



## MEDICAL/DENTAL HOME

Having a medical and dental home are important ways to ensure your child has access to medical and oral health care when needs arise. Some things to consider when you are identifying your medical/ dental home:

1. Does my doctor/dentist meet the needs of my family?
2. Is the doctor/dentist located near me and do they have appointments available when needed?
3. Does my doctor/dentist accept my insurance plan?



## WELL CHILD EXAM

Studies show that children who are physically healthy are better able to learn.

Head Start requires that all enrolled children stay up-to-date on their regular schedule of well child exams performed by a doctor.

These exams should take place at ages:

2 weeks,  
2, 4, 6, 9, 12, 15, 18 months,  
2, 3, 4, 5 years

## DENTAL EXAM

Dental problems can cause pain and



difficulty eating and speaking. Regular check ups can help prevent tooth decay and promote overall health.

Children enrolled in Head Start are required to have a dental exam each year after age one. Our program encourages dental exams every 6 months!

## IMMUNIZATIONS

Immunizations protect children from severe diseases like Polio, measles, whooping cough, and chicken pox. Children must be fully immunized to attend Head Start Centers and to participate in Family Socializations. Immunizations can be given by your child's doctor or at your local health department. Children should receive immunizations at birth, at their 2, 4, 6, 12, 15, and 18 month well child exams and before attending kindergarten (age 4-6).

Exemptions for medical reasons or family's personal belief are accepted



## BLOOD SCREENING

Your child's blood levels for lead and anemia (hemoglobin/hematocrit) will need to be tested while participating in the program.

**Lead Exposure:** Lead poisoning can cause serious health and developmental problems in young children. Testing your child's blood for lead will help your doctor identify your child's risk for lead exposure. Lead testing is done at 12 and 24 months or once after 24 months if the child has not been previously tested. Lead testing can be done through your child's primary care doctor.

**Anemia: (Hemoglobin/Hematocrit)** Low iron levels can delay a child's growth and development. Early diagnosis and treatment for anemia can help improve your child's health and development. Children are tested yearly after age one. Testing can be done at your primary doctors office or local WIC program.

Other finger poke testing options:

- Franklin Medical Center
- Brigham City Community Health Center
- Budge Clinic Pediatrics

## HEARING/VISION SCREENING



Your child will also receive a screening for hearing and vision while in our program. Our staff are trained to perform instrument based screenings that may identify concerns with your child's hearing or vision. Hearing and vision are critical in the early development of young children. Early identification and treatment for hearing and vision issues can help promote your child's development. If a concern is identified during the screening, you will be notified and encouraged to follow up with your child's doctor or a specialist.

## FOLLOW-UP CARE

Follow up care is another important part of your child's health and development. Once your child has completed the health and dental requirements for the program, follow up care may be required. It is important to complete follow up as soon as possible!



# HEALTH LITERACY: A KEY TO UNDERSTANDING AND USING HEALTH INFORMATION



NATIONAL CENTER ON  
Early Childhood Health and Wellness

*Tips for Families from the National Center on Early Childhood Health and Wellness*

## Understanding What Your Doctor Tells You

Health literacy is how well you understand health information and make good choices about health and medical care.

### Why Is It Important?

Many people find it hard to understand the health information they need to take care of themselves and their families.

### When Parents and Caregivers Understand Health Information and How to Use it, Children Are More Likely to:

- Miss fewer days of school
- Make fewer trips to the pediatrician or the emergency room that are not needed

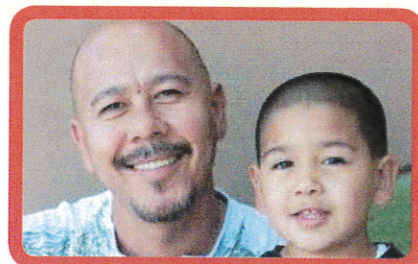
- Live healthier lives
- Get preventive care like flu shots
- Have a safe home where fewer accidents happen

### Learning Ways to Understand and Use Health Information Can Help With:

- Talking with your doctor
- Asking questions
- Following a doctor's directions
- Taking or giving medicine the right way
- Getting needed medical tests and care
- Knowing what to do when your child gets sick
- Preventing diseases like diabetes, asthma, cancer
- Making healthy choices for you and your family
- Asking for help

## Things You Can Do to Help Your Child

- ASK for help if you do not understand a health form or do not know how to fill it out.
- ASK for handouts in the language that is easiest for you to read.
- WRITE DOWN questions you have before you go on any health care visit.
- TELL YOUR DOCTOR if you do not understand what he or she is saying.
- Go to the library and ask how to find accurate information about your health concerns and medicines.
- Ask your Head Start or child care program for information on health issues that concern you.
- Go to health workshops at your child's Head Start program and in your community.



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