

HRL PARENT WORKSHOP: TIME FOR A CHECK UP

Workshop Developer:

Children's Health Fund

Workshop Description:

This workshop will provide parents with information about the common cold and the flu.

Key Points (knowledge to be gained):

1. Health issues that are below the surface
2. Healthy children need healthy check-ups
3. Keeping small problems small
4. Preparing for a visit

Short Term Objectives (actions to be completed during the workshop):

1. Parents will understand the importance of annual check-ups.
2. Parents will learn the truths about annual check-ups.
3. Parents will learn what to bring to annual check-ups.

Long Term Objectives (longer-term actions that we're aiming toward):

4. Parents will take their children to get an annual check up

Materials:

5. PowerPoint
6. Post-Workshop Surveys
7. Children's Health Fund Checklist

Workshop Lesson Plan: See presentation for additional facilitator information/notes

Timing	Slide	Actions	Materials Needed
1 min	Slide 1	Introduce topic	
1 min	Slide 2	Allow participants 1 mins to give answers to the question. Choose 1-3 parents to share their ideas	
3 mins	Slide 4	Talking Points: Here is an iceberg. Does everyone know what an iceberg is? What is it made out of? Where can you find them? We're going to use this iceberg to talk about health problems that can hide "below the surface." [click for speech bubble] Kids age 3-5 are learning all the time. Their brains are developing at a rapid rate. They are hearing new words, learning how to manage feelings and impulses, and learning to interact with other people. For example, it's very normal that a child will feel tired some days. But if a child is having this problem day after day, there	

		MIGHT be something else going on “below the surface.” And this might impact how well they are able to learn.	
3 mins	Slide 5	Ask parents the parent share questions. Then allow participants 3 mins to talk about this question with the person to the left or right of them.	
3 mins	Slide 6	Talking Points: If a child isn't sick, what could be making them tired and not able to learn as well? [parents share: not enough sleep, too much TV, stayed up too late, didn't want breakfast) These are 3 very different health problems that can all cause a child to be tired. So even if a child does not seem sick: if they seem tired or irritable day after day, it is important to talk to your doctor to make sure nothing is going on “below the surface.” And with kids in the 3-5 age group they often don't know, or can't tell you anything is wrong. This is one of the reasons why it is important to get regular check-ups.	
1 min	Slide 7	Allow participants 1 mins to give answers to the question. Choose 1-3 parents to share their ideas	
3 mins	Slide 8	Talking Points: Other health problems may not make a child tired, but still may make it hard for them to sit still, or pay attention, or see or hear well. A child's “job” is to learn. As we mentioned, children between the ages of 3-5 years old experience incredible brain growth. Every opportunity- at home, at Head Start, and everywhere in between, is an opportunity for learning. Your child's doctors and nurses want to make sure there are not any health problems that are getting in the way of this, and that everyone who cares for the child to knows what to do to help that child learn in the best ways that they can.	
1 min	Slide 9	Allow participants 3 mins to talk about this question with the person to the left or right of them.	
3 mins	Slide 10	Talking Points: Trainer note: : a check-up is to make sure your child is healthy and developing normally - children under the age of 3 need well child checks more often- every 2-6 months, depending on a child's age -Do not wait until your child is sick to schedule this visit, since at those visits you will need to use the time to discuss the illness	
3 mins	Slide 11	Talking Points: The healthy check-up is a great chance to develop a real relationship with your child's doctor or nurse practitioner. It is a chance to learn how to be a better parent for your child, and how to deal better with any specific health or behavior challenges they may have.	

		The goal is to help every child grow up healthy and happy, and to be able to develop to their fullest potential.	
3 mins	Slide 12	<p>Talking Points: Your child's doctor or nurse will check your child for other health problems that can make it harder to learn. Such as asthma, vision, hearing, hunger, dental pain, social stress, or behavior problems.</p> <p>Body Functions include things like the working of their heart, lungs, arms and legs, and digestion of food</p> <p>Vaccines, also called 'shots' or 'immunizations' can keep your child from catching many very serious infections</p> <p>Development includes Speech, Movement, and Behavior. Your health care provider will ask questions to learn more about your child's behavior, the development of their brain and body, and their personality.</p> <ul style="list-style-type: none"> • Questions may include if they are getting along with siblings or other children, sleep, energy level, and speech. • All of these questions help your nurse or doctor to know you and your child better, and to give you the most useful advice for taking care of your child. • Definitely ask any questions you may have, or bring up things you are concerned about. <p>Importantly, annual check-ups allow you to ask the doctor or nurse questions about your child's health.</p>	
1 min	Slide 13	Allow participants 1 mins to give answers to the question. Choose 1-3 parents to share their ideas	
1 min	Slide 14	Ask: Can you think of any other benefits?	
1 min	Slide 15	Allow participants 1 mins to give answers to the question. Choose 1-3 parents to share their ideas	
3 mins	Slide 17	<p>Talking Points: Trainer note: if your program can facilitate insurance enrollment, add it here</p> <p>Some plans or clinics do have co-pays, but many do not for the WCC, even if they do for sick visits</p> <p>Please customize this reference for your audience and services</p>	
1 min	Slide 19	Ask: What else have you tried to help a child who is afraid of the doctor?	
3 mins	Slide 20	<p>Talking Points: Not all participants may have any or all of these things. Encourage parents to bring whatever they do have, as it can contribute to the depth of knowledge the provider has about the child and what they need.</p> <p>Having things like forms can help save parents an additional trip later.</p> <p>This should not delay the appointment if they do not have any or of these things.</p>	

		Good to have print-outs of asthma forms on hand for parents to take.	
5 mins	Slide 22 Activity	<p>After going over the questions on the parent checklist, have each parent (individually) choose 2 questions they think are relevant for their next well check-up. Do not tell partner.</p> <p>Partner Role Play: 2 minute role plays with partner. One partner plays the health care provider, one partner plays Parent. Parent has 2 minutes to try to ask their chosen questions during their “visit.” And/ or have participants do the Group Role Play: have 2 pairs of parents stand up and demonstrate their role play, then discuss as group.</p> <p>Alternative- Have parents write a list of questions they might want to ask their provider at their next visit</p>	Vaccine Handout
5 mins	Slide 24-26	Talking points: Introduce the topic of a medical home. It is not necessarily a place, but the way a child receives care. Adults can and should have a medical home, too.	
3 mins	Slide 24	Brief review of discussion	
4 mins	Administer post-workshop surveys.	Ask participants to complete the back side of the survey they received at the start of the workshop. Collect the surveys from all participants.	Post Surveys



Time for a Check-Up!

Parent Workshop



Thinking Questions

When was the last time your child **went to the doctor's office?**

What was the reason for that visit?

Today's Takeaways

- **Healthy children need healthy check-ups.** Healthy check-ups catch problems early.
- **Keep small problems small.** When your child is sick, going to the doctor early can save time and money later.
- **Prepare for your visit.** Ask questions to make sure your child gets the care she/he needs.
- **Find a medical home.** Have a doctor you can go to for well-visits and sick visits.

What can hide below the surface?

Iceberg



I can't learn because
I'm too tired.

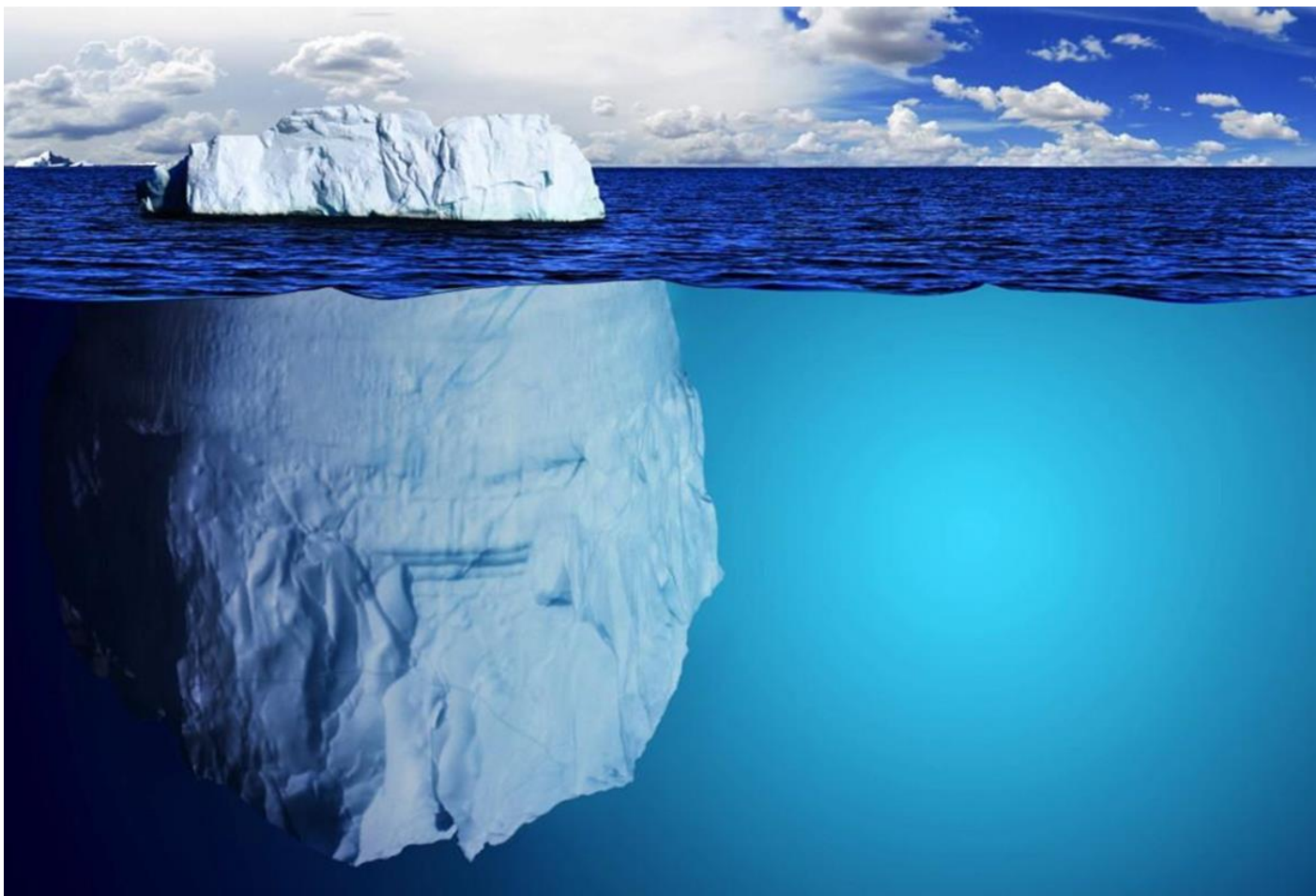
Image Source: <http://mariashriver.com/wp-content/uploads/drupal/iceberg-1024x767.jpg?5ab626>

Healthy children need healthy check-ups.



Parents Share:

If a child **isn't** sick, what could be making them tired and not able to learn as well?



Thinking Question

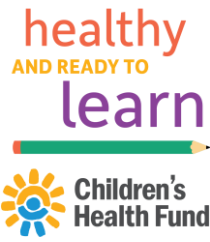
Kids need to learn all the time. This includes at home and at Head Start.

How could “**below the surface**” health problems affect your child’s ability to learn?

Health problems can affect learning.

- Can't **pay attention**
- **Tired**, so can't manage their own behavior
- **Act out**, because they don't feel well
- **Can't see or hear** well, to develop speech and follow directions

Healthy children need healthy check-ups.



Parents Share:

What do you know about a **healthy check-up**?

Healthy children need healthy check-ups.

For kids over age 3, a healthy check-up is a **once-a-year** visit to the doctor when your child is **not sick**.

This is also called a **well-check, or annual physical**.

Why are these
important for
kids who
already seem
healthy?

- ✓ 2014
- ✓ 2015
- ✓ 2016
- ✓ 2017

Healthy children need healthy check-ups.

Annual visits allow the nurse or doctor to:

- Get to **know your child** so they can help you when your child is sick
- **Find health problems** that could affect growth and development
- Give you **information**
- Work with you to help to your child to be **healthy and ready to learn**

Healthy children need healthy check-ups.

During this time, the doctor can:

- Check **normal growth and development**
- Check body functions
- Update vaccines
- Talk to you and your child about **healthy habits**
- Answer **your questions**
- Address **your concerns**



Thinking Question

How do healthy check-ups help us **keep small problems small?**

Keep small problems small.

Addressing health problems early can help prevent:

- The problem from **getting worse**
- Effects on learning, such as **falling behind**
- Too many **sick days**
- **Expensive medical care** and emergency visits later

Thinking Question

What makes it hard to get your child a healthy
check-up every year?

Thinking Question

Check-ups **cost money**?

Check-ups **take time**?

My child is **afraid**?

Tips for Parents: Check-ups cost money.

- Healthy check-ups for children are **covered by insurance** once a year.
- No insurance?
Federally qualified community health centers (FQHCs) give healthy check-ups regardless of insurance, immigration, and income.
- If “below the surface” health problems are not treated, missing school and ER visits can be **much more expensive**.

Tips for Parents: Check-ups take time.

- Most health centers have appointments in **afternoons, evenings, or weekends** so you don't have to miss work or school.
- You can try to make appointments for all of your kids **at the same time**.
- Having a check-up now would be **faster and easier** than missing school or an ER visit later.

Tips for Parents: My child is afraid.

- Talk to your child about **why check-ups are good** for their health.
- Talk about **what to expect** during the visit.

Prepare for your visit.

What to bring:

- Any health records and shot records
- Document of income or no income
- Insurance card (if you have one)
- Head Start or daycare forms
- A list of your questions and concerns
- Pen and paper to take notes
- Books for your child to read
- Snacks





Prepare for your visit.

Before you leave the visit:

- Write down the **name and contact number of the doctor or nurse** you visited.
- **Ask for a phone number** you can call if you have questions.
- Make **appointments for follow-up visits**, if needed.

Adapted from:

<http://www.healthfinder.gov/HealthTopics/Category/parenting/doctor-visits/make-the-most-of-your-childs-visit-to-the-doctor-ages-5-to-10>

Prepare for your visit.



Parent Checklist and Clinic Visit Role Play Activity

Adapted from:

<http://www.healthfinder.gov/HealthTopics/Category/parenting/doctor-visits/make-the-most-of-your-childs-visit-to-the-doctor-ages-5-to-10>

Tips for Parents: My child is sick now.

- **Call your child's doctor or clinic.** They can give advice about what to do.
- Many health centers have **same-day appointments** for urgent health problems.
- Avoid the ER **unless it's a true emergency** (asthma attack, major injury, poison).

What is a Medical Home?

- Not a place - but the way your child receives medical care
- Doctors, nurses, and staff that you trust
- A doctor you go to for your child's well visits **and** when they feel sick
- Helps arrange other types of care for your child - like going to the dentist or eye doctor

Benefits of a Medical Home

- You get to know the doctors, nurses, and staff working with you and your family
- Your doctors, nurses, and staff get to know you and your child
 - This helps them give your child better care as they grow up!
- Takes your insurance and makes sure they connect you to other doctors that also take your insurance

How do I find a Medical Home?

- Talk to your child's doctor - see if they can be a Medical Home for you and your family
- Call your insurance or visit a Federally Qualified Health Center (FQHC) about finding doctors for your family

Today's Takeaways

- **Healthy children need healthy check-ups.** Healthy check-ups catch problems early.
- **Keep small problems small.** When your child is sick, going to the doctor early can save time and money later.
- **Prepare for your visit.** Ask questions to make sure your child gets the care she/he needs.
- **Find a medical home.** Have a doctor you can go to for well-visits and sick visits.

Questions?

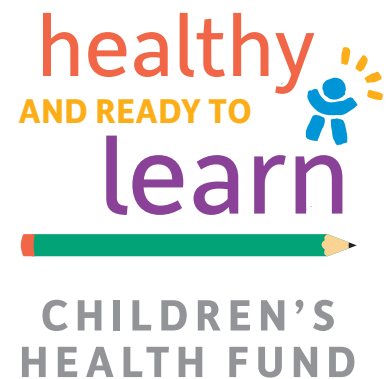


Thank you!

If you would like to see other medical care resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc

Back to School Check-up Checklist

The back-to-school season is a great time to reconnect with your child's doctor. Knowing the right questions to ask will help in your child's growth, development, overall health and readiness to succeed in the classroom. Being proactive also helps prevent future illnesses and ensures immunizations are up to date. Our medical professionals provide key questions to ask your doctor when you're getting ready for back to school.



Get Ready

- Get your forms in order! Check that you have all the school, daycare and sports physical forms you need for each child so you know what paperwork you will need to have signed.
- Don't forget to bring the official permission form that allows school professionals to give your child medication in an emergency.
- Make sure your child is well rested before the doctor visit and has had something to eat and drink.
- Bring a pen and paper and take notes.

If you're visiting the doctor for the first time, write down important information. This includes:

- any family history of heart disease, fainting or shortness of breath after exercise.
- a list of important facts about your child's health, including allergies, chronic illnesses, and any past surgeries, broken bones, etc.
- any ongoing concerns or chronic conditions that your child may have, like asthma, epilepsy, diabetes, and psychological or behavioral problems.
- medicines your child is taking, including prescription and over the-counter medications, vitamins, herbs, and supplements.

Questions to Ask

IMMUNIZATIONS

- What shots or vaccinations does my child need? Are they all up-to-date?
- Does my child need a flu shot?

VISION, HEARING AND DENTAL

- Can you test my child's vision and hearing?
- How often should my child visit the dentist?

ASTHMA AND ALLERGIES

- I've heard mild asthma can sometimes be tricky to diagnose. Can you check my child for asthma?

If your child has asthma:

- What sort of changes should I make around the home?
- What should be my asthma plan for my child's school?
- Is there a form to ensure my child's school can administer emergency medication?

NUTRITION AND EXERCISE

- What is my child's weight?
- Is he/she underweight or overweight?
- How much exercise should my child get each day?

- My child does not eat well, can you check for anemia?
- Is my child getting the proper nutrients in their diet?

REST AND RELAXATION

- How much sleep should my child be getting each night?
- After summer sleeping habits, how can I get my child on a sleeping schedule appropriate for school days?
- How do I recognize if my child is stressed?

SPECIAL CONCERNS

- What's the best way to help my child prevent picking up an illness at school?
- Does my child need to be tested for lead?
- Should my child be tested for developmental, behavioral or mental health issues?
- Might my child need early development or learning support?

Before You Leave

- Make sure you have the name and contact number of the doctor you visited.
- Make an appointment for any follow-up visits.

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

Why health check-ups are important:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

How to prepare for your child's medical visit:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Why a medical home is important:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?

DOCTOR CHECK-UP PARENT NEWSLETTER

BUILDING HEALTHY HABITS

DOCTOR CHECK-UPS

Take your child, age 3+, to the doctor once a year for a Healthy Check-Up (also known as a well-check or annual physical). Kids below age 3 need to go more often. Ask your doctor!

Yearly visits allow the nurse or doctor to:

- Get to your child's health needs
- Find health problems early - before they become big problems
- Help you to teach your child and help keep them safe
- Help your child to be healthy and ready to learn

No insurance?
Federally qualified health centers (FQHCs) give health care regardless of insurance, immigration, and income.

SECRETS FOR SUCCESS
Make holidays into healthy days. School holidays are a great time to go to the doctor so your kids don't miss school.

COOKING CORNER



Burrito Bowl

Fresh

- 3 cups cooked brown rice
- 1 lime, juiced
- 1/3 cup chopped fresh cilantro
- 1 can (15 ounces) black beans, rinsed and drained

Easy

- 2 cups shredded chicken (about 2 medium chicken breasts, approximately 1 pound)
- 2 avocados, lightly mashed
- 3/4 cup salsa
- 1/2 cup plain Greek yogurt

1. **Directions:** Stir lime juice and cilantro into rice.
2. Put rice into four bowls and top with black beans.
3. Pile high with chicken.
4. Add avocado and top with salsa and Greek yogurt.
5. Garnish with any other toppings you want (corn, diced tomatoes, etc.)