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**Touching Lives of Children**  
**August/September, 2004 Chat Box**

**Tuscola County**  
**Health Department**  
**989-673-8114, ext. 105**

Are your children ready for school?

Are you concerned about their hearing or vision?



The Tuscola County Health Department will be offering free Hearing and Vision screening for any child who may have missed Kindergarten Round-Up and who will be entering school in the fall.

Screening will be done on Wednesday, August 25, 2004 and Thursday, August 26, 2004, at the Tuscola County Health Department, 1309 Cleaver Rd., Caro, MI, from 8 am – 12 noon and 12:30 pm to 3 pm. To schedule an appointment, please call the Health Department at 673-8114, extension 105 or 127.

The purpose of this screening is for early identification of possible hearing or vision problems. These problems can be subtle and difficult to detect, but they can affect your child's performance in school and other activities.

Here are some signs to look for if you suspect a hearing problem with your **child**.

- Child has a history of ear aches or drainage from the ears.
  - Child often wants the television or radio louder.
  - Child often asks you to repeat questions.
  - Child's speech is poorer than other children his or her age.
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## VISION

According to the Michigan Department of Public Health many children enter school with vision problems. Unfortunately, the children don't always know that they see differently. Early identification of eye problems is crucial. Conditions such as amblyopia or "lazy eye" are easiest to correct during preschool years.

Michigan law requires that children entering school be tested for vision problems prior to enrollment. Preschool screening is recommended beginning at age three. Once they are in school, children are tested every other year.

## HEARING

Hearing loss is a common problem according to the Michigan Department of Public Health. A public health study shows that one out of every ten Michigan school-age children is at risk for hearing loss.

Hearing problems can affect a child's behavior in the classroom.

Public health screening can identify hearing problems at a very early age.

Here are some signs to look for if you suspect a hearing problem in your **baby or toddler**.

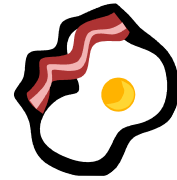
- Baby does not startle at loud noises.
- At five months or older, baby does not turn to see the sources of sounds.
- Two-year-old does not identify pictures.
- Two-year-old does not put two words together.

If your baby or toddler does not do some or all of the above, contact your local health department with questions and/or an appointment.





## BREAKFAST IS IMPORTANT!!!



After children sleep 8 to 10 hours their bodies and brains need energy. They will get this energy from breakfast. Studies have shown that most children who eat breakfast are healthy and happy. They also play and learn better. Don't let your child(ren) leave for school without their breakfast.

Kids love pancakes!! They are quick and easy to make. Make your pancakes extra special. Dribble the batter in the skillet to make animal shapes – Mickey Mouse, cats, bunnies, snakes and mice. Children love to guess which animal is on their plate. Be creative and have fun with your child(ren) in the kitchen. They will love it.

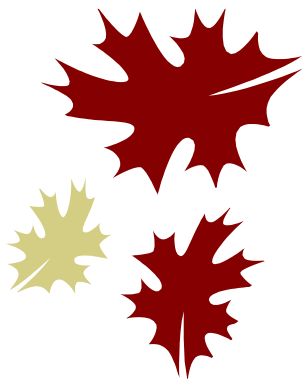


Try some of the pancake toppings listed below.

- ♥ Spread peanut butter and jelly on pancakes.
- ♥ Top with peanut butter and sliced bananas.
- ♥ Top pancakes with fresh strawberries, raspberries or other berries.
- ♥ Top with applesauce and cinnamon.
- ♥ Top pancakes with fruit flavored frozen yogurt.
- ♥ Top pancakes with yogurt – try a variety of flavors such as blueberry, peach or apple.
- ♥ Sprinkle powdered sugar on pancakes.
- ♥ Roll up peanut butter and sliced strawberries in pancake. Eat with your hands!

Help your child learn healthy eating habits –  
start every day with breakfast!

**Tuscola County Health Department  
1309 Cleaver Rd.**



**READY OR NOT,  
HERE IT COMES**

**FALL IS FAST APPROACHING**