**SOUTHERN NEW HAMPSHIRE SERVICES, INC.**
**CHILD DEVELOPMENT PROGRAM**

Dear Parent,

Welcome to Head Start! In order to provide the best care possible for your child, there are a few health requirements which are outlined below.

- **Physical Examination:**
  - We need ***a copy of a physical examination*** completed within 12 months of the day your child starts attending our program.
  - Attached is a physical examination form you can take to your child's health care provider.
  - If you need to take your child for a physical, please do so before school starts.
  - Please make sure the following information is on your child's physical:
    - Hematocrit/Hemoglobin
    - Lead testing
    - Hearing & vision
    - Height & weight
    - Blood pressure (3yrs & older)
    - TB test results (for high risk only)
    - Immunizations

- **Immunizations**:
  - We must have ***a copy of your child's immunization record*** before they will be allowed to attend our program.
  - If your child's immunizations are not up-to-date, s/he may be allowed to attend, but an appointment for the next immunization must be scheduled.

- **Dental:**
  - We encourage your child to be seen by a dentist every 6 months for an exam and a cleaning.
  - Attached is a dental exam form to be completed by your child's dentist.

Please forward the above to:

**SNHS, Inc., Child Development Program, PO Box 5040, Manchester, NH 03108**.

Please feel free to contact me at 1-800-322-1073 *or* (603) 668- 8010 ext. 6089.

Sincerely,

Sarah Vanderhoof, RD, LD
Health & Nutrition Services Manager