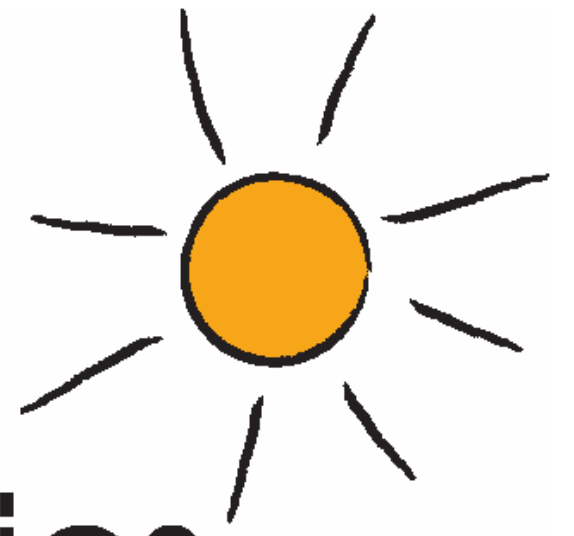



sunset
pediatrics



SUMMER PASSPORT





Happy Children's Day from all of us here at Sunset!

Children's Day started in 2008 by Dr. McCloskey as a way to give back to her patients and the community and since then has grown into a fun adventure! This year we want to give you the chance to celebrate Children's Day at home and around town by completing this passport to health booklet! Complete as much of the passport as you can and submit it to us for a chance to win a prize!

We hope you have a great summer!

Dr. McCloskey

Dr. DeVoe

Dr. Ericksen

Dr. Palmer

KASEY

JANET

Christy

Colleen

Stephanie

Rebecca

Elisabeth

Ron

Larissa

BEN

Christian

Carley

Chloe

CORY

Kristina

MINDY

Son

Amalie

Karina

Stacey

Throughout the
passport look for this
sunburst



These are to highlight some of our friends
throughout town who also want to see you
be the healthiest you this summer. Learn
more about them on our website at:

sunsetpediatrics.com/summerpassport

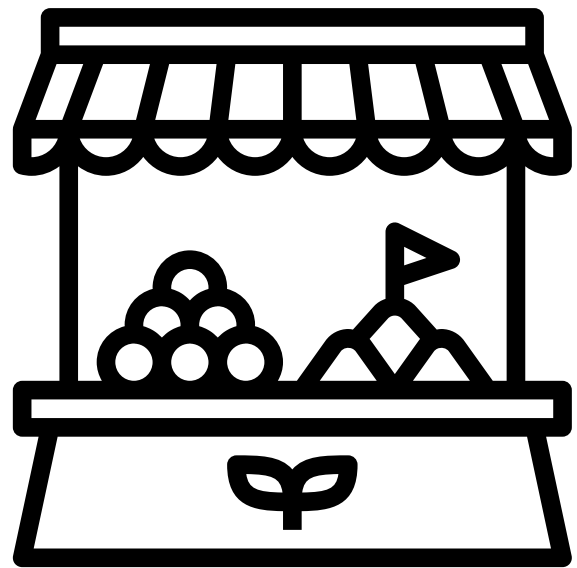


Nutrition

What's the big deal about foods?

Healthy foods are very important for helping you grow. They can help you control your energy, think better and manage your emotions.

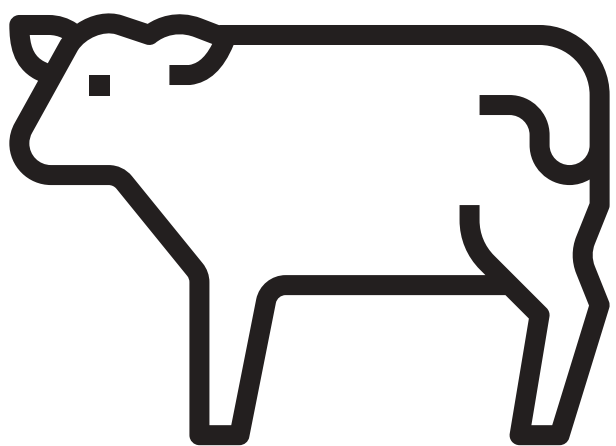
Take a fun trip to learn more about how your food is made! Color in the places you visited...



Farmer's
Market



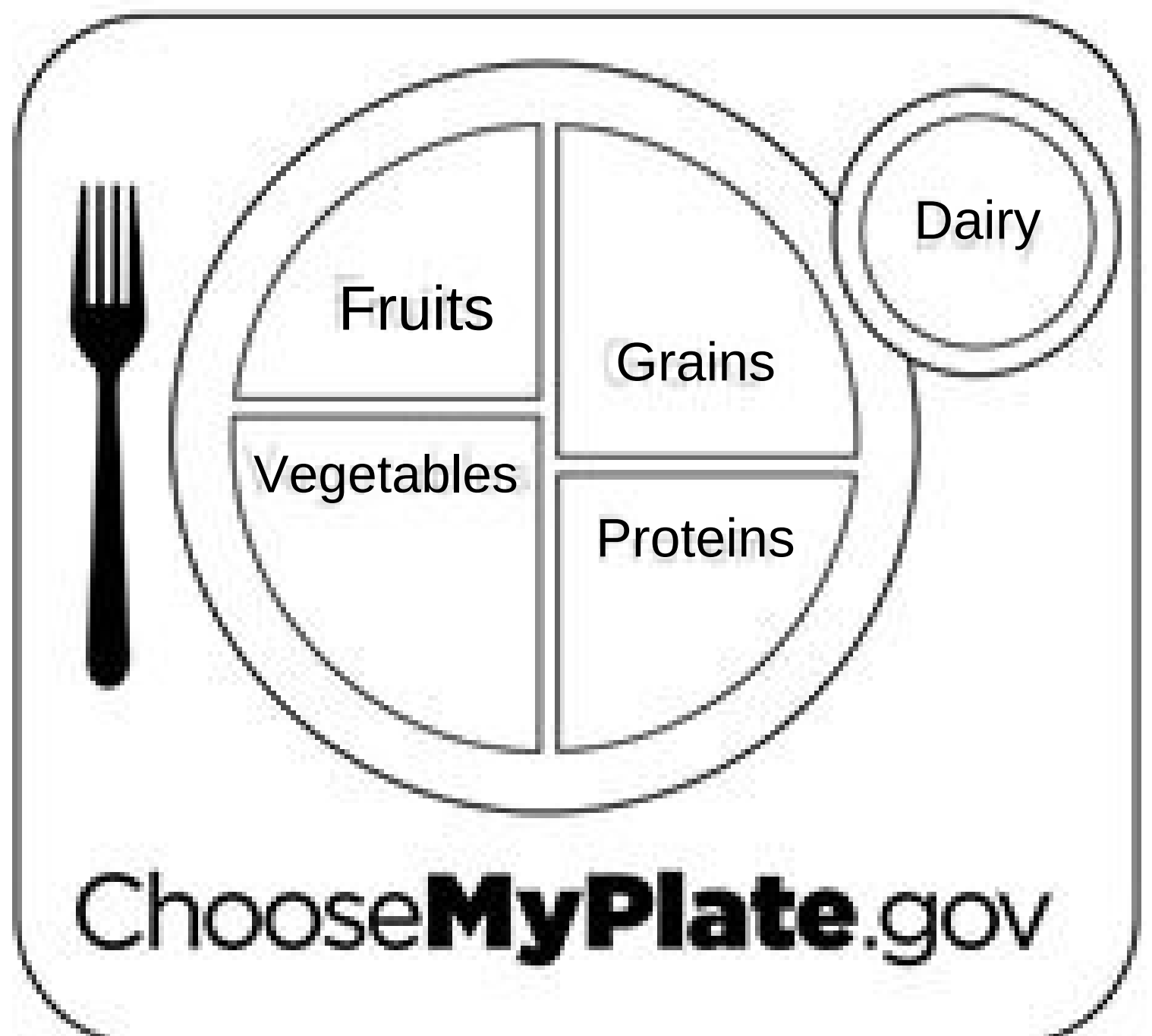
A
Farm



Local
Dairy

Try it!

Dr. DeVoe says eating a balanced diet is important to make sure you grow! At your next meal color the food groups you had on your plate!



Our Friends at MIKE (Multicultural Integrated Kidney Education) want you to know how making good eating choices can keep you healthy as you grow! They have shared a scavenger hunt with you to learn about foods that are good for you. Ask a grown up to help you download it on our website at www.sunsetpediatrics.com/summerpassport



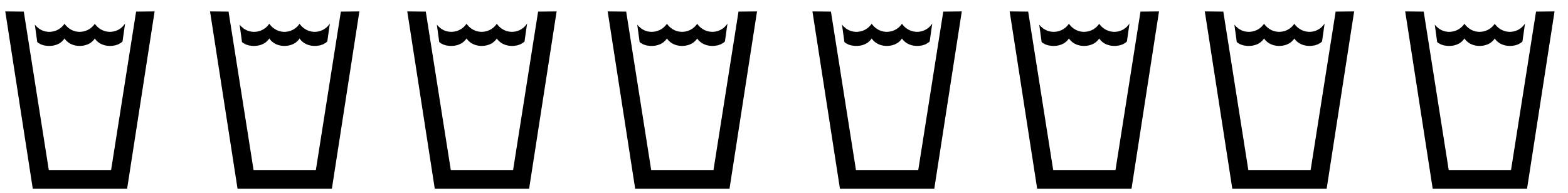


Hydration

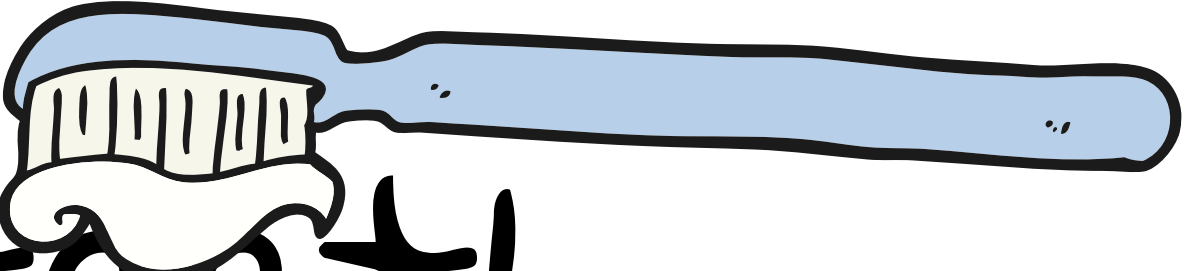
Did you know? Approximately 80% of your brain is made up of water (about the same percentage of water found in a living tree!).

Drinking water is so important to make sure your body works right and you don't get sick!

Dr. Palmer challenges you to drink 8 glasses of water today! Color in how many glasses you drank!



Healthy teeth



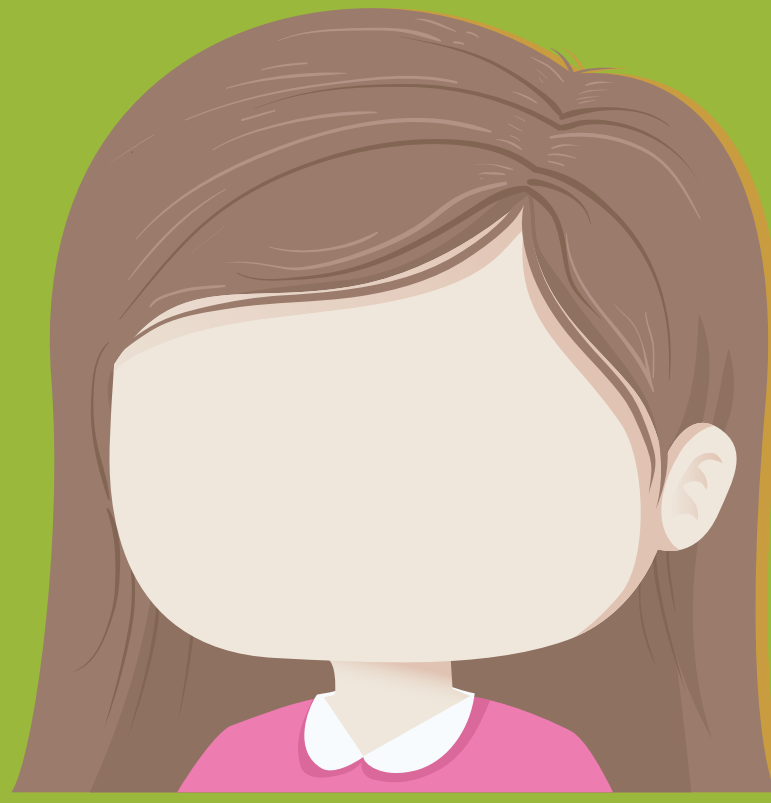
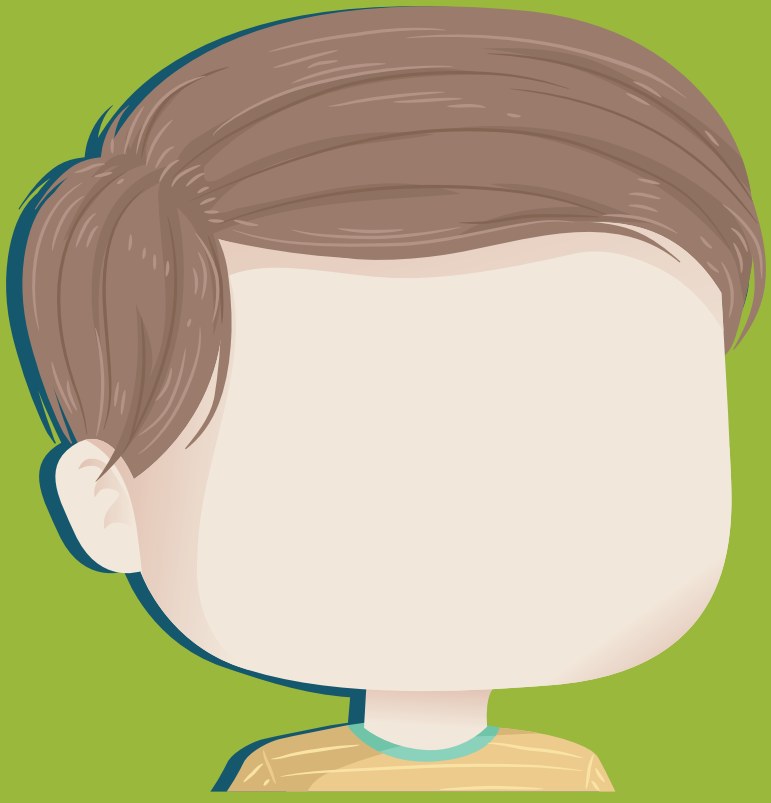
Did you know that Kids laugh around 400 times a day but adults just 15 times a day! We want your smile to shine bright so make sure you take care of your teeth by brushing morning and night!

Can you brush your teeth 5 days in a row? Mark off the tooth & brush for each day you do!



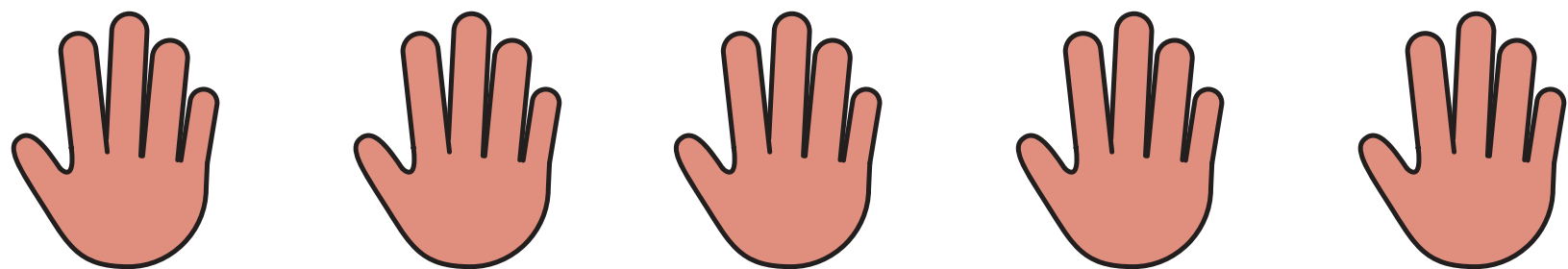
Emotions

Dr. McCloskey knows it's important to talk about how we feel. Draw a face below to show how you feel today and tell your parent about what makes you feel that way.



Hygiene

Washing your hands can help stop spreading germs which make you sick! Cross off one hand everyday you wash your hands before you eat this week!



Our friends at Lice Knowing You have shared some awesome tips on keeping those pesky lice outta here! Check out below and more additional tips online at sunsetpediatrics.com/summerpassport

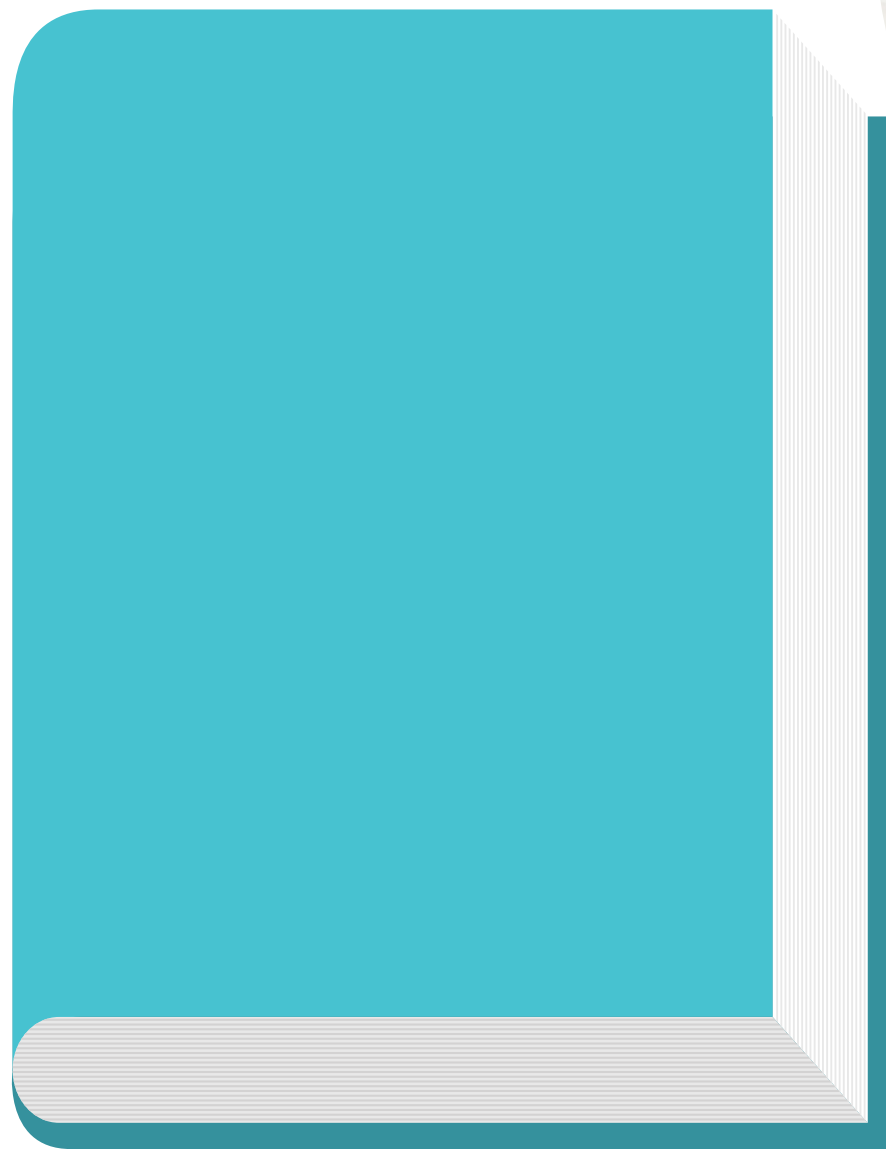


LICE PREVENTION TIPS:

- Do not share hair accessories including rubber bands, headbands, brushes or combs.
- Do not share hats, helmets, coats, hood sweatshirts, scarves, costumes, etc.
- Long hair should be kept in braids or ponytails. Boys should keep their hair short.
- Children should not hang coats next to each other. Put their coats in a backpack or cubbie. Do not put coats in piles EVER!

Learning

Dr. DeVoe loves reading and challenges you to read a book too! Find a good book and after reading it, draw the book cover here!



OMSI

portland
children's
Museum

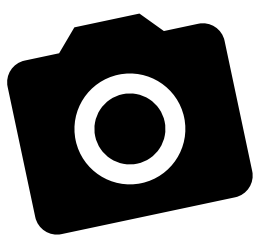


END OF THE OREGON TRAIL
HISTORIC OREGON CITY

Stop by our friends at the Beaverton City Library and get a stamp for visiting or check out the Library nearby where you live and ask for a stamp!

OR

Visit one of our local museums and write one things you learned in the box below!



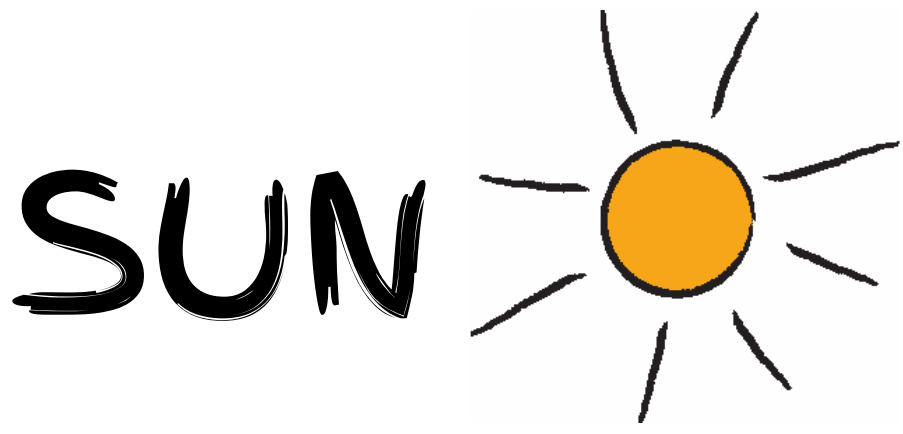
Doctors really like to do science experiments. Here is a favorite of our doctors at sunset. Give it a try and send us a picture of your completed experiment!

LAVA LAMP

- Find an empty water bottle.
- Ask a grown up to help you fill the bottle 2/3rds of the way full of vegetable oil.
- Fill in the rest of the bottle with water, leaving a little space at the top.
- Now add several drops of food coloring.
- Notice how the water and oil do not mix and the food coloring only mixed with the water!
- Next close the lid and give your lava lamp a good shake! Pretty cool huh?

Safety

Everyone at Sunset loves to play outside, but it's very important to remember how to be safe! Cross off each of the safe things you did this week!



- WEAR SUNSCREEN
- WEAR A HAT
- WEAR SUNGLASSES
- STAY HYDRATED
- FIND SHADE IF TOO HOT
- TAKE BREAKS FROM THE SUN EVERY 30 MIN

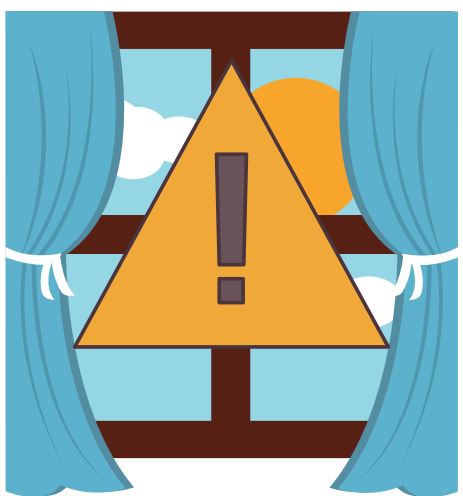


WATER

- ALWAYS SWIM WITH AN ADULT AROUND
- WEAR FLOATIES IN THE SWIMMING POOL
- WEAR A LIFE JACKET ON BOATS OR OTHER WATER ACTIVITIES
- WALK DON'T RUN NEAR POOLS

Technology

- TAKE A BREAK FROM TECHNOLOGY EVERY 20 MIN
- DON'T DO ANY YOUTUBE CHALLENGES
- DON'T ANSWER PHONE CALLS FROM PEOPLE I DON'T KNOW
- DON'T GIVE MY PASSWORDS TO ANYONE
- USE AN APP OR THE COMPUTER TO PRACTICE A NEW SKILL OR LEARN SOMETHING INTERESTING



Summer weather gets us really excited - but please remember that KIDS CAN'T FLY. It is very important to never lean on or out of a window. Make sure your windows are locked and only have them open when an adult is nearby!

Our friends at Tualatin Valley Fire and Rescue want you and your family to be as safe as possible. They have provided a fire escape plan on the next page.

Take some time to draw your house and the escape routes in case of an emergency!



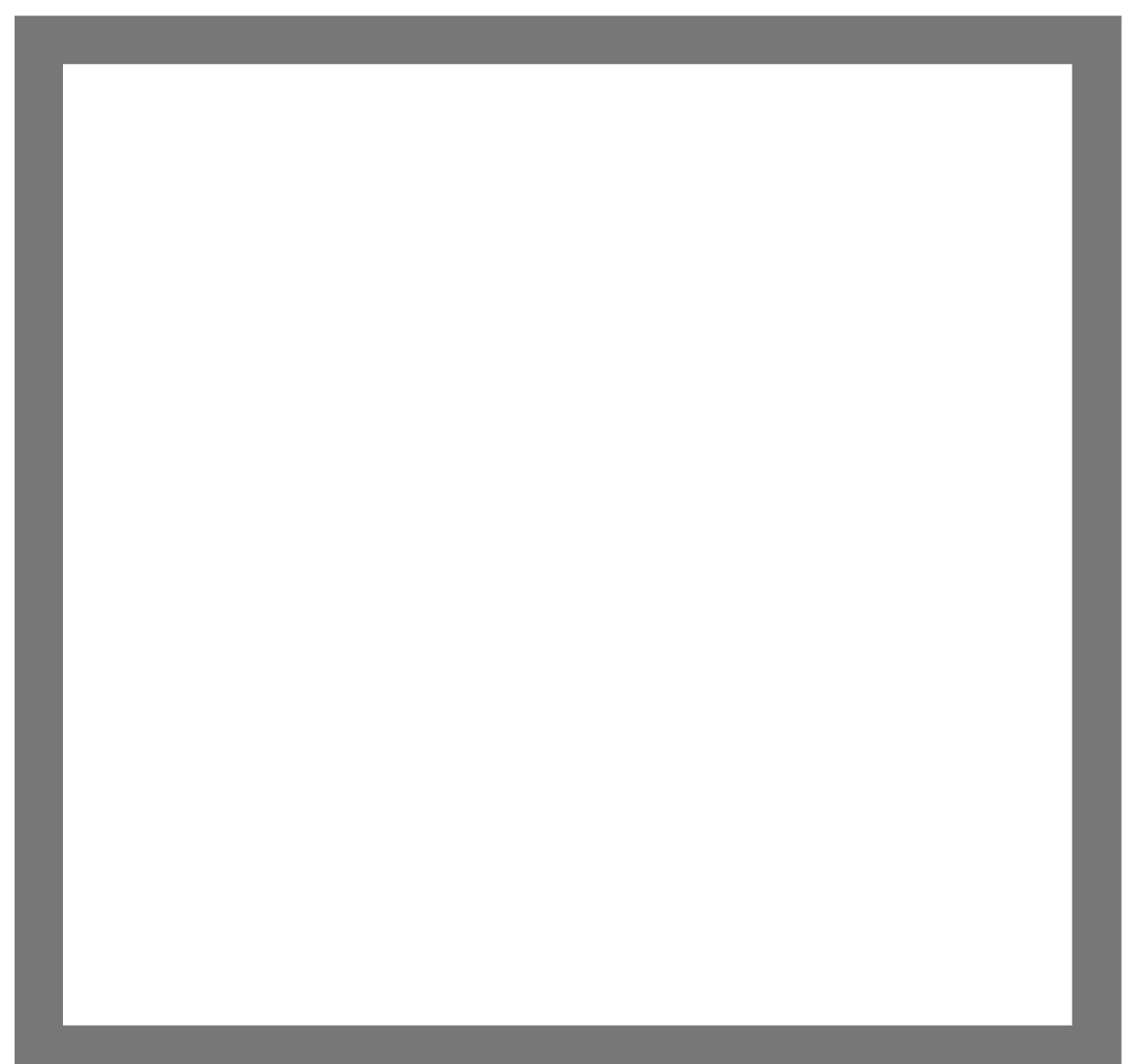
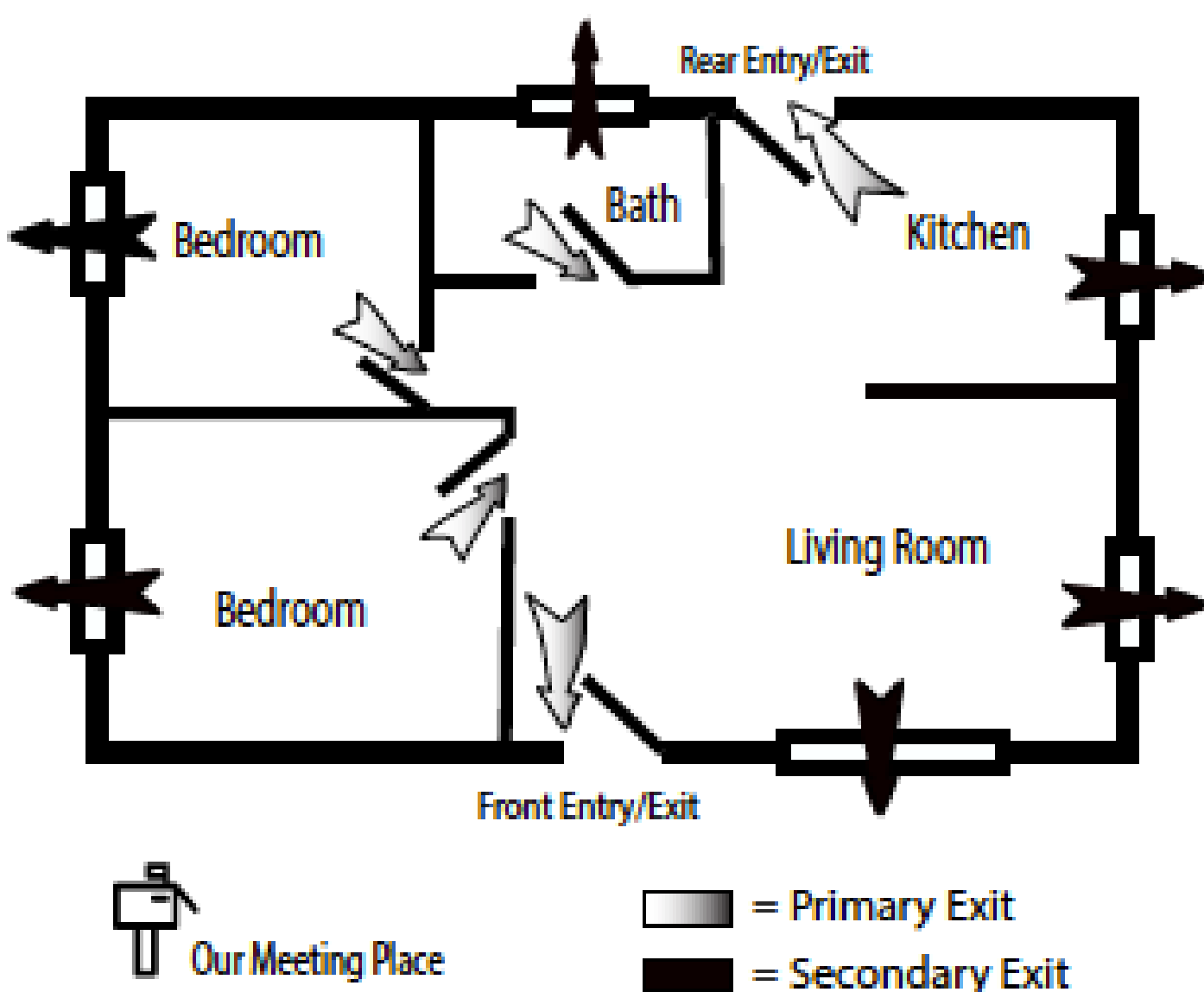
PLAN

PRACTICE

<p>1. Test Your Smoke Alarm Monthly! Place smoke alarms on every level of your home, in bedrooms, and outside any other sleeping areas. Test your alarms as a family so every family member is familiar with the sound.</p>	<p>1. Push the Test Button & Begin the Drill! Place family members in rooms with doors closed, turn on the radio or TV to simulate real living conditions. Consider testing your alarm after children have been asleep for a few hours to see if they wake up!</p>
<p>2. Plan Two Ways Out of Every Room Can you open windows easily? Can you reach the ground or do you need an escape ladder?</p>	<p>2. Use Both Ways Out of Every Room! Practice both exit plans - primary and secondary. If a ladder is needed for escaping second floors, now is the time to practice using it - not during a real emergency!</p>
<p>3. Smoke Kills, So Crawl Low & Go! Deadly smoke rises, so good air is usually 12 to 24 inches from the floor, therefore, it's important to stay low as you crawl out of the house.</p>	<p>3. Get on your Knees and Start Crawling! In a real fire, you may not be able to see well, so turn off the lights to really test your crawl low and go exiting skills! Did family members crawl low and find their way out?</p>
<p>4. Plan to Call 9-1-1 from a Neighbor's House! Plan to call 9-1-1 from a neighbor's house. Make sure your children know the neighbor and feel comfortable going to them in the case of an emergency.</p>	<p>4. Simulate Calling 9-1-1 from the Neighbor's! Did someone remember to go to the neighbor's house to simulate calling 9-1-1? Did they report back that they placed the call?</p>
<p>5. Identify an Outside Meeting Place Identify a fixed object outside your home (mailbox, tree, neighbor's driveway, etc.) as a meeting place where all family members agree to wait once they have escaped.</p>	<p>5. Meet at the Meeting Place Did everyone meet at the designated meeting place? If so, celebrate with a special family treat! If not, discuss what went wrong and how you can improve.</p>

And Finally....
ONCE OUT - STAY OUT!
Do not go back into the house for anything or anyone!

Use the blank square below to draw an emergency exit plan from your house like the one on the left.



Outdoor Adventures

Hey there! I'm Peter the Park Ranger and I LOVE having adventures outside!

Take some time to check out some of these fun outdoor activities and then color in Peter and draw a picture below of what you did for your adventure.

Activities

- Go on hike
- Go camping with your family
- Visit the park
- Go to the beach
- Visit the mountain
- Go fishing
- Play frisbee outside
- Go on a bike ride
- Fly a kite

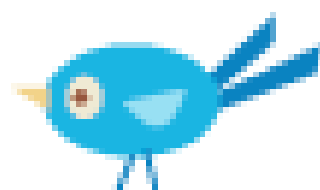


My Adventure:

Our friends at the Hello Clinic love being outside as much as we do! Complete their scavenger hunt on the next page next time you are outside!

the
hello
FOUNDATION

Spring Scavenger Hunt

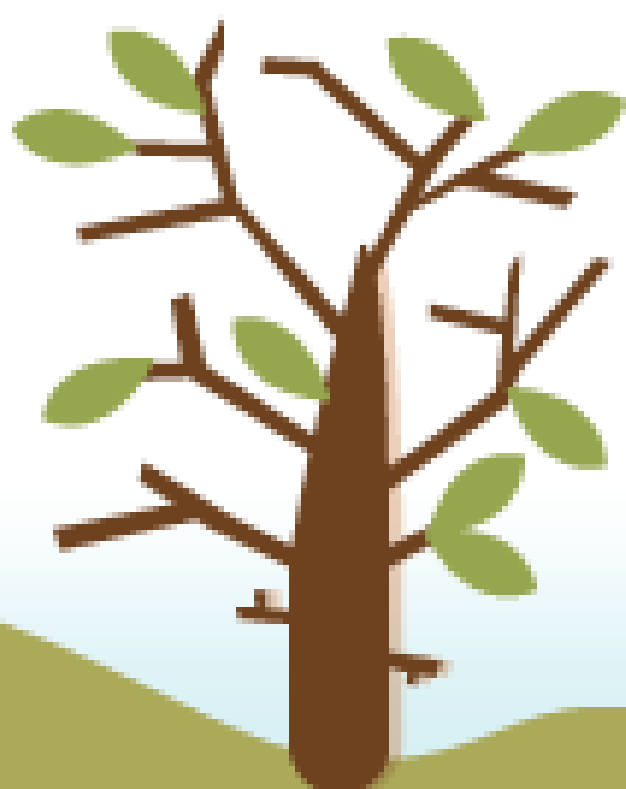


HEY KIDS!

Grab your parents, friends, or neighbors and head outside! Try to find as many things as you can and check them off as you go. Maybe you could make a scavenger hunt for a family member by making a list of things they can seek. Send us a picture of you on your scavenger hunt: photos@thehellofoundation.com

A tree with new leaves.

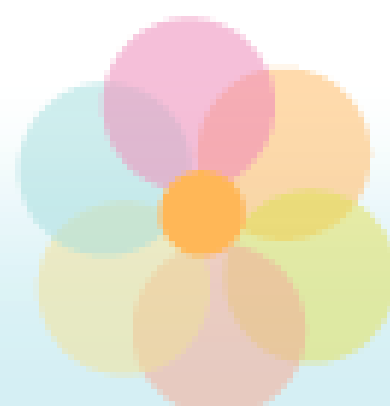
found it!

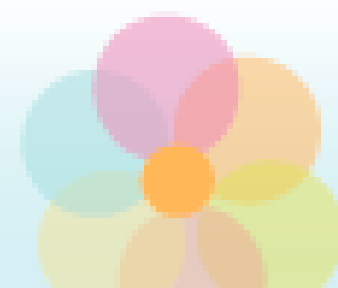


A small flower found it!
What color is it?



A bigger flower found it!
What color is it?





Find two things that are different shades of green.

found it!



A tiny ant found it!

A buzzing bee found it!

A wiggly worm found it!

A black bird found it!



Taking the first step toward selecting a speech therapist or occupational therapist for your child can be an emotional experience. The Hello Clinic wants to make the process understandable, convenient, and tailored to your family's needs. Our skilled and professional clinicians take care to put kids at the center of therapy.

www.thehelloclinic.com
(503) 517-8555

ONE LINCOLN CENTER,
STE. 410,
10300 SW GREENBURG RD,
PORTLAND, OR 97223



Creative



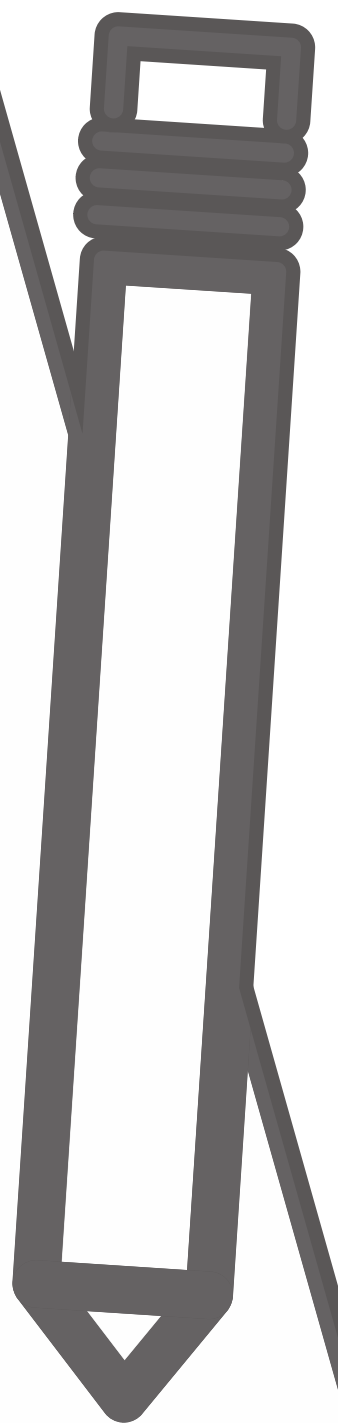
Dr. Palmer loves to sing!
Come up with a new song
for her using an
instrument or your voice.
Ask a grown up to record
your song to share with
Dr. Palmer!



**Being creative is a fun
way to express
yourself!
Draw or color a picture
of your doctor...**



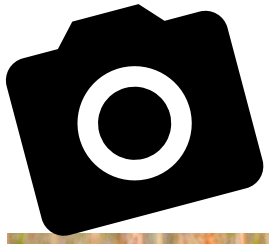
Have an adult help you find your
doctor's biography on our
website. Then write a biography
about yourself just like your
doctor has!



Pets & Animals

Animals are super cool! Did you know that giraffes have black tongues? Scientists think that is so their tongues don't get sunburned while they eat!

Dr. McCloskey loves to visit her animal friends around Oregon. Go say hi to some of them at these places below, take a picture of your visit and send it to us!



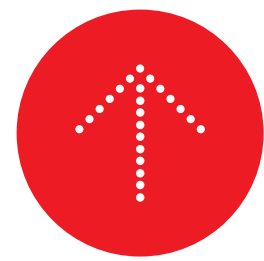
ZOO



AQUARIUM



HUMANE SOCIETY



Taking care of your pet is important! List the things you do to take care of your pet if you have one.

SAFETY ZONE



Animals are a lot of fun and it's great to learn about them, but please remember these important rules about animals!

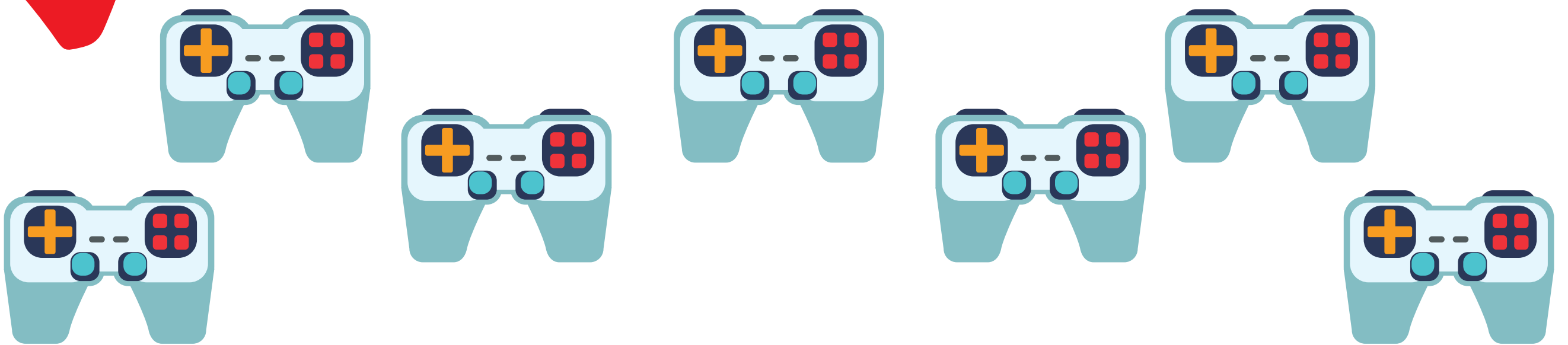
- Always ask an adult about petting an animal you don't know.
- Never approach any animal, even your own, when he or she is eating, sleeping, chewing on a toy, in its crate or caring for its young.
- Always pet an animal gently, with no pulling or tugging, and never from behind.
- Don't make loud noises or sudden moves when approaching an animal.
- Never approach a wild animal, even if they look friendly or gentle!

Screens & Fitness



Computers, phones and gaming devices are really neat and help us with a lot of things, but they can also sometimes create trouble for our brains and eyes if we don't take a break.

Put an x over the controller for each day of the week that you played with a friend or sibling, read a book, went outside, played with your toys or completed Dr. Ericksen's fitness challenge below instead.



GETTING 60 MINUTES OF EXERCISE EVERY DAY IS SUPER IMPORTANT TO MAKING SURE YOU GROW UP HEALTHY! EXERCISE CAN BE AS SIMPLE AS PLAYING A SPORT, OR GOING ON AN OUTDOOR ADVENTURE/WALK!

YOU CAN ALSO TRY DR. ERICKSEN FITNESS CHALLENGE BELOW. CHECK OFF EACH OF THE CHALLENGES AFTER YOU COMPLETE THEM!



*** 10 JUMPING JACKS**

*** 5 PUSH UPS**

*** JUMP ROPE FOR 1 MIN**

*** HOLD THE PLANK FOR 30 SEC**

*** SKIP IN PLACE 15 TIMES**

FIND A GROWN UP AND GO ON A 30 MIN WALK, BIKE RIDE OR SCOOTER RIDE AROUND YOUR NEIGHBORHOOD OR A PARK

WE ARE SO THANKFUL FOR OUR FRIENDS THROUGHOUT TOWN! GRAB A PARENT OR ADULT AND GO ON OUR WEBSITE AT [SUNSETPEDIATRICS.COM/SUMMERPASSPORT](https://www.sunsetpediatrics.com/summerpassport) AND LEARN MORE ABOUT WHAT THEY DO AND THEIR AWESOME RESOURCES!



- **BEAVERTON CITY LIBRARY**
- **PORTLAND CHILDREN'S MUSEUM**
- **NW REGIONAL ESD - EI/ECSE PROGRAM**
- **LICE KNOWING YOU**
- **MIKE**
- **PROVIDENCE CHILDREN'S HEALTH**
- **SHRINER'S HOSPITALS FOR CHILDREN**
- **THE HELLO FOUNDATION**
- **TUALATIN VALLEY FIRE RESCUE**
- **WASHINGTON COUNTY WIC**

**ARE YOU ALL DONE WITH YOUR PASSPORT?
THERE ARE 2 DIFFERENT WAYS TO SUBMIT IT.**

**YOU CAN MAIL IN THE PHYSICAL PASSPORT AND SUBMIT
ONLINE YOUR PICTURES OR VIDEOS**



OR

**YOU CAN SCAN YOUR PASSPORT OR TAKE PICTURES OF IT
AND UPLOAD YOUR SUBMISSION ON OUR WEBSITE AT
[SUNSETPEDIATRICS.COM/PASSPORT-SUBMISSION](https://www.sunsetpediatrics.com/passport-submission)**

**Submit your completed passport on our
website at www.sunsetpediatrics.com**



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