

YOUR CHILD'S HEALTH EXAMINATION



*Lesson Material on Care of
the Preschool Child
No. 1*



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Why should your child have a health examination?

Children grow rapidly in the years between the second and fifth or sixth birthdays. Consequently changes in health and in behavior come quickly. So the preschool child should have a health examination at least every six months. In this way a physical defect can be caught before it gets serious or a bad behavior habit checked before it is beyond control. If your child has not been having frequent examinations, it is advisable that he be examined in the spring or early summer before entering school so that corrections can be made before school opens. It is desirable that he enter school as nearly physically perfect as possible. This would mean a great saving in time, money, and anxiety for everyone, for it would prevent much of the sickness among school children. It would also help to limit the number of little ones who have to repeat the first grade because of absence for such things as colds and toothache, or because they do not see the blackboard easily or do not hear all that the other children are able to hear.

What may this examination reveal?

Very young children are freer from physical defects than children are by the time they are 6 years old. The only way to learn about this is to have your child examined by a physician to see whether he has any physical defect.

Why should the examination be thorough and be made by a physician?

Certain defects are not easily noticed. Only a complete health examination can reveal them, and only a physician is trained to detect them and to give you sound advice about what the examination may bring to light.

Why should you or a relative or responsible friend be present at the examination?

The physician who makes the examination will be glad to show you the defects he finds, to tell you why they occurred, and to point out the dangers likely to follow if the defects are not corrected. Improved health habits, such as a change in diet or in the hours of sleep, often will help. These the physician talks to you about, explaining the points to be considered particularly in regard to your child. Or you may want to ask him for advice concerning a troublesome matter in bringing the child up.

Problems.

1. If your child is held back after he enters school, not because of lack of intelligence but because of an uncorrected physical defect, such as bad hearing or poor eyesight, he may have to repeat the first grade and perhaps the second; and he may conclude that he is different from the rest of the children and that they are better than he is. He may become afraid of them and dislike school. How may this affect his conduct, character, and later development?

2. When are you going to have your child given a health examination?

3. Whom are you going to have make it?

4. As you study your child, on what items of the examination blank that will be used by the physician do you wish especially to ask the physician for advice?

References.

Child Care—The Preschool Age, page 64. United States Children's Bureau Publication No. 30. Washington, 1925.

Standards for Physicians Conducting Conferences in Child-Health Centers, pages 2-3, blank form facing page 6. United States Children's Bureau Publication No. 154. Washington, 1926.

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