

Well-Child Care: A Check-Up for Success

Well-child care is one of the hallmarks of a family-centered medical home. Despite what some might think when hearing "medical home" for the first time, a medical home is not a physical place. Rather, it is an approach to providing primary care in a way that looks at the entire picture incorporating all the things that are important to the health and well-being of a child.

As part of the care provided within a medical home, the well-child care visit is an opportunity to raise general questions and concerns about your child's development, behavior, and general well-being. Many parents also use this well-child visit as a time for scheduled vaccinations and to see how much their child has grown since the last check-up. Pediatricians are used to discussing common concerns with parents such as eating, sleeping, toilet training, and social behaviors, as well as attention and learning difficulties. This type of visit differs from a "sick visit" in which you might take your child to the doctor for a specific problem like an allergic reaction, an ear infection, or breathing trouble.

Having regular well-child visits with your child's doctor and raising the concerns that matter most to you are key ingredients in helping the doctor know you and your child and forming a reliable and trustworthy relationship.

An Ounce of Prevention...Immunizations are a big part of the preventive care visit, but talking about other topics can be helpful. As part of providing a comprehensive medical home for patients and their families, pediatricians also address safety in the home and at the playground, optimal nutrition, toilet training, and environmental concerns such as lead paint exposure.

Many first-time parents may not realize that they can ask about any and everything related to the care of their child — medical or not.

Excerpts taken from www.healthychildren.org



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The Ten Basic Principles of Good Parenting, Laurence Steinberg, PhD

1. **What you do matters.** "This is one of the most important principles," states Steinberg, "What you do makes a difference. Your kids are watching you. Don't just react on the spur of the moment. Ask yourself, 'What do I want to accomplish, and is this likely to produce that result?'"
2. **You cannot be too loving.** "It is simply not possible to spoil a child with love," he writes. "What we often think of as the product of spoiling a child is never the result of showing a child too much love. It is usually the consequence of giving a child things in place of love -- things like leniency, lowered expectations, or material possessions."
3. **Be involved in your child's life.** "Being an involved parent takes time and is hard work, and it often means rethinking and rearranging your priorities. It frequently means sacrificing what you want to do for what your child needs to do. Be there mentally as well as physically."
4. **Adapt your parenting to fit your child.** Keep pace with your child's development. Your child is growing up. Consider how age is affecting the child's behavior.
"The same drive for independence that is making your three-year-old say 'no' all the time is what's motivating him to be toilet trained," writes Steinberg. "The same intellectual growth spurt that is making your 13-year-old curious and inquisitive in the classroom also is making her argumentative at the dinner table."
5. **Establish and set rules.** "If you don't manage your child's behavior when he is young, he will have a hard time learning how to manage himself when he is older and you aren't around. Any time of the day or night, you should always be able to answer these three questions: Where is my child? Who is with my child? What is my child doing? The rules your child has learned from you are going to shape the rules he applies to himself."
6. **Foster your child's independence.** "Setting limits helps your child develop a sense of self-control. Encouraging independence helps her develop a sense of self-direction. To be successful in life, she's going to need both."
7. **Be consistent.** "If your rules vary from day to day in an unpredictable fashion or if you enforce them only intermittently, your child's misbehavior is your fault, not his. Your most important disciplinary tool is consistency. Identify your non-negotiables. The more your authority is based on wisdom and not on power, the less your child will challenge it."
8. **Avoid harsh discipline.** Parents should never hit a child, under any circumstances. "Children who are spanked, hit, or slapped are more prone to fighting with other children," he writes. "They are more likely to be bullies and more likely to use aggression to solve disputes with others."
9. **Explain your rules and decisions.** "Good parents have expectations they want their child to live up to," he writes. "Generally, parents over explain to young children and under explain to adolescents. What is obvious to you may not be evident to a 12-year-old. He doesn't have the priorities, judgment or experience that you have."
10. **Treat your child with respect.** "The best way to get respectful treatment from your child is to treat him respectfully," Steinberg writes. "You should give your child the same courtesies you would give to anyone else. Speak to him politely. Respect his opinion. Pay attention when he is speaking to you. Treat him kindly. Try to please him when you can.
Children treat others the way their parents treat them. Your relationship with your child is the foundation for her relationships with others."



Checklist of Well Child Health Checks – Did You Forget Any?

Well Child Visits Start at One Week of Age and Run Through Age 20

By: Dr. Tracy Dlott, chief medical director of UniCare Health Plan of West Virginia

Surviving back to school season is a monumental task for many parents and guardians. It's a time when checklists can be critical for keeping it all together. There are checklists for school supplies, transportation schedules, school meetings, extracurricular activities, and on and on! However, the most important checklist that all West Virginia parents and guardians should have, and closely follow, is one that involves children's health – the Well Child Health checklist.

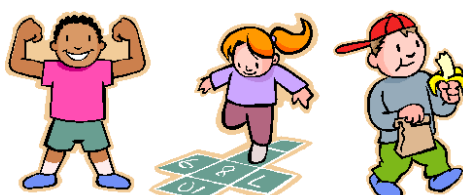
Well Child Health checks go beyond the annual sports physicals and immunizations required by schools. They are health checks to ensure children are healthy and growing/developing appropriately. During these health checks, health care providers screen for a wide range of physical, developmental and behavioral conditions, including chronic disease such as asthma, diabetes and obesity. They help families detect potential problems early, so they can be addressed before they negatively impact a child's future. Well Child Health checks start when a child is one week old and continue through a child's 20th birthday.

WEST VIRGINIA WELL CHILD VISIT SCHEDULE:

- | | | |
|---|---|---|
| <input type="checkbox"/> 1 Week Visit | <input type="checkbox"/> 2 Year Visit | <input type="checkbox"/> 10 Year Visit |
| <input type="checkbox"/> 1 Month Visit | <input type="checkbox"/> 2 ½ Year Visit | <input type="checkbox"/> 11 Year Visit |
| <input type="checkbox"/> 2 Month Visit | <input type="checkbox"/> 3 Year Visit | <input type="checkbox"/> 12 Year Visit |
| <input type="checkbox"/> 4 Month Visit | <input type="checkbox"/> 4 Year Visit | <input type="checkbox"/> 13 Year Visit |
| <input type="checkbox"/> 6 Month Visit | <input type="checkbox"/> 5 Year Visit | <input type="checkbox"/> 14 Year Visit |
| <input type="checkbox"/> 9 Month Visit | <input type="checkbox"/> 6 Year Visit | <input type="checkbox"/> 15 Year Visit |
| <input type="checkbox"/> 1 Year Visit | <input type="checkbox"/> 7 Year Visit | <input type="checkbox"/> 16 Year Visit |
| <input type="checkbox"/> 1 Year & 3 Month Visit | <input type="checkbox"/> 8 Year Visit | <input type="checkbox"/> 17 Year Visit |
| <input type="checkbox"/> 1 ½ Year Visit | <input type="checkbox"/> 9 Year Visit | <input type="checkbox"/> 18, 19 & 20 Year Visit |

Each Well Child Health visit includes a health history review and physical examination. Also, the health care provider will record your child's height, weight, and other important information. Hearing, vision and other screening tests may be part of some visits, including cholesterol screening for children ages 9 – 11, depression screening for children ages 11 – 20, and HIV screening for children ages 16 – 18. Expect to be given information about normal development, nutrition, sleep, safety, diseases that are "going around," and other important topics, such as what to expect as your child grows.

Well Child Health exams are fully covered by your health insurance provider with no co-pays or cost-sharing required. **Families with children who are members of UniCare Health Plan of West Virginia and need help retrieving a child's Well Child Health records, finding a provider to perform the checks or scheduling appointments, can call 1-800-782-0095 for assistance. If you have speech or hearing loss, call the TTY line at 1-866-368-1634.**





- 6 Cups of Rice Krispie Cereal
- 20 Regular Oreos chopped
- 5 Cups Mini Marshmallows
- 3 Tbsp. Butter

Instructions

1. Spray a 9x13 dish with cooking spray.
2. In a large bowl, pour measured Rice Krispie Cereal.
3. Chop and mash Oreos. You can do this by putting them in a Ziploc bag to help keep the mess under control. You want the Oreos to be a variety of sizes from chunky to finely crushed.
4. Add Oreos to Rice Krispie cereal and stir to combine.
5. In a medium sauce pan, heat butter and marshmallows together over medium heat, stirring constantly, until they melt together.
6. Pour melted marshmallows over cereal and Oreos and use a spatula sprayed with non-stick cooking spray to quickly combine all the ingredients.
7. As soon as all the cereal is combined, spread mixture into the prepared 9x13" dish. Use the spatula to press the mixture around the dish, and flatten as needed. Let sit until completely cooled.



It's Fall

Cut-paper illustrations and simple text about everything you see, smell, hear, and touch in fall.
by Linda Glaser
Preschool - Grade 2

Hey Mom or Dad,

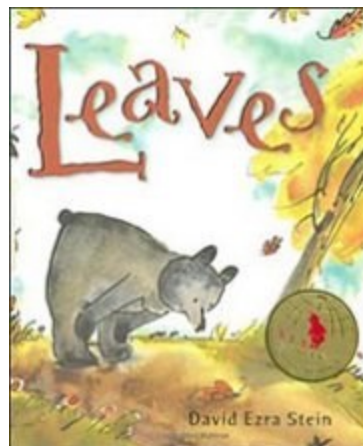
There's nothing better than spending a cool fall day with your children doing fun activities. How about making Oreo Rice Krispie Treats and reading some of these suggested books. I can't think of a better way to spend time with your children snuggled up with a warm blanket and a good book. Don't forget to take a walk (after those Oreo treats) and enjoy the beautiful weather.

Your Parent Partner,
Tammy



Fall Leaves Fall!

Talks about all the things that kids can "do" with fall leaves.
by Zoe Hall
Preschool - Grade 1



Leaves

Adorable book about a confused little bear experiencing autumn for the first time.
by David Ezra Stein
Preschool - Grade 1

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