

Birthday *News*

The Department of Medical Assistance Services, FAMIS Plus (Children's Medicaid)

It's time for a well-child checkup

Give your child the best gift of all – a well-child checkup!

Well-child checkups are important because they allow your doctor to make sure your child is healthy and growing well. They also give you a chance to ask questions and discuss any concerns that you have. Checkups can detect and prevent health problems. Best of all, well-child checkups are free!

Early childhood is an exciting period of exploration and growing independence for your child. This newsletter contains more information on your child's checkup as well as tips and resources that may help you during this time. We wish your family another year of health and happiness.

Checkup Schedule for Ages 3 and 4

Schedule a checkup each year around your child's 3rd and 4th birthdays

Even if you've missed a checkup, don't worry, make an appointment now!



What to expect at your child's checkup

Physical Exam

The exam includes vision and blood pressure screens starting at age 3 and a hearing screen at age 4.

Shots (Immunizations)

Shots can prevent serious health problems. Your child will need many shots before starting school. If you've missed shots, your doctor can follow a "catch-up" schedule.

Developmental Assessment

Your doctor will ask you questions about your child's development. These questions will cover areas such as eating, sleeping, speech, behaviors and emotions.

Your doctor will also test your child's blood for lead if it has not already been tested.

Dental Services for 3 and 4 Year Olds

Your child will be referred to a dentist at age three. Make brushing your child's teeth a fun game that is done twice a day. Call **Smiles For Children**, the Virginia Medicaid dental program to get tips and information about your child's oral health and dental benefits. 1-888-912-3456.

Safety Tips for 3 and 4 year olds

Young children love to explore but they need your help to stay safe. Here are a few ways to keep your child safe at home and at play.

Injury Prevention

- Always use a child safety seat in the car. The back seat is the safest place for children.
- Supervise all play near water, pets, streets and driveways.
- Teach your child street safety.
- Use helmet for biking.
- Lock up medications and household cleaners.
- Empty bath tubs, buckets, and children's pools immediately after use.
- Safely store firearms and ammunition separately or remove from the home.
- Avoid choking hazards such as balloons and safely store small objects and plastic bags.

Burn Prevention

- Avoid hot oven doors, irons, wall heaters, and grills.
- Turn pot handles towards the back of the stove and keep hot food out of reach.
- Check your smoke alarm batteries regularly.
- Cover electrical outlets.
- Keep cigarettes, lighters, ashtrays, and matches out of sight and out of reach.
- Before your child gets in the bath, check the water to see if it is too hot.

Transportation

If you need transportation, call your Transportation Reservations number 5 days ahead.



CoventryCares: 1-800-734-0430
Optima Family Care: 1-877-892-3986
Anthem Healthkeepers Plus: 1-877-892-3988
Kaiser Permanente: 1-855-249-5025
Virginia Premier: 1-800-727-7536
INTotal Health: 1-800-894-8139
Fee-for-Service: 1-866-386-8331



Milestones

Every child is unique but here are a few skills to look for:

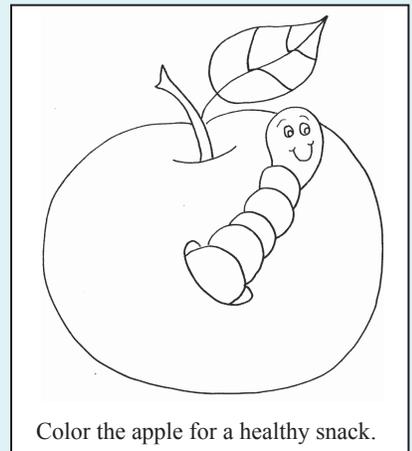
3 Years

- Rides a tricycle
- Knows name, age, sex
- Copies a circle and a cross
- Dresses self

4 Years

- Can sing a song
- Knows reality from fantasy
- Talks about daily activities
- Can hop, jump on one foot

Talk to your doctor if you are concerned that your child is not reaching these milestones. For more tips on your child's health, visit www.brightfutures.org and select Bright Futures Family Materials.



Color the apple for a healthy snack.

Need help providing your child with nutritious food?

WIC provides nutritional care and food assistance to eligible families. Call your local health department to apply or call: **1-888-942-3663**

FAMIS Plus offers specific treatment services that can help Autism and other developmental delays. Visit our website at http://dmasva.dmas.virginia.gov/Content_pgs/mch-home.aspx to learn more about available EPSDT treatment services.

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