

BEST BEGINNINGS STARS TO QUALITY

Daily Health Checks

Use all your senses...

- Look
- Listen
- Feel
- Smell

Observe the child for these signs:

1. General mood and behavior
2. Change in usual activity level
3. Breathing difficulties
4. Skin color (pale or flushed)
5. Severe sneezing or coughing
6. Discharge from nose, eyes, or ears
7. Rashes or unusual spots
8. Swelling or bruises
9. Sores

Check in with the parent:

1. Current illness in child or family members
2. Change in child's patterns for eating, drinking, elimination, sleep