

Birthdays *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!

The toddler years are 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 your Toddler



12 months **15 months**
18 months **24 months** **30 months**

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

What to expect at your child's checkup

Physical Exam

Your doctor will measure and plot your child's height, weight, and head circumference on a growth chart.

Lead Blood Test

At your child's 1st and 2nd year check-up, your doctor will need to test your child's blood for lead. This is a very important test. High blood lead levels may limit your child's growth, harm hearing, and make learning difficult.

Developmental Assessment

Your doctor will ask you questions about your child's development. If your doctor has concerns, he may refer you to Infant & Toddler Connection (infantva.org). This program provides early intervention services to qualified children through age two.

Shots (Immunizations)

Your child will need many shots by age 2.

Dental Services for your Toddler

Take your child to the dentist when the first tooth comes in. Call [Smiles For Children](http://SmilesForChildren.org), the Virginia Medicaid dental program to get tips and information about your child's oral health and dental benefits. 1-888-912-3456.

Remember, checkups are **free!**

Safety Tips for 1 and 2 year olds

Toddlers 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.
- Avoid playing in or around cars. Teach your child street safety.
- Use safety gates in your home. Keep windows latched.
- 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

- Keep your child away from 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
Virginia Premier: 1-800-727-7536
Amerigroup: 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:

12 Months

- Begins to take steps and talk
- Waves "bye-bye"
- Plays pat-a-cake and peek-a-boo
- Says a few words plus "mama" and "dada"

15 Months

- Feeds self with fingers
- Listens to a story
- Drinks from a cup
- Understands simple commands

18 Months

- Uses a spoon and cup
- Uses two-word phrases
- Throws a ball
- Kisses and shows affection

2 Years

- Goes up and down stairs one at a time
- Kicks a ball
- Stacks blocks
- Imitates adults

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.

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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