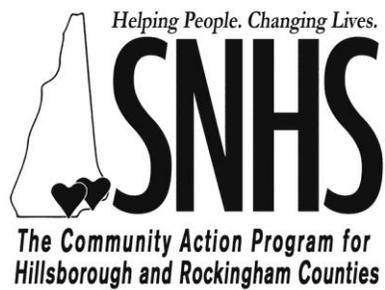


# Health Information Packet

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A Head Start/ Early Head Start Parent Guide about the Importance of Prevention, Early Intervention, & Well Child Care



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## Well Child Care



### Why is well child care important?

Well child care is your time to check-up on your child's growth and development, catch potential problems early, as well as receive guidance from your doctor in areas of safety, nutrition, physical activity, and wellness. These visits also allow your child to become comfortable and develop a relationship with their health care provider. This way, if your child was to become ill, the doctor's office will be a familiar place.

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### When should these check ups be performed?

It is recommended by the American Academy of Pediatrics that your child have a check up at:

- 2-4 weeks
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 3 years
- 4 years
- 5 years
- 6 years
- every other year after that

### What are topics that may be covered at these check ups?

- Sleep position
- choking hazards
- car seats
- fork/spoon/knife use
- starting solids
- immunizations
- blood pressure
- hearing and vision screening
- lead screening
- tuberculosis screening
- iron deficiency
- height and weight
- oral health
- Toilet training
- behavioral issues
- sleep habits
- child care
- nutrition
- physical activity
- second hand smoke

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- When taking your child to a *Well Child Check Up* be sure to have your family worker provide you with an outline of what to expect at that visit. Use that outline to advocate for your child while at the visit.
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#### **Compiled from:**

American Academy of Pediatrics, <http://www.aap.org/parents.html>, and  
<http://brightfutures.aap.org/web/>  
Centers for Disease Control & Prevention, <http://www.cdc.gov>

## Vaccinations



### Why should children be vaccinated?

There are some severe childhood diseases that can make your child(ren) very sick. Vaccinations can help prevent your child(ren) from getting these diseases and keep them healthy.

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**Here is a general outline of the vaccination schedule for participation in child care:**

- ▶ **Birth:** Hepatitis B
  - ▶ **2 months:** Hepatitis B, Diptheria/Tetanus/Pertussis, Haemophilus influenzae Type b, Polio, Pneumococcus
  - ▶ **4 months:** Diptheria/Tetanus/Pertussis, Haemophilus influenzae Type b, Polio, Pneumococcus
  - ▶ **6 months:** Hepatitis B, Diptheria/Tetanus/Pertussis, Haemophilus influenzae Type b, Polio, Pneumococcus, Flu
  - ▶ **12-18 months:** Diptheria/Tetanus/Pertussis, Haemophilus influenzae Type b, Measles/Mumps/Rubella, Varicella, Pneumococcus
  - ▶ **4-6 years:** Diptheria/Tetanus/Pertussis, Polio, Measles/Mumps/Rubella
- 

If your child misses a scheduled vaccination, try to catch up as soon as possible.

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*Compiled from:  
March of Dimes, [www.marchofdimes.com](http://www.marchofdimes.com)*

## Oral Health

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- ***Start cleaning teeth early*** - As soon as the first tooth appears, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush. Begin using toothpaste with fluoride when the child is 2 years old. Use toothpaste with fluoride earlier if your child's doctor or dentist recommends it.
- ***Use the right amount of fluoride toothpaste*** - Fluoride is important for fighting cavities. But if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots. To keep this from happening, use only a small amount of toothpaste (about the size of a pea). Teach your child to spit out the toothpaste and to rinse well after brushing.
- ***Supervise brushing***- Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone. Then continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.
- ***Talk to your child's doctor or dentist*** - Check with the doctor or dentist about your child's specific fluoride needs. After age 2, most children get the right amount of fluoride to help prevent cavities if they drink water that contains fluoride and brush their teeth with a pea-sized amount of fluoride toothpaste twice a day.

Parents of children older than 6 months should ask about the need for a fluoride supplement if drinking water does not have enough fluoride.

Do not let a child younger than 6 years old use a fluoride mouth rinse unless the child's doctor or dentist recommends it.

***Compiled from:***

*Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov)*

## Nutrition & Physical Activity

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### Why is Nutrition & Physical Activity important?

Daily physical activity and healthy eating can help keep your child's immune system strong, and aid in proper growth and development. In the long term they may also prevent chronic diseases such as diabetes and heart disease and help maintain a lifelong healthy weight.

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### General Guidelines

- Eat a variety of foods
- Choose colorful fruits & vegetables- try to eat a “rainbow” daily
- Choose whole grains
- Choose water when thirsty
- Encourage physical activity
- Choose foods and beverages low in added sugars
- Do not overwhelm your child with large portions. Provide small servings and allow them to ask for more if they want it.
- Do not force your child to clean their plate. Allow them to try the foods offered and decide how much to eat.
- Offering healthy snacks ensures your child is getting the vitamins and minerals they need.
- Avoid serving choking hazards



### Activity

Children need at least 60 minutes of physical activity daily. Encouraging this may help your child develop new skills and be healthy.

Activity ideas:

- Playing catch
- Dancing
- Bicycling
- Running
- Walking
- Jump rope
- Skipping
- Jumping Jacks
- Soccer



*Compiled from:*

*[www.choosemyplate.gov](http://www.choosemyplate.gov)*

## Lead Poisoning

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### Why are we concerned about lead?

Lead is a toxic substance that can cause growth and development problems, behavioral problems, and physical problems in children.



### How are children exposed to lead?

Lead exposure can happen through:

- flaking paint
- household dust
- soil
- air
- drinking water
- food
- ceramics
- hair dyes
- other cosmetics

► Children with elevated blood lead levels are often exposed to lead in their own home. Houses built before 1960 likely contain lead paint. Houses built between 1960-1978 may contain lead paint.

► Lead can leach into drinking water if certain types of plumbing materials are used. *Formula-fed infants* are at special risk of lead poisoning, *if* their formula is made with lead-contaminated water.

### How do you reduce your risk?

- The amount of lead the body holds onto can be reduced by eating foods that contain iron, calcium and zinc.
  - Iron rich foods: eggs, raisins, greens, meat, beans, peas, legumes.
  - Calcium rich foods: milk, cheese, and yogurt.
  - Zinc rich foods: red meat, oysters, and nuts.
- Make sure your children always wash their hands before eating.



### Universal screening for children living in high-risk communities

- All children 1 & 2 years of age should be screened at their well child visits
  - All children ages 36-72 months *who have not been previously screened*.
- These recommendations should be followed for children living in areas designated as high-risk.
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### Targeted screening for children living in low-risk communities

- Health Care Providers identify children through the use of a questionnaire.
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*All Medicaid* enrolled children regardless of town of residence are recommended to have a blood lead test at 1 & 2 years of age, or at 36-72 months of age *if not previously tested*. All children who are enrolled in Head Start should also be tested regardless of the risk designation of their town of residence.

### Compiled from:

*New Hampshire Childhood Lead Poisoning Screening and Management Guidelines*

## Safety

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### Emergency

#### What is an Emergency?

An emergency is when severe injury or illness may cause your child permanent harm or result in death.



#### What should you do?

- Make a plan for emergencies with your child's health care provider at a well child visit.
- Seek help immediately if you notice your child showing any of these signs
  - Acting strangely, withdrawn, less alert
  - Unconsciousness or no response
  - Rhythmic jerking & loss of consciousness (seizures)
  - Increasing effort or trouble breathing
  - Skin or lips that look blue, purple, or gray
  - Neck stiffness or a rash with fever
  - Increasing or severe persistent pain
  - A cut that is large, deep, or involves the head, chest, or abdomen
  - A burn that is large or involves the hands, feet, groin, chest, or face
  - Any loss of consciousness, confusion, headache, or vomiting after head injury.
- If you think your child is ill call your child's health care provider for guidance.
- If you think that your child's life may be in danger, call 911
- Make sure that other people caring for your child have contact numbers in case of an emergency and know about any special medical conditions your child may have.

#### **Compiled from:**

*The American Academy of Pediatrics, <http://www.aap.org/family/tipp-ems.htm>*

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## Poison

### What are potential poisons?

Any substance that is not intended to be swallowed or contacted can be a potential poison. This includes, but is not limited to:

- Cleaning products
- Antifreeze
- Windshield wiper fluid
- Pesticides
- Furniture polish
- Gasoline
- Kerosene
- Car oil

### How to poison proof your home

- Store medications, cleaners, paints/varnishes, & pesticides in original labeled packages, out of reach of children
- Install safety latches on cabinets & doors
- Never refer to medicine as “candy” or other appealing names
- Check the label every time you give your child medicine
- Never place poisonous products in empty food or drink containers
- Maintain working carbon monoxide detectors



### What to do if you think your child has been poisoned

- If your child is unconscious, not breathing, having convulsions, or seizures due to a known or suspected poison call 911 immediately
- If your child is showing no or mild symptoms call Poison Control 1-800-222-1222

#### *Compiled from:*

*The American Academy of Pediatrics,*

*<http://www.aap.org/advocacy/releases/poisonpreventiontips.htm>*

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## Fire Safety

### How to prevent fires:

- Do not smoke in your home, especially in bed
- Dispose of cigarette butts, matches, and ashes with care
- Keep matches and lighters away from children
- Be sure your gas water heater is off the ground.
- Have your heating system & fireplace checked yearly
- Leave a minimum of 3 feet around space heaters
- Turn space heaters off when you go to bed or leave home
- Check electric appliances and cords for wear
- Use appropriate fuses for lighting circuits

### How to prepare your family:

- Install smoke alarms with battery power on every level of your home.
- Test smoke alarms once a month
- Plan escape routes from the house and practice them. Make sure you have a meeting place once you get outside.
- Place fire extinguishers around the home where the risk of fire is greatest (kitchen, furnace room, fireplace, etc).

**Compiled from:** The American Academy of Pediatrics, <http://www.aap.org>

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## Choking

### What are choking hazards?

There are many household items that can become choking hazards. Keep these items away from infants and young children:

- Latex balloons
- Coins
- Marbles
- Toys with small parts
- Toys that can be compressed to fit entirely into a child's mouth
- Small balls
- Pen or marker caps
- Small button-type batteries
- Medicine syringes
- Small magnets



### Choking can be prevented:

- Before your child begins to crawl, get down on his level and look for dangerous items.
- If you have older children, be sure younger child can't get into their toys.

### Keep the following foods from children until 4 years of age:



- Hot dogs
- Nuts and seeds
- Chunks of meat or cheese
- Whole grapes
- Hard, gooey, or sticky candy
- Popcorn
- Chunks of peanut butter
- Raw vegetables
- Raisins
- Chewing gum

▶ Insist that children eat at the table, or at least while sitting down.

▶ Cut food for infants and young children into appropriate size pieces and teach them to chew their food well.

▶ Supervise mealtime for infants and young children.

▶ Many choking incidents occur when an older child gives small objects to a younger child.



▶ Avoid toys with small parts and keep other small household items out of reach.

▶ Follow the age recommendations on toy packages.

▶ Check under furniture and between cushions for small items.

▶ Do not let infants and young children play with coins.

*Compiled from: The American Academy of Pediatrics, <http://www.aap.org>*

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## Car Seat Safety

**Tips for choosing a car seat:** Which car safety seat is the best? No one seat is the "best" or "safest." The best seat is the one that fits your child's size, is correctly installed, and is used correctly every time you drive.

**Important safety rules:**

- Always use a car safety seat.
  - Never place a car seat in the front seat of a vehicle with a passenger air bag.
  - The safest place for all children to ride is in the back seat.
  - Set a good example - always wear your seat belt.
- ▶ Remember that each car safety seat is different.
- ▶ Read and keep the instructions that came with your seat handy, and follow the manufacturer's instructions at all times.
- ▶ Read the owner's manual that came with your car on how to correctly install car safety seats.

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There are 2 main things to remember when installing a car safety seat:

1. Your child must be buckled snugly into the seat.
  2. The seat must be buckled tightly into your vehicle.
- ▶ Ask yourself the following questions to make sure both are done correctly.
- Is the child buckled into the car safety seat correctly?
  - Are you using the correct harness slots?
  - Are the harnesses snug?
  - Have you placed the plastic harness clip (if your seat comes with one) at armpit level to hold the shoulder straps in place?
  - Do the harness straps lie flat?
  - Is your child dressed in clothes that allow the straps to go between the legs?
  - Is anything under your child?
  - Is your child slouching down or to the side?
  - Do you need a locking clip? If the seat belts in your car move freely even when buckled, you need a locking clip.
  - Is the car safety seat buckled into the vehicle correctly?
  - Is the car safety seat facing the right direction for your child's age & weight?
  - Is the seat belt routed through the correct belt path?
  - Is the seat belt buckled tight? If you can move the seat more than an inch side to side or toward the front of the car, it's not tight enough.
  - Is your rear-facing seat reclined enough? Your infant's head should not flop forward.



*Compiled From:* <http://www.aap.org/family/carseatguide.htm>

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## **Bike Helmets**

**Why wear them?** Head injuries are one of the most serious injuries you can get from bike riding. Helmets can help prevent head injuries.

### What to look for:

- The U.S. government has created safety standards for bike helmets. Your child's helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC).
- The bike helmet should be fitted to your child properly.
- A hat should never be worn under a bike helmet.
- The helmet should be worn level and cover the forehead. The straps should always be fastened.
- Make sure the straps are adjusted so they are snug enough that your child cannot pull or twist the helmet around on their head.



► Many local police departments offer helmets for free. Contact your local department to see if they participate in the program.

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## **Burns**

### **Burn Prevention**

- Keep matches, lighters, & ashtrays out of reach of children
- Childproof all electrical outlets with plastic outlet plugs.
- Do not allow your child to play close to fireplace, radiator, or space heater
- Replace all frayed, broken, or worn electrical cords
- Never leave barbecue grills unattended
- Teach your children that curling irons, clothes irons, grills, radiators, & ovens can get very hot and be dangerous. Never leave any of these items unattended with children. Unplug all appliances after using them.
- Never leave a child alone in the kitchen when food is cooking
- Enforce a “kid-free” zone 3 feet around the oven/stove while it is in use.
- Use back burners if possible
- Turn pot handles inward so children cannot grab them
- Do not leave spoons or other utensils in pots while cooking
- Turn off burners and ovens while they are not being used
- Do not use wet pot holders
- Never carry your child & hot liquids at the same time
- Do not wear baggy clothes while cooking
- Use microwave safe dishes only when cooking in the microwave.
- When using tap water always turn on the cold water first and then the hot water. When turning off the tap water, turn off the hot water first and then the cold water.



*Compiled From: <http://www.aap.org>*

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## New Hampshire Medicaid

**About NH Medicaid:** NH Medicaid is a federal and state funded health care program that serves a wide range of needy individuals and families who meet certain eligibility requirements. The program works to ensure that eligible adults and children have access to needed health care services by enrolling and paying providers to deliver covered services to eligible recipients.

**Covered Medical Services:** Medicaid provides payment for health care services ranging from routine preventive medical care for children to institutional care for the elderly and disabled. Covered services can include:

- Hospital
- Physician
- Nursing facility
- Home health
- Lab
- X-ray
- Family planning
- Rural health clinic
- Prescription drugs
- Physical-occupational-speech therapy
- Adult medical day care
- Medical transportation
- Medical supplies
- Durable medical equipment
- Dental
- Psychotherapy
- Podiatry
- Interpreter
- Advanced registered nurse practitioners
- Certified midwife
- Private duty nursing
- EPSDT (early periodic screening and diagnostic testing)
- Newborn home visits
- Extended services to pregnant women
- Personal care attendant
- Vision care
- Audiology
- Home and community based care for the elderly
- Hospice services

The program also covers services for developmentally disabled individuals and persons with acquired brain disorders, as well as services at community mental health centers.

### Dental

"New Hampshire Smiles" connects parents whose children are enrolled in the Medicaid program with Medicaid Client Services in order to seek help in obtaining dental care for their children.

**Compiled from:**

<http://www.dhhs.nh.gov/ombp/medicaid/>

## Supplemental Nutrition Assistance Program (SNAP)

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SNAP offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. The Food and Nutrition Service works with State agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

### **Who is Eligible?**

To get SNAP benefits, households must meet certain tests, including resource and income tests:

- Resources
- Income
- Deductions
- Employment Requirements
- Special Rules for Elderly or Disabled
- Immigrant Eligibility

### **What you can buy with SNAP Benefits:**

You can use SNAP benefits to buy foods for the household to eat, such as breads and cereals, fruits and vegetables, meats, fish and poultry, dairy products. You can also use your benefits to buy seeds and plants which produce food for the household to eat

### **EBT Card:**

Electronic Benefits Transfer (EBT) is an electronic system that allows a recipient to authorize transfer of their government benefits from a Federal account to a retailer account to pay for products received. EBT is used in all 50 States, the District of Columbia, Puerto Rico, the Virgin Islands, and Guam. EBT has been implemented in all States since June of 2004.

### ***Compiled from:***

*<http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>*

## Women, Infants, & Children (WIC)

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### What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.



### Applicants must meet all of the following eligibility requirements:

- **Categorical Requirement**
  - Women : Pregnant, Postpartum, Breastfeeding
  - Infants: up to the infant's first birthday
  - Children: up to the child's fifth birthday
- **Residential Requirement:**
  - Applicants must live in the State in which they apply.
- **Income Requirement:**
  - Income cannot be more than 185 percent of the Federal poverty income guidelines.
  - Automatic Income Eligibility:
    - Eligible to receive SNAP benefits, Medicaid, for Temporary Assistance for Needy Families (TANF)
    - In which certain family members are eligible to receive Medicaid or TANF, or
    - At State agency option, individuals that are eligible to participate in certain other State-administered programs.

### Nutrition Risk Requirement

Applicants must be seen by a health professional such as a physician, nurse, or nutritionist who must determine whether the individual is at nutrition risk.

An applicant must have at least one of the medical or dietary conditions on the State's list of WIC nutrition risk criteria.

### WIC Food Packages

The WIC food packages provide supplemental foods designed to meet the special nutritional needs of low-income pregnant, breastfeeding, non-breastfeeding postpartum women, infants and children up to five years of age who are at nutritional risk.

#### **Compiled from:**

<http://www.fns.usda.gov/wic/women-infants-and-children-wic>