

# Family Health and Nutrition Orientation Procedure

## Purpose

This helps site teams familiarize families with the health and nutrition practices and activities in the Early Learning Program.

## Procedure

Review the *PSESD Early Learning Family Health Handbook* during a visit with parents/guardians. This helps families become familiar with the health and nutrition practices that may impact the family and child's participation in the program. Address the following topics using the handbook as a guide before children begin class:

- when to keep children home from school due to illness
- what to expect during early learning health screenings
- what kind of medical and health documentation is required
- foods from home

## Related documents

PSESD Early Learning Family Health Handbook (copies are provided by PSESD)  
Height and Weight Screening - Preschool Procedure  
Preschool Vision Screening Procedure  
Preschool Hearing Screening Procedure  
Vision and Hearing Screening (0-3) Procedure  
Health Enrollment Procedure  
Health & Developmental History Procedure

## Resources

"Keep Me Home If" poster is located in a list of resources on the King County website below (This is most suitable for Early Head Start)

[www.kingcounty.gov/healthservices/health/child/childcare/education.aspx](http://www.kingcounty.gov/healthservices/health/child/childcare/education.aspx)

Communicable Disease Exposure Notices

[www.kingcounty.gov/healthservices/health/child/childcare/CDletters.aspx](http://www.kingcounty.gov/healthservices/health/child/childcare/CDletters.aspx)

Department of Health Hand Washing Poster: "Be a Germ Buster"

[www.here.doh.wa.gov/materials/be-a-germ-buster/12\\_GermBust\\_E06L.pdf](http://www.here.doh.wa.gov/materials/be-a-germ-buster/12_GermBust_E06L.pdf)