

Childhood Immunizations, the Flu and Naptime

One of the best ways a parent or guardian can protect a child is to have them properly vaccinated. Vaccine preventable diseases, such as the measles, can be very serious and may lead to hospitalization or worse for young children and infants.

The required immunizations for New Jersey school children from Preschool to grade 3 are as follows:

	Preschool	Kindergarten or Above
DTaP -	4 doses	5 doses total or 4 with one dose after age 4
Polio-	3 doses	4 doses total or 3 with one dose after age 4
MMR-	1 dose after age 1	2 doses with one dose after age 1
Varicella	1 dose after age 1	1 dose after age 1
Hib	1 dose after age 1	
Hep B	3 doses	3 doses
PCV	1 dose after age 1	
Flu	1 dose yearly until age 5	

Religious and medical exemptions are considered on an individual basis. Please contact the school nurse to discuss specific details

Why is the Flu vaccine required for Preschool?

While flu vaccines are recommended for all school aged children, it is only required for preschoolers. Thousands of children younger than 5 years old are hospitalized from flu complications every year. The CDC estimates that flu-related hospitalizations among children younger than 5 years ranged from 6,000 to 26,000 in the United States. Preschoolers are considered to be a high risk population due to the likelihood of developing complications following a flu infection.

Naptime in Preschool

Research suggests that preschoolers who nap/rest during the school day have better memory recall than those who do not. Napping also promotes brain activity that converts new information to long-term memory. Daytime naps help preschoolers get more restorative sleep at night as result of being less irritable from being overtired. Napping helps support emotional development and coping skills like problem solving, it helps to minimize stress, and encourages active imaginations.

Sources: <https://www.cdc.gov/vaccines/parents/index.html>

http://www.nj.gov/health/cd/documents/imm_requirements/k12-parents.pdf

<https://www.cdc.gov/flu/school/index.htm> <https://www.cdc.gov/flu/protect/children.htm>

www.huffingtonpost.com/dr-michael-j-breus/importance-of-nap-time_b_4064936.html

<http://www.activebeat.com/your-health/children/5-benefits-of-naps-for-babies-and-toddlers/5/>