



## Dental Care

### Taking your child to the dentist:

- Promotes good oral health.
- Teaches young children the importance of oral health.
- Reduces oral health problems and tooth decay.

### What parents can do:

- Use an age-appropriate toothbrush.
- Limit the amount of sugar your child eats and drinks.
- Make brushing teeth a part of your child's daily routine.



## Emergency Care

### Take a child to the emergency room or call 911 when the child:

- Has difficulty breathing or isn't breathing.
- Won't wake up.
- Is disoriented, confused or unusually sleepy.
- Has a rapid heartbeat that won't slow down.
- Accidentally ingests a poisonous substance or too much medication.
- Experiences major head trauma.
- Is bleeding uncontrollably.
- Has a broken bone.
- Is having a seizure.



## Exercise

### Help your child lead an active and healthy lifestyle:

- Limit screen time to one hour a day for children ages two-to-five.
- Discourage any screen time for children younger than 18 months.
- Keep physical activity fun, so kids will want to do more.
- Make time to connect with your child through play.
- Remember to have fun and laugh often.
- Your child's favorite toy is...YOU!



## Self Care: You are Important

### It's important to take time for self care. Here are some strategies:

- Get enough rest/sleep.
- Feed your mind.
- Find time for yourself.
- Make time for family and friends.
- Eat well, drink plenty of water and exercise regularly.
- Keep a journal.



## Medical Care

Establishing a medical home will help your family build a relationship with a doctor. This doctor can help you care for your child, including well child care and sick visits.

### Visit the doctor if your child is sick with one of the following:

- High fever.
- Abdominal pain.
- Ear pain.
- A headache that doesn't go away.
- A rash.
- Mild wheezing.
- A persistent cough.



## Urgent Care

### Visit urgent care if your child or a family member has one of the following medical conditions:

- Accident or fall.
- Fever or flu.
- Severe sore throat or cough.
- Vomiting, diarrhea or dehydration.
- Cuts that are not severe, but may need stitches.
- Eye irritation.
- Breathing difficulties, including an asthma attack.



## Nutrition

### Good nutrition is vital for your child's development. Here are some age-appropriate tips:

- If possible, consider feeding your baby only breast milk for the first six months.
- Between six and 12 months, introduce infant cereals, fruits, vegetables and water.
- By the time your child is two years old, he/she can eat most of the same foods as your family.
- Make time to eat together as a family.
- Keep plenty of fruits and vegetables on hand.



## Health Advocacy and Education

### You are your child's greatest advocate!

- Be prepared to ask questions of all health care providers.
- During health care visits, talk about your child's needs.
- Share what you observe about your child's growth and development.
- Ask questions if you don't understand the doctor or nurse.

### Remember these safety items:

- Car seat.
- Sunscreen.
- Bike helmet.
- Fire and home safety plans.

# Emergency Contact Information

Preparation is essential! Fill out this form and keep a copy in an easily accessible location. Make copies, update when necessary and share with caregivers so everyone knows how to address your child's health needs.

## Emergency Information

Doctor's Name:

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Doctor's Phone Number:

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Hospital Name:

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Hospital Phone Number

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Pharmacy Name:

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Pharmacy Number:

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Health Insurance Plan and Number:

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Parent/Guardian Name:

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Parent/Guardian Phone Number:

Local Poison Control Phone Number:

*Call 1-800-222-1222 to reach the American Association of Poison Control Centers. This national number will help you reach your local poison control center.*

# Current Medications List

Name of Medication	Strength and Frequency	Medical Condition

Allergies and Food Allergies:

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## Words of wisdom from Head Start community health workers and parents:

- "Health to me means the ability to be present physically, mentally and spiritually."
- "What health literacy means to me is making sure you have insurance, understand your benefits and know how to use those benefits."
- "One of the most important parts of health care is self-care. You can't take care of your children if you are not taking care of yourself."



# Head Start

## Health Literacy Guide



## Information to help you make decisions about your child's health care.

Mid-America Regional Council  
600 Broadway, Suite 200  
Kansas City, MO 64105  
[www.marc.org/headstart](http://www.marc.org/headstart)

# Health Insurance

Health insurance is a valuable asset for your child's health. If you have questions about different health insurance options, please contact your family advocate.

## MO HealthNet for Kids

The MO HealthNet for Kids Medicaid program provides health insurance for children of low-income families living in Missouri. This program provides full health coverage including primary, acute and preventive care, hospital care, dental and vision care, and prescription coverage. Children must be under the age of 19 and are eligible only if they have been uninsured for six months or more (some exceptions apply). MO HealthNet also provides transportation and translation services. Full coverage details are in the MO HealthNet Member Handbook.

### How can I apply?

- Online: <https://mydssappl.mo.gov/>
- Call 855-373-4636 to request an application.
- Visit your local Family Support Division office to apply.
- Talk to your Head Start Family Advocate or Community Health Worker.

### How can I replace a lost card?

If you lose your MO HealthNet ID card, call the Family Support Division Information Center at 1-855-373-4636. Help is available Monday through Friday from 7:30 a.m. to 5:30 p.m.