

# Your Healthy Child



## Medical/Dental Home

### WHAT

Medical and dental homes are providers that families trust for regular health care and services.

### WHEN

If you don't currently have a medical or dental home, a family advocate can help you find one.

### WHY

As health care providers and families get to know each other through repeat visits, children receive personalized care in familiar environments. Medical and dental homes allow doctors, dentists and families to develop relationships and work together for their child's health.



## Screen

### WHAT

Screening instruments such as audiometers and SPOT test your child's hearing and vision, while staff and parent observations help identify developmental or behavioral concerns that may require follow-up care.

### WHEN

Hearing and vision screenings are either conducted by your family doctor during annual physical exams, or by Head Start staff within 45 days after enrollment.

### WHY

Screenings help identify areas where professional support could improve your child's ability to learn and be successful in school.



## Health Insurance

### WHAT

Health insurance helps families pay for health care. Ask your family advocate about the different insurance options available to your family.

### WHEN

If you don't already have health insurance, a family services specialist can locate the right plan for your family and assist with paperwork during the application process.

### WHY

Health insurance provides access to quality preventive care that can identify health issues before they become serious.



## Physical Exam

### WHAT

A physical exam looks at a child's progress in growth, learning and behavior. It includes height and weight, heart rate, blood tests for anemia and lead poisoning, and necessary immunizations.

### WHEN

Infant and toddler exams should occur at birth, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months, followed by annual physicals. This is also called a "well child" exam.

### WHY

Regular physical exams encourage lifelong healthy habits, prevent illnesses, catch concerns early, and provide necessary treatment.



## Dental Exam

### WHAT

A dental exam looks at lips, gums, tongue, teeth and the roof of the mouth; bite alignment; and signs of tooth decay and infections.

### WHEN

Once the first tooth comes in (between 6 and 12 months), children should visit a dentist every six months, but not less than once per year.

### WHY

Regular dental care prevents tooth decay and disease, and improves food chewing, nutrient retention, language skills, and overall health.