What Do Growing Children Need?
A PROBLEM FOR PARENTS

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What Do Growing Children Need?

Child-welfare experts consider the following necessary for the child's best growth and development.

SHELTER.
- Decent, clean, well-kept house.
- Plenty of fresh air in the house, winter and summer.
- Warm rooms in cold weather.
- Separate bed, with sufficient bedclothes to keep warm.
- Sanitary indoor water-closet or outdoor privy.
- Pure, abundant water supply.
- A comfortable place to welcome friends.

*Has Your Child These?

FOOD.
- Clean, simple, appetizing, well-cooked food.

The daily diet should include:
- Milk, at least 1 pint a day.
- Butter or some other form of fat.
- Cereal and bread.
- Green vegetables, especially leafy vegetables.
- Fruit.
- Egg, meat, or fish. If no one of these three is used, an additional pint of milk should be given.

- Three square meals a day.
- Meals at regular hours and sufficient time for them.
- Dinner at noon for children under 7 years of age.

*Has Your Child These?

EVERY CHILD HAS THE RIGHT TO BE WELL BORN, WELL NOURISHED, AND WELL CARED FOR.
CLOTHING.
Clean, whole garments.
Different clothing for day and night, suited to the climate.
Change of underclothes and nightgown at least weekly.
A change of stockings at least twice a week.
Warm underclothing and stockings in cold climates.
Heavy coat, cap, and mittens for cold weather.
Shoes, free from holes, and long and wide enough.
Foot protection against rain or snow.

Has Your Child These?

HEALTH AND PERSONAL HABITS.
Bath every day, or at least once a week.
Hands and face washed before meals and at bedtime.
Natural bowel movement every day.
Hands washed immediately after going to the toilet.
Teeth brushed at least twice a day (morning and night).
Regular bed hour.
Ten hours of sleep at night, with open windows.
Correct weight for height.

Has Your Child These?

PLAY AND COMPANIONSHIP.
A safe, clean, roomy place for outdoor and indoor play.
At least two hours outdoor play every day.
Constructive and suitable playthings and tools.
Some one with sympathetic oversight to direct the play.
The right sort of playmates.

Has Your Child These?

WISE PARENTS ARE A CHILD'S BEST ASSET.
EDUCATION AND WORK.
Schooling for at least nine months a year from 7 to 16 years of age.
Not more than two hours of "chores" outside school hours.
Not enough work either in school or out to cause fatigue.
Vacation work, if any, must allow ample opportunity for the proper amount of rest and recreation.

Has Your Child These?

RELIGION AND MORAL TRAINING.
Opportunity for religious training.
Proper moral and spiritual influence in home.
Teaching of standards of right and wrong in daily life.

Has Your Child These?

Is your child getting a square deal?

If not, what are you going to do about it?