CHARACTERISTICS OF A HEALTHY CHILD

Signs of a physically Healthy Child:

Good Appetite, Bright Eyes, Clear skin, Plenty of Energy, Active, Alert, Well-Developed Muscles, Teeth in Good Condition, Few Aches and Pains, Often Noisy, Sleeps Soundly, Gains Steady in Height and Weight Over period of Months.

Signs of an Emotionally, Socially and Mentally Healthy Child:

Reflect Happy and Cheerful feelings, Friendly, Confident, Adaptable, Enjoys Both Individual and Group Activities, Enjoys Quiet Activities which require concentration, effort and skills, Interested in New Experiences

SIGNS OF ILL HEALTH IN CHILDREN

GENERAL APPEARANCE:

Very thin or heavy, noticeable change in weight, usually pale or flushed, poor posture, slumps, change in walk, lacking energy and unresponsive.

EYES: Crossed eyes, red or watery eyes, squinting, frowning or scowling, holding book close or too far from eyes, sores on eyes.

NOSE AND THROAT: Persistent mouth breathing enlarged glands in neck, frequent colds, nose discharge, odor from nose or mouth

SKIN AND SCALP: Rash on face or body, sores on face or body, very dry or oily skin, nits on hair, bald spots, frequent scratching.

TEETH AND MOUTH: Irregular teeth, stained teeth, cracked of lips at corner of mouth, pale or blue lips, very red or bleeding gums.

BEHAVIOR WHEN PLAYING: Tires easily, out of breath following moderate activity, lack of interest or loss of interest in games, usually clumsiness or poor coordination, easily excitable,

GENERAL BEHAVIOR: Withdrawn, aggressive, depressed and unhappy, excessive daydreaming. Difficult in working and playing with others, excessive thirst, frequent use of toilet, unusually tenseness

If you have any questions, please call your Health District.