

BirthdayNews

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!

During middle childhood, your child's confidence will grow with new physical, mental, and social skills. 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 Age 5 through Age 10

Schedule a checkup each year around your child's 5th, 6th, 7th, 8th, 9th and 10th 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, hearing and blood pressure screens.

Shots (Immunizations)

Shots can prevent serious health problems. If you've missed shots, your doctor can follow a "catch-up" schedule.

Developmental Assessment

Your doctor will ask how your child is doing at home and in school and how well your child gets along with others. Your doctor will also talk to you and your child about nutrition, physical activity and safety.

For more tips on your child's health, visit www.brightfutures.org and select Bright Futures Family Materials.

Dental Services for Age 5 Through 10

Your child should see a dentist every six months. Giving your child nutritious snacks like fruit and vegetables will help keep your child's teeth and gums healthy. 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.

Remember, checkups are **free!**

Safety Tips for 5 to 10 year olds

During this time, children become more active and independent. They need clear rules for safe behavior. Here are a few ways to keep your child safe at home and at play:

Injury Prevention

- Use a car safety seat until your child can sit upright against the back seat with knees bent over the edge of the seat (usually around 4 feet 9 inches in height and between 8 – 12 years of age). The back seat is the safest place for children.
- Teach your child street safety.
- Make sure your child wears appropriate protective gear when participating in sports and always wears a helmet while biking.
- Teach your child to swim and establish clear water safety rules.
- Remind your child never to talk with strangers or get into a car with them.
- Lock away medications, household cleaners, and matches.
- Safely lock up firearms and ammunition separately or remove from the home.
- Check your smoke alarm batteries regularly.

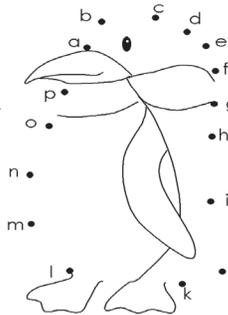
Connect the Dots...

to complete the picture.

Clue:

He likes it cold!!

A: Penguin



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



Social Development

Learning how to interact with others and develop relationships is an important skill that children develop during this time. Here are a few ways you can help:

- Praise your child and show affection.
- Encourage expression of feelings and teach ways to deal with negative feelings such as anger.
- Teach how to resolve conflicts.
- Promote friendships through team or group activities.
- Set limits and rules (bedtimes, homework, chores) and establish consequences.

Nutrition and Physical Activity

Good nutrition and physical activity are important for your growing child. Here are a few ways you can help:

- Make sure your child has a good breakfast, which includes bread or cereal, milk and fruit.
- Limit snacks that are high in fat and sugar such as candy, chips, and soda.
- Limit the amount of time your child watches TV, plays video games and surfs the internet.
- Be a role model - eat healthy and plan physically active family outings like bike rides and hikes.

Transportation

If you need help with 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

Refer to your member benefit description for more details about transportation coverage.

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HAPPY Birthday!

