

Children's Health



As parents, we want the best for our children. We want them to be smart, successful and to achieve all of their life long goals. In order for them to have a chance at being successful, they first need to be healthy. Please read below for ways to keep your child in tip-top shape and prepare them for a long healthy life.



Immunizations (Shots)

Most vaccine-preventable diseases are caused by germs that are called “viruses” or “bacteria.” Vaccines help your body to fight these germs and protect you each time you come in contact with someone who is sick with any of these diseases.

Immunizing our children helps to protect the health of our community. People who cannot be vaccinated will be less likely to be exposed to disease germs that can be passed around by unvaccinated children. Immunization also prevents disease outbreaks.

If your child is not vaccinated and is exposed to a disease germ, the child’s body may not be strong enough to fight the disease. Germs, like *whooping cough*, *measles*, and *polio* still exist today. We do not see these diseases as often, because children are now protected by vaccines.

Shots For Kids Up To Two Years Old

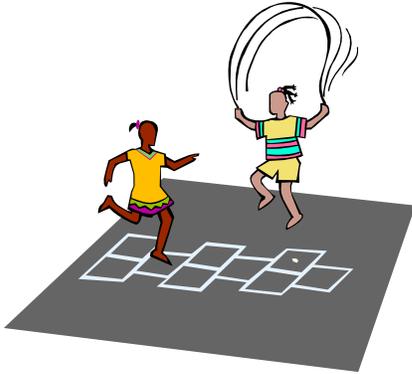
Age	HepB Hepatitis B	DTaP/ Tdap Diphtheria Tetanus Pertussis	Hib Haemophi- lus influenzae type b	Polio	PCV Pneumo- coccal conjugae	MMR Measles, Mumps, Rubella	Varicella Chicken- pox	Hep A Hepatitis A	Flu Influenza	Rota Virus
Birth	✓									
1 mo	✓									
2 mo		✓	✓	✓	✓					✓
4 mo	✓	✓	✓	✓	✓					✓
6 mo	✓	✓	✓	✓	✓					✓
12-18 mo		✓ (15-18 mos)	✓ (12-15 mos)		✓ (12- 15 mos)	✓	✓	✓ 2 doses 6mos apart	✓ (every year to age 18)	Not after 8 mos

Please note:

- **If your child is behind or was sick and unable to get his/her shots, ask your doctor about the catch-up shot schedule.**

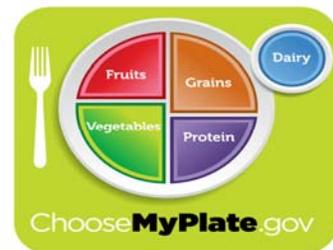
For more information, go to:

- Call the CDC INFO Contact Center at: English and Spanish **(800) 232-4636**
- Visit the **Every Child By Two** website at <http://www.ecbt.org/parents/>
- Go to <http://www.keepkidshealthy.com/welcome/immunizations.html> to print a customized immunization schedule for your child



Nutrition and Exercise

One of our responsibilities as a parent is to teach our children about proper diet and exercise to stay healthy. Children in the United States are gaining more weight than ever before. Our diet consists of too many high-fat, high-sugar foods and they are spending less time being active. Obesity (being over weight) that develops during childhood can lead to weight-related illnesses such as cancer, heart disease and diabetes later in life.



What can we do?

Here is a list of things you can do to prevent obesity or making steps to a healthy weight:

- Eat a variety of foods, especially fruits and vegetables
- Drink water and milk most often
- Listen to your body, it tells you when your hungry, when your full and when you ate too much
- Limited TV time and Be active

For more information go to <http://www.choosemyplate.gov/>.



Childhood Lead Poisoning Prevention

Lead Poisoning can be prevented!! Many things in our everyday lives put infants, children and adults in danger of lead poisoning. Children are most often poisoned by lead dust and **lead paint** in older homes built before 1978. Peeling paint and lead dust on floors, stairs, window sills, doors, porches and fences can enter a child's body when they put their hands or toys into their mouths.

Signs of lead poisoning are:

- Stomach ache and cramps
- Constipation
- Behavioral problems and irritability
- Headache
- Sleep disorders
- Tiredness
- Poor appetite
- Vomiting

However, children with lead poisoning most of the time do not look or act sick. The only way to know if a child has lead poisoning is to have a blood lead test done. All children on Medicaid must be tested for lead before they turn **12 months** and **again before they turn 24** months of age. Children, who were not tested when they were 12 months or 24 months old, must be tested when they are between **3 and 6** years old. To protect your child from the harm that lead can cause, call your child's doctor to make an appointment or find out where you can go to have your child tested.

What can I do?

- Wash your child's hands, bottles, pacifiers and toys often.
- Make sure children eat healthy foods and snacks such as lean meats, milk products, broccoli, collard and turnip greens, oranges or grapefruits, orange or grapefruit juice, potatoes, tomatoes and peppers. Low-fat milk and foods are best for children over the age of two.
- Take off shoes when entering the house.

These are just a few of the things that can be done to prevent lead poisoning.

MORE INFORMATION ON LEAD POISONING GO TO:

Brochures on Lead:

http://www.michigan.gov/documents/Brogan2002ProgramBrochure_71285_7.pdf

http://www.michigan.gov/documents/Brogan2002ProgramInsert_71286_7.pdf

The National Lead Information Center:

Call 1-800-LEAD-FYI to learn how to protect children from lead poisoning. For other information on lead hazards, call the center's clearinghouse at 1-800-424-LEAD. Visit <http://www.epa.gov/lead/contact.htm> for additional information.

EPA's Safe Drinking Water Hotline:

Call 1-800-426-4791 for information about lead in drinking water.

Consumer Product Safety Commission Hotline :

To request Information on lead in consumer products, or to report an unsafe consumer product or a product-related injury call 1-800-638-2772. (Internet: info@cpsc.gov). For the hearing impaired, call TDD 1-800-638-8270.



Early Periodic Screening and Diagnostic Testing

EPSDT is a Medicaid program that focuses on children and teens health. EPSDT is an exam performed by your child's doctor. The screenings must include but are not limited to the following:

Health and developmental history	This will include assessment of both physical and mental health development. Your child's doctor may ask question about your family history and if the child is having or has had in problems in the past regarding his/her health. (examples: does your child have asthma? Do you have a family history of "sugar" diabetes?)
Physical examination	The doctor will exam your child's body to ensure proper growth and development. (examples: Is the child the proper height and weight for their age?)
Vision testing	Your child's doctor will may have your child read letters or shapes from an eye chart , or suggest you make an appointment to see an eye doctor.
Hearing testing	Your child's doctor may make noises to see if your child turns towards sounds , to test their hearing. The doctor may refer you to a hearing doctor for more testing.
Dental screenings (your doctor may suggest a visit to the dentist)	Your child's doctor will examine the child's mouth for any problems or ask you questions about the child's eating habits. Your child should visit the dentist by his/her 1st birthday.
Lead toxicity screening (your doctor will take a blood test)	See section on lead prevention

Developmental Screening for Your Child

All children should have the chance to grow up healthy but sometimes they have problems with their growth and learning. These problems may keep them from getting a good start in life. At well child check-ups, you can work with your child's doctor to make sure your child has the best chance to grow and learn. Children need well child check-ups on a regular basis. Well child check-ups are important because they can help find health and learning problems early and help stop some problems from happening. At every well child check-up, the doctor should ask you about your child's growth and development. Sometimes your child's doctor may ask you to fill out a form with questions about your child's development. This should happen around the 9, 18, and 24 or 30-month visit, but may happen more often. Children develop in their own way. Your child should keep growing and learning. If you are worried about how your child is growing and learning, don't worry but don't wait. Call your child's doctor or nurse to talk about your concerns. To find out more information on developmental screening visit the following website:

http://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/DevelopmentalScreening.pdf
or call 1-800-CDC-INFO

**** Please call your child's doctor or health care professional to make an appointment for a well child checkup.**





Mommy, I don't feel good...

As a parent, we hate to see our children sick. Simple hand washing can help prevent the **spreading** of germs like the cold and flu bugs. Think about the things that you touch in a day - the telephone to the toilet. For kids, germ on their hands will most likely end up in their mouths because the lack of good hand washing, if they did it at all.

Remember these **hand washing** instructions:

- use warm running water and soap
- wash for 10-20 seconds (**1 one-thousand; 2 one-thousand,...**)
- rinse
- dry with paper towel

When To Keep Your Child At Home

- If your child has a temperature 100 and over
- If your child is currently vomiting or having diarrhea lasting from the previous night. Call your child's doctor if symptoms continue more than 24-48 hours.
- If your child has a blistery rash, accompanied by fever and a history of exposure, it may be chicken pox.
- If your child has a bad cold with runny nose, congestion and/or frequent cough
- If your child is diagnosed with a contagious disease, such as strep, he/she should be on prescribed antibiotics for 24 hours before returning to school.

For more information: American Association of Pediatricians website at www.aap.org

911 - Is it an Emergency?

It is rare for children to become seriously ill with no warning. If your child is sick, with a fever, cough, bad cold or flu, contact your child's doctor. Early treatment of symptoms can prevent your child from getting worse or turning into an emergency.

An **emergency** is when you believe a severe severe injury or illness is life threatening. Your child needs emergency medical treatment right away if:



- Acting strangely or becoming more withdrawn and less alert
- **Unconsciousness** or lack of response
- Having a **seizure**
- **Skin** or lips that look **blue, purple, or gray**
- Neck stiffness or rash with fever Increasing or severe persistent pain
- A cut or burn that is large, deep, or involves the head, chest, or abdomen
- **Bleeding** that does not stop after applying pressure for 5 minutes
- A burn that is large or involves the hands, groin, or face
- Any **loss** of consciousness, confusion, headache, or vomiting after a **head injury**
- car crashes, bad falls or electric shocks
- Burns or smoke inhalation
- Near drowning or choking
- Stabbing with sharp object or gun shot wound
- Electric shocks
- **Poisoning*** call poison control centers at **1-800-222-1222**. Call this number 24 hours a day, 7 days a week to talk to a poison expert. Call right away if you have a poison emergency. Also call if you have a question about a poison or about poison prevention. For more information on drug poisoning, go to the website at <http://www.aapcc.org/dnn/default.aspx>

For more information, go to the American Association of Pediatricians website www.aap.org.

Parents and Caregivers Checklist

The US Surgeon General is helping parents help their kids live healthy lives. Research shows that parents are often their children's most important role model. Children who see parents enjoying healthy foods and being physically active are more likely to do the same.

Help kids stay active.

- Put an hour of physical activity into your child's day.
- Limit TV and other screen time to less than two hours per day.

Encourage healthy eating habits.

- Shop, cook, and plan for healthy meals.
- Make sure your child eats a healthy breakfast everyday.
- Sit at the table and eat together as a family.
- Know how much food to serve your child.

Promote healthy choices.

- Make sure your child gets enough sleep each night.
- Help your child understand why you are making these changes.

Visit the US Surgeon General's web site at

<http://www.surgeongeneral.gov/obesityprevention/pledges/parents.html>

for more ideas on how to help your kids get active and eat healthy.

