

PAINT BY NUMBERS

MEDICAL & DENTAL HOMES

1

WHAT

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

WHEN

If you don't currently have a medical or dental home, a Family Service Specialist (FSS) can help you find one within 30 days of enrollment.

WHY

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

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. Head Start is required to have a record of the dental exam by the 90th day of enrollment.

WHY

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

4

WHAT

A physical exam looks at the 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, 30 months, followed by annual physicals. This is also called a "well child" exam. A copy of this exam is required to be in the child's file at the center by the 30th day of enrollment.

WHY

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

Physical Exam

CREATE A PORTRAIT OF YOUR HEALTHY CHILD

Screenings

2

WHAT

Screenings provide valuable information about each child's interests, strengths, and needs. By giving a snapshot of whether the child's development is on track. 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 annually 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.

3

4

3

1

2

5

Health Insurance

WHAT

Health insurance helps families pay for doctor and dentist visits as well as prescription medications. Ask your family Service Specialist about the different insurance options available to your family.

WHEN

If you don't already have health insurance, the FSS can assist you with referrals and locating resources for coverage.

WHY

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

5

HEAD START HEALTH SERVICES

Health services within Head Start programs are focused on preventing health problems whenever possible by carefully addressing the needs of enrolled children. Head Start programs work hard to make sure that children have an ongoing source of health care that can be accessed long after a child leaves Head Start. Furthermore, Head Start understands that healthy children are more successful in school.

Federal and state standards required that all children receive health screenings within 30 days and dental exams within 90 days of starting school. When conditions are found, they are addressed quickly with the help of competent health care partners. If families need help, staff will provide the resources and guidance to get them on the right track. Programs support medical and dental professional services for Head Start children and their families and believe that together they can improve their lives. Contact your teacher or FSS with questions.



Your Health Services Team can be reached at:
419-784-5136

Sheana Behringer, LPN @ ext 1118
Tiffany McBride @ ext. 1130

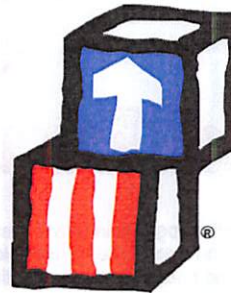
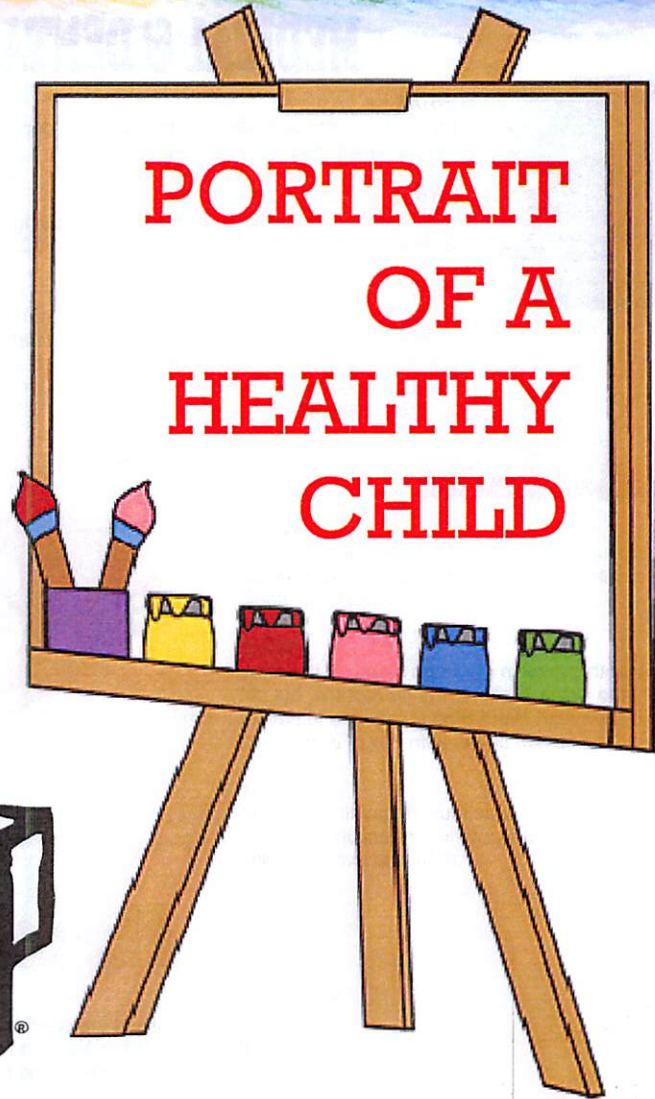


I plan to do the following things to complete a "HEALTHY PORTRAIT" of my child:

I plan to:	by this date:
1. _____	date: _____
2. _____	date: _____
3. _____	date: _____

FSS Name: _____
 Teacher Name: _____
 Center Phone: _____
 Additional Comments: _____

A GUIDE TO YOUR CHILD'S HEALTH



NORTHWESTERN OHIO COMMUNITY ACTION COMMISSION
Head Start / ECE