



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.
- **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.

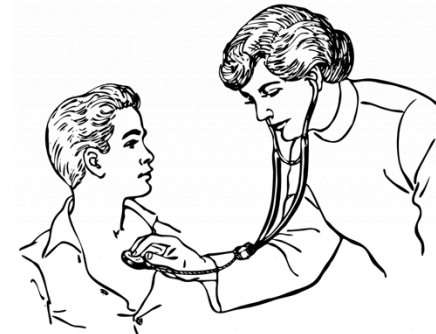
Annual visits allow the nurse or doctor to:

- 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?

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- **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