellobrightline.com. You can also get it in the Apple App Store and Google Play.

Child Safety

Keep your child safe from injuries happening in the home and community. Limit harms by:

- Teaching regular handwashing. This includes after using the bathroom and before eating.
- Getting a blood lead test done for your child. Your child may swallow or breathe in lead from paint, water, soil, and some imported toys, jewelry, or candies.
- Making sure your child is securely buckled up in a properly fitted car seat.
- Watching your child during outside play. Use age-appropriate play items. Have them wear a helmet when riding a tricycle.

Call **California Poison Control** at **1-800-222-1222** toll-free for help from poison experts.