



Sacramento City Unified School District
CHILD DEVELOPMENT DEPARTMENT

Preparing Your Child for Comprehensive Screenings



Child Development administers various screenings to children throughout the course of the school year. Possible screenings include speech, hearing, vision, dental, blood pressure and BMI, which are completed by a designated nurse. Behavioral, academic and social screenings are completed by the child's assigned teacher or resource staff.

Additionally, your child's teacher will share information with you about the screenings. Information regarding screenings is included in the enrollment packet and you will also receive results after screenings are completed.

In an effort to decrease your child's anxiety about screenings and to ensure best results, please talk to and prepare your child for screenings.

Ideas on how to prepare your child for screenings:

- Tell your child in advance who will complete the screening and describe the type of screening. Describe the *fun* in sharing what they know!
- Go to the library and read books on screening topics and discuss.
- Role play the types of screenings. For example, for a vision screening, have the child cover one eye and ask, "What do you see?" etc. If it is a developmental screening, ask them to point out colors, count to ten, their name and age, etc.
- Talk about the screening activity and discuss your child's feelings about it.

If you have any questions, please contact your child's teacher.



FUN WAYS TO PREPARE FOR YOUR CHILD'S SCREENINGS

Make the following activities a fun game. Mistakes are okay, as they are learning the experience of screenings. Keep the games short and sweet (5-10 minutes or less).

For Height

Measure your child's height on a wall with a measuring tape, yard stick, or use stackable items (e.g., you are five straws tall!).

For Weight

Weigh your child on a scale. Weigh an apple or can of beans first to make it fun and compare them.

For Hearing

Have your child wear earphones and listen to a story or a song and have them drop a cracker into a bowl every time they hear a repeating sound (e.g., Every time you hear the bell, drop a cracker into the bowl). If you don't have earphones, just practice dropping an item into a bowl when they hear a directed sound (e.g., Every time you hear me whistle, or every time you hear me shake the cereal box, drop a cotton ball into the bowl).

Go on a nature walk and have your child listen for specific sounds (e.g., Every time you hear a bird chirp, raise your hand).

For Vision

Have your child tell you what they see 10 feet away when first covering their right eye, and then covering their left eye.

Play Simon Says while your child covers the right eye, and then again the left eye (e.g., Simon Says tell me what you see on the refrigerator? Simon Says tell me what you see on the kitchen counter?).

For Blood Pressure

Talk about the special "hug" on the arm they will be experiencing (a warm and caring way to get their blood pressure).

Have your child **see you** get your blood pressure taken (Local CVS, Walgreens, and Rite Aid have for **ADULTS**- not for children's use)

For Developmental (Academic)

Tell your child you're going to play a "Question" game. You ask them questions like, "What's your first name? What's your last name? What's your middle name? How old are you?"

Look at pictures and discuss what the same is and what's different. Count items in the picture. Draw lines/shapes on paper that you've asked them to draw.

Follow directions games (e.g., Go touch the door, then clap your hands). Make the directions increasingly more difficult and increase the amount of steps (e.g., Close the book, jump up, and give me a high five).