

# 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 importance of well-check visits and establishing a medical home for their children and the whole family. **This workshop should be delivered by health staff to a parent.**

**Key Points (knowledge to be gained):**

1. Healthy children need check-ups
2. Keeping small problems small
3. Preparing for a visit
4. Finding a medical home

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

1. Parents will learn the importance of getting annual checkups.

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

2. Parents will take their children to get an annual checkup.

**Materials:**

3. PowerPoint
4. Post-Workshop Surveys
5. Children’s Health Fund Checklist
6. Newsletter

**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	<p>Talking Points:</p> <p>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]</p> <p>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."</p> <p>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.</p>	
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	<p>Talking Points:</p> <p>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.</p> <p>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.</p>	
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	<p>Talking Points:</p> <p>Trainer note: a check-up is to make sure your child is healthy and developing normally</p> <ul style="list-style-type: none"> <li>- children under the age of 3 need well child checks more often- every 2-6 months, depending on a child's age</li> <li>-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</li> </ul>	
3 mins	Slide 11	<p>Talking Points:</p> <p>The healthy check-up is a great chance to develop a real relationship with your child's doctor or nurse practitioner.</p> <p>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.</p> <p>The goal is to help every child grow up healthy and happy, and to be able to develop to their fullest potential.</p>	

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. <b>Body Functions</b> include things like the working of their heart, lungs, arms and legs, and digestion of food <b>Vaccines</b>, also called ‘shots’ or ‘immunizations’ can keep your child from catching many very serious infections <b>Development</b> 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"> <li>• Questions may include if they are getting along with siblings or other children, sleep, energy level, and speech.</li> <li>• 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.</li> <li>• Definitely ask any questions you may have, or bring up things you are concerned about.</li> </ul> <p>Importantly, annual check-ups allow <b>you</b> 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 Some plans or clinics do have co-pays, but many do not for the well child visit, even if they do for sick visits 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 <b>do</b> have, as it can contribute to the depth of knowledge the provider has about the child and what they need. Having things like forms can help save parents an additional trip later. This should not delay the appointment if they do not have any or of these things. Good to have print-outs of asthma forms on hand for parents to take.</p>	

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.”</p> <p>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
3 mins	Slide 23	<p>On last bullet point, give examples of worsening asthma symptoms that indicate the parent should take their child to the emergency room:</p> <ul style="list-style-type: none"> <li>• “Your child has constant wheezing.</li> <li>• Your child uses quick-relief medicines (also called rescue or fast-acting medicines) repeatedly for severe flare-up symptoms that don't go away after 15–20 minutes or return again quickly.</li> <li>• Your child has a lasting cough that doesn't respond to inhaled quick-relief medicine.</li> <li>• There are changes in your child's color, like bluish or gray lips and fingernails.</li> <li>• Your child has trouble talking and can't speak in full sentences.</li> <li>• The areas below the ribs, between the ribs, and in the neck visibly pull in during inhalation (called retractions).”</li> </ul>	
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	
5 mins	Slides 27-28	Use these slides to list and explain to your audience how your practice is a medical home for their child and whole family. What are the things your clinic/practice is doing that shows you are a medical home? What services/programs that pertain to your audience are you most proud of? Take the opportunity to explain to the audience what they need to bring to their first visit to your clinic/practice. Describe to them what to expect on their first visit and following visits.	
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!

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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.
- **Fix problems when they are 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 <https://upload.wikimedia.org/wikipedia/commons/a/ac/Iceberg.jpg>



# 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?

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

→  
Iceberg

→  
Real  
Iceberg

**dental pain** = trouble sleeping,  
can't focus on school work

**poor vision** = tired from squinting,  
can't see the board

**uncontrolled asthma** = trouble  
sleeping, or paying attention

# 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 learn 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?

- ✓ 2015
- ✓ 2016
- ✓ 2017
- ✓ 2018

# Healthy children need healthy check-ups.

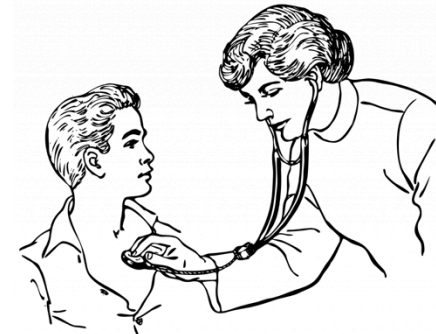
Annual visits allow the nurse or doctor to:

- 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**
- Help your child 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?**

# Fix problems when they are small.

Addressing health problems early can help prevent:

- The problem from **getting worse**
- **Falling behind** in learning
- Too many **sick days/days absent** from **school**
- **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 (or community) health centers** (FQHCs) give check-ups even if you have no insurance, no income, or are undocumented.
- If “below the surface” health problems are not treated, they can take **even more time** and be **much more costly later**.

# Tips for Parents: Check-ups take time.

- Most health centers have appointments on **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 for an ER visit or hospital stay 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
- Insurance card (if you have one)
- Document of income or no income if you have no insurance
- Head Start, daycare, or school forms
- A list of your questions and concerns
- Pen and paper to take notes
- Books for your child to read
- Snacks
- You can always call the clinic if you don't know what documents to bring





# 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, bad injury, poison).

# What is a Medical Home?

# 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) to find doctors for your family

# Our Clinic/Practice



# Our Clinic/Practice



We are a medical home because we...

# Our Clinic/Practice

Location:

Phone number to make appointments:

You need to bring on your first visit:

What to expect at your child's visit?

# Today's Takeaways

- **Healthy children need healthy check-ups.** Healthy check-ups catch problems early.
- **Fix problems when they are 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?

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# Thank you!

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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](http://www.hrl.nyc)

# DOCTOR CHECKUP PARENT NEWSLETTER

## BUILDING HEALTHY HABITS

### DOCTOR CHECK-UPS

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

Going to the doctor every year helps:

- you take care of your child's health needs.
- you find health problems early - before they become big problems.
- you teach your child and keep them safe.
- your child be healthy and ready to learn.

**No insurance?**  
**Federally qualified health centers** (FQHCs) give health care even if you have no insurance, have no income, or are undocumented.

## SECRETS FOR SUCCESS

**Make holidays into health 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

### Directions:

1. 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.)

Clinic Name, Address & Phone