

healthy  
AND READY TO  
learn



Children's  
Health Fund  
Resource & Training Center



# My Health Passport

HEALTHY & READY TO GO  
BACK TO SCHOOL



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Each page has a QR Code that you can scan using your phone camera to get more information on each health topic.

## PARENT & CHILD HEALTH GUIDE

Healthy and Ready to Learn wants your family to have a healthy school year! This health passport is a fun tool to raise health awareness at home. It is a cool family activity—you and your child can fill in each page together. Keep this health guide handy to help track your child's health throughout the school year.



Learn more on HRL

## My Child's Profile

Name

**DRAW YOUR PROFILE PICTURE**



**DATE OF BIRTH**

## My Health Clinic

Name

Telephone

Address

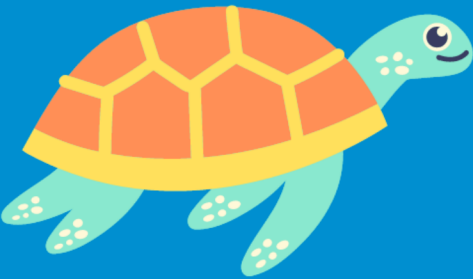
## My School Nurse

Name

Telephone

Address

# Asthma



1

## What is asthma?

Asthma is a lung disease that makes it hard to breathe. Asthma is one of the most common causes of missed school days. Your child may have trouble sleeping because of asthma. It can also make it hard to play or exercise.

2

## What is a trigger?

An asthma trigger is something that makes your asthma flare up or get worse. Here are some examples:

### Outdoor:

- Pollen from flowers, grass, or trees
- Air pollution
- Changes in weather or seasons

### Others can include:

- Dust
- Animals
- Smoke
- Stress or other emotions
- Strong smells
- Exercise
- Food allergies

3

## Signs and Symptoms

- Coughing
- Wheezing
- Trouble Breathing
- Chest Tightness
- Fatigue/Tiredness
- Nighttime Cough

## What are YOUR asthma triggers?

1

2

3



Learn more  
on Asthma



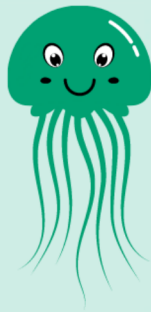
It is important to talk to your doctor about asthma!  
A form like this can be filled out with your medical provider.

### GO! GREEN ZONE

Peak Flow: from \_\_\_\_\_ to \_\_\_\_\_

You have ALL of these:

- Breathing is easy
- No cough, wheeze, or trouble sleeping
- Energy level is normal
- No cough with play or exercise
- Peak Flow number is in your Green Zone



### Take these medicines every day!

Medicine	How Much	How Often

Comments: \_\_\_\_\_

### WARNING! YELLOW ZONE

Peak Flow: from \_\_\_\_\_ to \_\_\_\_\_

You have ANY of these:

- Having trouble catching your breath
- Coughing, day or night
- Mild wheeze
- Tiredness
- Chest feels tight
- Peak Flow is in your Yellow Zone



### Take green and yellow zone medicines!

Medicine	How Much	How Often

Comments: \_\_\_\_\_

### DANGER! RED ZONE

Peak Flow: from \_\_\_\_\_ to \_\_\_\_\_

#### GET HELP NOW!

- Green and yellow zone medicines are not helping
- Breathing is hard and fast. Can't catch a breath
- Ribs may show when breathing
- Nose opens wide
- Chest feels tight or hurts
- Trouble talking or walking
- Lips or fingernails are blue
- Peak Flow is in your Red Zone

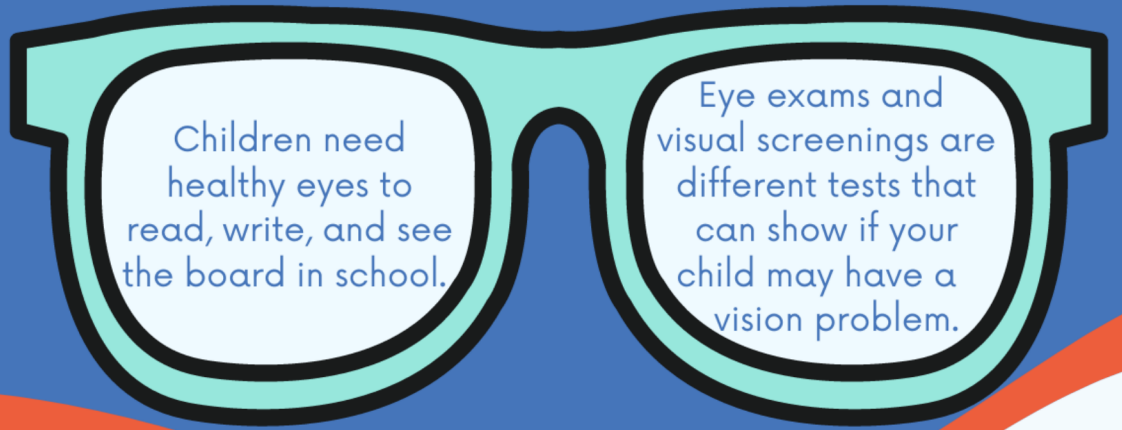


### Take red zone medicines & call a doctor now!






Medicine	How Much	How Often

Comments: \_\_\_\_\_

**Get HELP from a medical provider. Do NOT Wait!**  
**If you cannot reach the medical office, call 911**  
**or go to an EMERGENCY ROOM right away**



## SIGNS OF VISION PROBLEMS ARE:

-  Redness or tearing of the eyes
-  Trouble paying attention
-  Headaches or eye pain
-  Taking longer than expected to complete homework
-  Squinting or sitting too close to the TV

Make sure your child has either an eye exam or a visual screening at least once a year, especially if they already wear glasses or have a vision problem.

## YEARLY VISIT DATE



Learn More on Vision

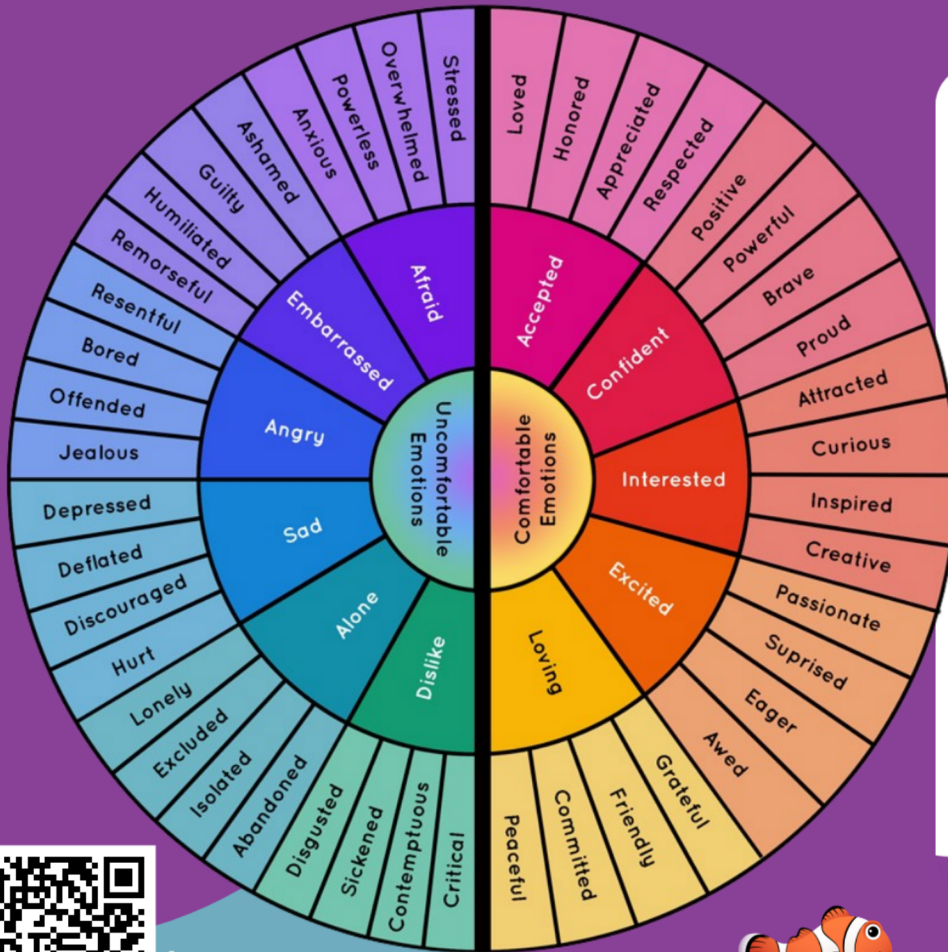




# MENTAL FITNESS

## Parent & Child Healthy Check-In

Check in with your child! Ask them how they feel. You can ask questions like "What color do you feel like today? Can you tell me why?" You two can talk about the different emotions they feel during the day. This helps your child build their emotional vocabulary list. Talk about your feelings with your child. This shows them it is okay to talk to you about their feelings, too.



### How to Use the Emotional Wheel.

Take a look with your child and help them figure out their basic emotions from the inner circle outwards.

Then, work your way out to a more specific color emotion.

This will lead to a healthy communication where you can help them process their feelings.

Practice using this wheel as they get older to help them understand their emotions better.



Learn more on  
Mental Health





# Back to School Check-up Checklist

The back-to-school season is a great time to reconnect with your child's doctor. Knowing the right questions to ask will help in your child's growth, development, overall health, and readiness to succeed in the classroom. Being proactive also helps prevent future illnesses and ensures immunizations are up to date. Our medical professionals provide key questions to ask your doctor when you're getting ready to go back to school.

## Get Ready

- Get your forms in order! Check that you have all the school, daycare, and sports physical forms you need for each child so you know what paperwork you will need to have signed.
- Don't forget to bring the official permission form that allows school professionals to give your child medication in an emergency.
- Make sure your child is well rested before the doctor visit and has had something to eat and drink.
- Bring a pen and paper and take notes.

*If you're visiting the doctor for the first time, write down important information. This includes:*

- any family history of heart disease, fainting, or shortness of breath after exercise.
- a list of important facts about your child's health, including allergies, chronic illnesses, and any past surgeries, broken bones, etc.
- any ongoing concerns or chronic conditions that your child may have, like asthma, epilepsy, diabetes, and psychological or behavioral problems.
- medicines your child is taking, including prescription and over-the-counter medications, vitamins, herbs, and supplements.

## Questions to Ask

### IMMUNIZATIONS

- What shots or vaccinations does my child need? Are they all up to date?
- Does my child need a flu shot?

### VISION, HEARING AND DENTAL

- Can you test my child's vision and hearing?
- How often should my child visit the dentist?

### ASTHMA AND ALLERGIES

- I've heard mild asthma can sometimes be tricky to diagnose. Can you check my child for asthma?

*If your child has asthma:*

- What sort of changes should I make around the home?
- What should be my asthma plan for my child's school?
- Is there a form to ensure my child's school can administer emergency medication?

### NUTRITION AND EXERCISE

- What is my child's weight?
- Is he/she underweight or overweight?
- How much exercise should my child get each day?
- My child does not eat well, can you check for anemia?
- Is my child getting the proper nutrients in their diet?

### REST AND RELAXATION

- How much sleep should my child be getting each night?
- After summer sleeping habits, how can I get my child on a sleeping schedule appropriate for school days?
- How do I recognize if my child is stressed?

### SPECIAL CONCERNS

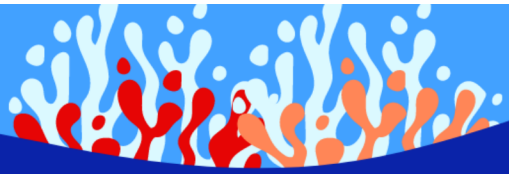
- What's the best way to help my child prevent picking up an illness at school?
- Does my child need to be tested for lead?
- Should my child be tested for developmental, behavioral, or mental health issues?
- Might my child need early development or learning support?

## Before You Leave

- Make sure you have the name and contact number of the doctor you visited.
- Make an appointment for any follow-up visits.



Learn more on  
School Covid Safety



# My Health Calendar

Your child may miss school days due to illnesses, but you and your child can use Mr. Healthy to track attendance and medical appointments. This will help your child stay healthy and ready to learn throughout the school year.

## SEPTEMBER

M	T	W	T	F

## OCTOBER

M	T	W	T	F

## NOVEMBER

M	T	W	T	F

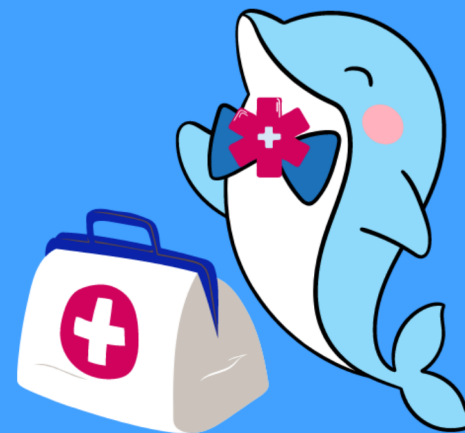
## DECEMBER

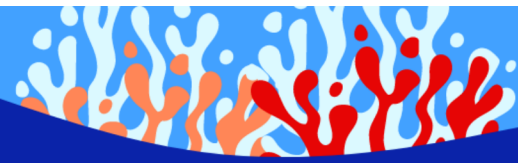
M	T	W	T	F

## JANUARY

M	T	W	T	F

Healthy kids attend school!





Reminder:  
Add Holidays and School Vacation Days!

## FEBRUARY

M T W T F


## MARCH

M T W T F


## APRIL

M T W T F


## MAY

M T W T F


## JUNE

M T W T F

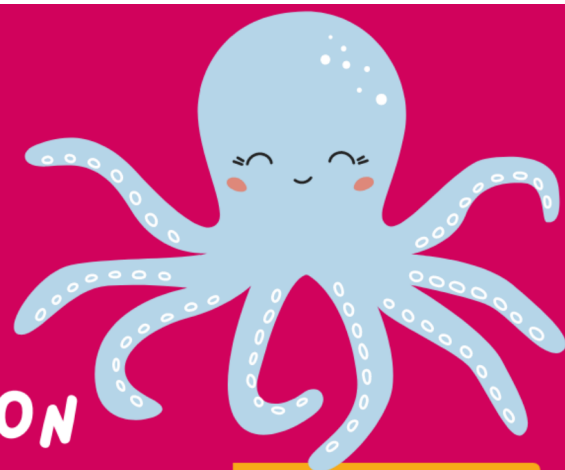



Learn more on  
Healthy Attendance

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*Wellness*

MONTHLY

Are you subscribed to our Wellness Monthly newsletter? Get tips, resources, and encouragement on the best ways to help your children and your family blossom.



## SOURCES

Children's Health Fund: Family Asthma Guide

◦ [childrenshealthfund.org](https://www.childrenshealthfund.org)

Human Systems Co: Emotion Wheels

◦ [humansystems.co](https://www.humansystems.co)