



CMDP MEMBER NEWS

Arizona Department of Child Safety

WINTER 2017- 2018



CMDP COMPREHENSIVE MEDICAL & DENTAL PROGRAM

The Comprehensive Medical and Dental Program (CMDP) is the health plan responsible for ensuring, in partnership with foster care providers, the provision of appropriate and quality health care services for the well-being of Arizona's children in foster care.



CONTACT CMDP

1-800-201-1795
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The Dental Home

by Dr. Michael LaCorte

What is a dental home? The American Academy of Pediatric Dentistry (AAPD) defines a dental home as "*a place for infants, children, adolescents, and persons with special health care needs to be seen for their dental care*". However, the dental home is so much more. It begins a relationship between the patient, parents, and dentists and allows everyone to interact and develop a better understanding of all issues impacting a child's oral health. The idea is similar to the medical home, with well care checkups and prevention.

A child's first visit to a dentist should take place between 6 and 12 months of age.

Early visits allow a dentist to evaluate a child's risk for developing a cavity. The dentist can make suggestions for home and preventive care and help reduce a child's risk of decay. A child who has a dental home is more likely to receive proper oral health care. Identifying a child who is at early risk for cavities may help to stop a cavity or prevent the need for stainless steel crowns.

Dental decay is preventable.

Dental decay is the most common chronic disease in children in the United States. It is about five times as common as asthma and seven times as common as hay fever. Children will lose more than 51 million school hours each year to dental-related illness. This has a direct impact on the child's schoolwork. Additionally, it affects the parent who must take time out of their routine to bring the child to the dentist. This can cause them to lose time from work.

Start early and keep up regular dental care. This can make dental visits a more pleasant and less stressful experience for both the child and parent.

Fluoride Varnish

Fluoride varnish is a dental treatment that can help prevent tooth decay, slow it down, or stop it from getting worse. Once your child has a tooth, they can have fluoride varnish treatments.

Fluoride Varnish is put on your child's teeth by a pediatrician or a dentist during a visit.

Fluoride Varnish can be applied as early as 6 months of age, if the child has at least one tooth. It can be applied two times per year, until 24 months of age. The number of treatments depends on how likely it is that your child may get a cavity.

Some Pediatricians are trained to apply fluoride varnish and can do it in their office. Even if your pediatrician applies fluoride varnish, you still must take your child to the dentist.

Your child can see a dentist as early as 6 months of age. You should have a dental home for your child by 12 months of age and should see the dentist every 6 months.

Remember the way to good dental health is regular care by a dentist trained to treat young children; getting enough fluoride; regular brushing and flossing and eating right.

Reference:

[HealthyChildren.org \(AAP\) Fluoride Varnish what Parents need to Know
https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Fluoride-Varnish-What-Parents-Need-to-Know.aspx](https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Fluoride-Varnish-What-Parents-Need-to-Know.aspx)

CMDP Members Should Never Pay

CMDP members should not pay for any medical services, dental services or prescriptions even if you are asked to. If your health care provider has any questions regarding payment, contact CMDP at 602-351-2245 or 1-800-201-1795.

You can get more information from the CMDP Member Handbook, available at dcs.az.gov. If you need a copy of the Member Handbook sent to you, call CMDP at 602-351-2245 and request one.

Language Line Services Available

If you need to talk to a person who speaks the same language as you do, CMDP can help. Language Line Services are available to assist you.

The Language Line service helps by connecting you with an interpreter that can help with your health care visits. You can also get help if you have a hard time hearing. Translation is available either by phone or in writing.

Please call CMDP Member Services at 602-351-2245 at least one week before your appointment.

Body Mass Index (BMI) and Healthy Weight

Body Mass Index (BMI) is way a doctor can tell if a person is overweight. During your child's yearly EPSDT (Well Child) visit, the doctor will check their BMI to see if they are at a healthy weight.

Consequences of Childhood Obesity

Childhood obesity can be bad for a child's health. Overweight children are more likely to have:

- High blood pressure
- High cholesterol
- Increased risk of type 2 diabetes
- Breathing problems, such as sleep apnea, and asthma
- Joint and muscle pain
- Problems with their liver
- Increased psychological problems, such as poor self-esteem

Addressing Childhood Obesity

Keep an eye on your child's weight. Talk to your child's doctor about nutrition and exercise. Ask your doctor for a referral to a dietician if your child needs help eating right. Help your child stay active for 60 minutes a day.

There's a link between how much people sleep and how much they weigh. Generally, children and adults who get too little sleep tend to weigh more than those who get enough sleep.

Talk to your child's doctor about healthy weight.





Should I go to My Doctor or the Emergency Department

Sometimes, when a child is sick, we want them to see a doctor right away. However, it's important that children be seen by their Primary Care Provider (PCP) for illnesses or conditions that are not considered an emergency. This allows the PCP to follow along with an illness or condition and provide the best possible care for your child.

An emergency department or urgent care center is meant for situations that cannot wait for an appointment and your child needs to be seen right away.

If your child is ill and you have questions, try calling the PCP's office first. They can give you advice or you can leave a message for the PCP to return your call.

If you think the situation is an emergency, you should go to the nearest hospital or call 911. This includes any feelings of suicide or homicide. Information to help you can also be found at:

<https://azahcccs.gov/Members/Downloads/AccessingBHSystem.pdf>

If you need help finding a PCP, please call CMDP's Member Services Unit at (602) 351-2245. They can help find a PCP in your area. They will make sure the office accepts CMDP insurance and are taking new patients.

Please always let your DCS Specialist know when you go to the Emergency Department or Urgent Care.

Reasons to go to the Urgent Care Facility

- ◆ Earache or Ear Infection
- ◆ Minor Cuts or Bruising
- ◆ Skin Rash & Bug Bites
- ◆ Sore Throat
- ◆ Common Cold and Cough
- ◆ Sprains
- ◆ Urinary Tract Infections
- ◆ Headache
- ◆ Low-Grade Fever

Reasons to go to the Emergency Department (ED)

- ◆ Infants 6 months and under with signs of illness or fever
- ◆ Shortness of Breath
- ◆ Chest Pain
- ◆ Loss or Altered Level of Consciousness
- ◆ Animal or Human Bite
- ◆ Car Accident
- ◆ Major Cuts, Burns, and Bleeding
- ◆ High-Grade Fever
- ◆ Poisoning
- ◆ Broken Bones
- ◆ Trauma or Head Injury
- ◆ Suicidal or Homicidal Feelings

Culture of Caring

At CMDP, we want our members to receive the best possible care. That includes making sure that services are supplied in a culturally competent manner.

"Culture" is a word for people's way of life or the way groups of people do things. Different groups of people may have distinct customs and beliefs. Every cultural group brings its own outlook and values to health care.

Health care professionals should be sensitive to all patient's needs. A patient in Western culture may want to use medicine. A patient whose culture relies on home remedies may want to seek out different options. Health care professional should respect that patient's views.

If you feel that a health care provider hasn't been culturally sensitive, please call **CMDP Member Services** at **602-351-2245**. Or, you can leave an anonymous message on our **Compliance Hotline** at **602-771-3555**. Please provide as much information as possible. It's important for us to know the physician's name, date of service, and the reason for your call.

Select a Primary Care Provider (PCP)



A Primary Care Provider (PCP) is the main health care provider who sees people that have common medical problems. There are different types of PCPs. A pediatrician is a PCP that specializes in the care of babies, children, and teens. A family practice PCP cares for children of all ages and adults. Some people choose an Obstetrician and Gynecologist who provides care to pregnant women.

Most of your child's health care should take place with a Primary Care Provider (PCP).

A PCP provides care for non-emergency situations. Most of your child's health care should take place with a PCP. The PCP is the expert who knows the most about your child and will learn your child's history so they are better able to identify and prevent problems. The PCP will coordinate care by referring your child to specialists and work with those specialists to provide the best care for your child.

The PCP can provide preventative care such as immunizations, Well Child visits, Well Woman visits, screenings, and teach wellness and ways to prevent illness. They can help manage and monitor long term problems such as asthma and diabetes or they can see your child for unexpected problems such as rashes or a cold. They can order medication and other services if needed.

PCPs build relationships with their patients and assist the patient and family members with making decisions about their health and care.



Fight the Flu

Influenza (flu) is a virus. It can be very dangerous for children. Young children and children with chronic illness, like asthma or diabetes, are at higher risk for hospitalization and complications from the flu. Many children who have died from the flu, are children who did not get the flu vaccine. **You have the power to protect your child and your family from the flu.**

Get the flu vaccine and make sure everyone in your family, 6 months and older, gets their yearly flu vaccine too.

The flu season can change every year. People can get the flu as early as October and last as late as May. In Arizona, several people have already gotten the flu. We recommend that everyone get their flu vaccine by the end of October, if possible.

This season, only injectable flu vaccines (flu shots) are recommended for use. The nasal spray vaccine LAIV is NOT recommended because it will not work well enough to prevent the flu.

Talk to your child's doctor about the flu vaccine, and learn more about which flu vaccine is right for your child.

You can also get more information at CDC's website - Children, the Flu and the Flu Vaccine (<https://www.cdc.gov/flu/protect/children.htm>)



Did You Know

If your child is 6 months through 8 years old they may need two doses of the flu vaccine.

If your child needs two doses of the flu vaccine, the first dose should be given soon after the vaccine is available.

The second dose should be given at least 28 days after the first dose.



Reference

Children, the Flu and the Flu Vaccine (<https://www.cdc.gov/flu/protect/children.htm>)

Medicare Part D Medication

Over 90% of CMDP members are eligible for Arizona's Medicaid plan (AHCCCS).

In very rare cases, a CMDP member may also be eligible for Medicare.

A child in foster care who is eligible and enrolled in both Medicaid and Medicare is known as a dual eligible beneficiary.

These members may be enrolled in a Medicare Part D health plan that covers Medicare Part D drugs. CMDP/AHCCCS does not pay for any drugs covered by Medicare. This includes any copayments, coinsurance, deductibles, or cost sharing.

Federal and State laws prohibit the use of AHCCCS funds to pay for any medications covered by Medicare even if the member is not covered by a Part D Health Plan.

References

CDC: Protect the Ones You Love: Child Injuries are Preventable
[safekid/burns/index.html](https://www.cdc.gov/safekid/burns/index.html)
CDC: Winter Weather Checklists
<https://www.cdc.gov/disasters/winter/beforestorm/supplylists.html>
CDC: Sun Safety
https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Time for Safety Checks

Cooler weather is upon us. Time to run a few safety checks.

Fall is the perfect time to check the batteries on Smoke Detectors and Carbon Monoxide Detectors in your home. Carbon Monoxide is a silent killer. It has no smell. It can be produced by cars, trucks, stoves, grills, fireplaces, and furnaces.

Go over an escape plan in case of fire in your home.

Never leave food unattended on the stove. Supervise children around stoves, ovens, and microwaves.

If you change the water temperature on your water heater, make sure it is **120 degrees** Fahrenheit or lower to prevent burns from tap water.

Prepare your car for cold weather. Have some extra blankets, water and food for emergencies, flashlights, and extra batteries. A first aid kit is always helpful. Winterize your car if you live in an area with snow, use snow chains, etc.

Stay healthy over the winter season. Get a flu vaccine for you and your family. Wash your hands and prevent the spread of germs. If you get the flu, see your doctor and take medications if prescribed.



Don't forget the sunscreen and sunglasses, even though it may be fall or winter. In Arizona, the sun is still very strong. Prevent skin cancer and eye damage. Use a hat, sunscreen, and protective eyewear. Sunscreen should be a minimum SPF 15. Sunglasses should block both UVA and UVB rays.



What can you do to lower your chances of having a baby with Low Birth Weight or Very Low Birth Weight?

Get prenatal care early and keep all your scheduled appointments.

Talk to your doctor about health problems you may be having and follow the advice your doctor gives you.

Do NOT smoke, drink alcohol, and use street drugs or abuse prescription drugs.

Try to lower the amount of stress you have.

Seek help if you are in an abusive relationship.

Always avoid anything that can hurt your or your baby.



References
<https://www.marchofdimes.org/complications/low-birthweight.aspx>

Birth Weight Matters

A baby who is born weighing less than 5 pounds 8 ounces is said to have Low Birth Weight (LBW). A baby who is born weighing less than 3 pounds 4 ounces is said to have Very Low Birth Weight (VLBW). Babies with LBW and VLBW have a higher chance of having health problems.

Medical risk factors will make you more likely than others to have a LBW and VLBW.

Most babies born having LBW and VLBW are also born prematurely (this means they are born before 37 weeks of pregnancy). Many of the risk factors for having a LBW, VLBW, and premature birth are the same.

Some medical risk factors include:

- ◆ Not getting medical care when you are pregnant.
- ◆ Having certain lifelong health problems. These are things like high blood pressure, diabetes, and heart, lung, and kidney problems.
- ◆ Having certain infections during pregnancy like STI and infections in the uterus (womb).
- ◆ Everyday life risk factors including smoking, drinking alcohol, using street drugs, or abusing prescription drugs. Doing any of these things can cause your baby to grow slower than it should and increase the chances of your baby being born early and having birth defects (problems that a baby has at birth).
- ◆ Having a lot of stress in your life, including not having enough money, being unemployed, or having little support from family and friends.

HIV Testing for Pregnant Teens

HIV is a virus that weakens the body's ability to fight infections. HIV attacks the body's immune system.

When you are going to have a baby, your doctor will ask you if you want to have a blood test to see if you have the HIV, which can turn into AIDS.

This test can be done at the same time you have other blood tests done for your pregnancy. Youth 12 years old and older may self-consent to HIV testing. This means they do not need adult permission to have the test; however, adult consent is required for youth 11 and under.

The HIV can be passed to the baby during pregnancy, birth, or breastfeeding. If you have HIV while you are pregnant, there is medicine that can decrease the chance that HIV will be passed to your baby. Please talk to your doctor about having the HIV test. Your doctor can refer you for counseling if you test positive for the virus and explain the steps you can take to keep HIV from spreading to your baby and partner.

References

Centers for Disease Control & Prevention. (2017). CDC's HIV Basics. Retrieved from <https://www.hiv.gov/hiv-basics/overview/about-hiv-and-aids/what-are-hiv-and-aids>

What You Should Know if You Are Pregnant

Keep the Same Doctor

If you are pregnant and have been seeing a doctor when you became a member of CMDP, you can continue to see the same doctor as long as they are an AHCCCS registered provider.

Get Prenatal Care

You should visit a doctor as soon as you know you are pregnant. Early visits can help your doctor check your health and the growth of the baby. Prenatal care makes a difference for a healthy pregnancy. Women who do not seek prenatal care are three times as likely to deliver a low birth weight infant. Lack of prenatal care can also increase the risk of infant death.

You should seek prenatal care as follows:

Before 28 weeks, appointments every month
Weeks 28 to 36; appointments every 2 weeks
Week 36 to Birth; appointments every week

Get Postpartum Care

Three to six weeks after the baby is born you should have a visit with your doctor. This is an important visit to make sure your body is recovering from the delivery of the baby and that you are doing well.

Contact CMDP

If you are having difficulty seeing your current doctor, if you need help finding a new doctor or if you need help with transportation to your doctor appointments, contact CMDP Member Services at 602-351-2245 and we will help you.



Keep Your Baby Healthy and Safe



Take a Pre-Natal Multivitamin

Take a pre-natal multivitamin with 400 micrograms of Folic Acid every day. It helps you and your baby stay healthy and prevents serious birth defects of the brain and spine. CMDP pays for vitamins for you.

Don't Smoke

Babies born to women who smoke during pregnancy are more likely to have a lower birth weight and are at a greater risk for learning disabilities than children born to non-smoking mothers. If you need help with stopping smoking, talk to your doctor.

Don't Drink Alcohol

Alcohol may greatly impact your baby's development. Women who drink alcohol while pregnant could deliver a baby with Fetal Alcohol Syndrome (FAS). Babies with FAS can have low birth weight, learning disabilities, behavior problems, and poor growth and development. If you need help to quit drinking while you're pregnant, talk with your doctor as soon as possible. The sooner you get help, the healthier your baby is likely to be.

Get Plenty of Exercise

Exercise is good for you and your baby. Regular exercise can help with many problems that occur in pregnancy, such as difficulty sleeping, muscle pain, and mood issues. Talk with your doctor before beginning exercise. They can guide you into a program that is safe and comfortable for you and your growing baby.

What to Do After Baby Arrives

Your newborn needs loving care. But you need to take care of yourself too.

Rest when you can. Don't hesitate to request extra help from a partner, family, and friends when you need it.

Ask questions if you're not sure what to do. Talk with your doctor about anything you are concerned about.

Be aware of depression. For new mothers, feeling a bit sad, is common. A more serious problem, postpartum depression, can happen any time in the year after having your baby. If you have severe feelings of sadness or hopelessness, call your doctor.

Go to your postpartum checkup. Your body changes a lot after the birth of your baby. You should see your doctor between three to six weeks after delivery to make sure you are healing well. This is a good time to bring up any concerns, physical or emotional, that you have.



Keep Baby Safe References & Sources:

March of Dimes: Is it Safe?

Agrawal, A., Scherrer, J. F., Grant, J. D., Sartor, C. E., Pergadia, M. L., Duncan, A. E., Madden, P. A., Haber, J. R., Jacob, T., Bucholz, K. K., & Xian, H. (2009, December 21).

The effects of maternal smoking during pregnancy on offspring outcomes [Abstract]. *Preventive Medicine*, 50(1-2), 13-18. <http://www.ncbi.nlm.nih.gov/pubmed/20026103>

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Hot tub use during pregnancy and the risk of miscarriage. *American Journal of Epidemiology*, 158(10), 931-937. <http://aje.oxfordjournals.org/content/158/10/931.long>

Drinking and your pregnancy. (2006).

<http://pubs.niaaa.nih.gov/publications/>

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Eating during pregnancy. (2013, May).

<http://familydoctor.org/familydoctor/en/pregnancy-newborns/your-body/eating-during-pregnancy.printerview.html>

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<http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-and-exercise/art-20046896>

Mayo Clinic Staff. (2014, September 4). Pregnancy and fish: What's safe to eat?

<http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-and-fish/art-20044185>

Mayo Clinic Staff. (2014, September 4). Pregnancy nutrition: Foods to avoid during pregnancy.

Keep Your Baby Healthy and Safe

Get Lots of Sleep

Pregnancy changes your body. Sleep is very important for your health and the health of your baby.

Don't Eat Raw Meat or Fish

Raw and undercooked meat and eggs carry the risk food poisoning which can cause serious, life-threatening illnesses that could lead to severe birth defects and even miscarriage. Make sure all eggs and meat that you eat while pregnant are well-cooked. Pregnant women should avoid raw fish and fish that may contain high levels of mercury, such as shark, swordfish, tilefish, and king mackerel. If you do eat seafood, eat no more than 12 ounces of fish per week. Eat Foods Rich in Iron and Protein. Choose foods such as red meat, poultry, seafood, leafy green vegetables, iron-fortified whole-grain cereal, and beans to prevent anemia. Take a vitamin with iron if your doctor prescribes one for you.

Easing Nausea and Vomiting

Many women have nausea when pregnant. It can often be in the morning, but can happen at any time. Avoid nausea triggers. Some women have nausea triggered by eating food they loved before they were pregnant or smelling food as it is being cooked or reheated. Steer clear of anything that triggers nausea. Snack often. Crackers and other bland foods can be lifesavers when you feel nauseated. Ginger tea or a ginger ale might help, too.



Keep Your Baby Healthy and Safe

Get a Flu Shot

Pregnant women can and should get a flu vaccine. If you were to contract influenza during your pregnancy, the risk of severe side effects is greater than in women of the same age who are not pregnant. The flu vaccine will protect you as well as your developing baby.

Don't Drink a Lot of Caffeine

Caffeine can travel through the placenta and increase your baby's heart rate.

Drink plenty of water

Keep a water bottle at your side and sip throughout the day.

Don't Clean the Cat's Litter Box

Wash your hands after you pet your cat — but don't clean the cat's litter box. Parasites present in cat waste can cause an infection that can be dangerous to pregnant women. A miscarriage or stillbirth is possible. Babies who are infected may face serious health problems, including seizures and mental disabilities.

Visit Your Dentist

If you are pregnant, see your dentist for your checkup. Tell the dentist you are pregnant. Dental disease during pregnancy can affect your health and possibly your baby's as well. Your dental care is covered by CMDP.



Keep Baby Safe References & Sources Continued

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<https://www.womenshealth.gov/a-z-topics/prenatal-care>
<https://www.acog.org/About-ACOG/News-Room/News-Releases/2016/Ob-Gyns-Stress-the-Importance-of-Postpartum-Care-The-Fourth-Trimester>

Pregnancy & Postpartum Resources

Teen 4 Teens Support Group at St. Joseph's Hospital & Medical Center

Free support group for pregnant or parenting teens. For more information, call 1-877-602-4111. Classes are held in the Wellness Studio (Gas Light Building) located at 3033-B N. 7th Avenue, just west of the 6th Avenue parking garage. Registration is not required.

Teen Outreach Pregnancy Services (TOPS)

Free support groups, parent, and pregnancy classes for teenagers. You can register online at: www.teenoutreachaz.org/

Young Life

Christian organization offering a free program called Young Life provides support groups for pregnant teens and teenage mothers. For a Young Life organization nearest you go visit their website at www.younglife.org/ForEveryKid/YoungLives/Pages/default.aspx or call them at 1-877-438-9572

Parent Partners Plus

Offering a one stop shop of different pregnancy resources available in your area. Visit their website at: www.parentpartnersplus.com/home.html or call them at 602-633-0732. They can look up different programs best for you and initiate the referral process.

Nurse Family Partnership Program

Free program that supports women during their pregnancy and afterwards by providing nurse home visits, working with the mom to implement a strong support network, engaging mom in available community resources/referrals and helping her to set goals for her and her baby's future. Home visits are conducted until the child turns two. To qualify, you must live in a qualifying zip code, be a first time mom, and referred before you are 28 weeks pregnant.

www.nursefamilypartnership.org/. Referral line for East & West Valley: 602-224-1740. For Tucson Area: 520-724-9721. webcms.pima.gov/cms/One.aspx?portalId=169&pageId=167311



Strong Families AZ

Offers an array of resources and home visitation for families. Visit <http://strongfamiliesaz.com/programs/> for list of programs, also visit <http://strongfamiliesaz.com/resources/> for a list of community resources in your county.

Benevilla Family Resource Center

Resource center that is dedicated to helping parents prepare their children (0-5 years) to start school healthy and ready to succeed (includes parenting classes and workshops). For more information, call 623-584-4999 or visit www.benevilla.org/family-resource-center/.

Women, Infant, and Children Hotline

WIC provides nutritious foods to supplement diets, and information on healthy eating. WIC also provides services to pregnant, breastfeeding, or post-partum teenagers or women. Coverage for the mother lasts for 6 months after pregnancy if not breast feeding and 1 year if breast-feeding. You can call WIC toll-free at 1-800-252-5942

Text4Baby

Free App that can text you appointment reminders and provide you with information about your baby's growth and development. Find out more info and sign up on their website at www.text4baby.org

24-Hour Breastfeeding Hotline

Provides tips or help with breastfeeding. Call 1-800-833-4642 for assistance

Pregnancy & Postpartum Resources Continued

Birth to Five Helpline by the Fussy Baby Program

Offers tips to help parents with a fussy baby. Call the helpline at 1-877-705-KIDS (5437)

First Candle

Offers offers a grief support line for those who experienced the loss of their baby. Please call their support line at 1-800-221-7437 to speak with a counselor.

Arizona Warmline

Offers phone support and resource info to AZ women and their families who may be experiencing pregnancy or postpartum adjustment anxiety or depression. Call 1-888-434-MOMS (6667) for assistance.

Women's Health Innovations of Arizona

Provides care and treatment to women and families with mental health needs during pregnancy and after delivery. Visit <http://www.women4womenaz.com/home.html> for more information.



Asthma: Symptoms, Triggers & Treatment

Asthma is a lung condition that can make it hard for someone to breathe. During times of difficulty breathing (asthma attack), asthma can be mild to life threatening. Asthma symptoms include:

- ◆ Shortness of breath;
- ◆ Coughing;
- ◆ Wheezing;
- ◆ Chest pain or tightness; or
- ◆ Any combination of these symptoms.

Many things can trigger an asthma attack. These triggers can include being sick, allergies, and infections. In addition, pets or tobacco smoke can also lead to an attack.

If your child has asthma or might have asthma, work with your doctor to find out their triggers and develop a written asthma treatment plan. An asthma plan can help monitor symptoms, identify how to use medicine to treat and prevent asthma attacks, and clearly spell out what steps to take if an attack occurs.

If there is an asthma plan made, share it with the child's school and all childcare providers.

It is important to see the doctor regularly to make sure your child's asthma is under control.

What is Trauma Informed Care?

Trauma Informed Care is how nurses, counselors, doctors, teachers, uncles, aunts, parents and anyone can understand the effects of stress on a child or adult. Using Trauma Informed Care helps us reduce a child's stress.

How does stress from trauma affect a child?

Stress from trauma can affect the child's ability to protect themselves. You may notice the child has a hard time with their mood or behavior. A stressed child can cause stress in caregivers. The child may not be able to talk about stressful events or feelings. The child may not readily trust adults around them. Living with high stress levels can lead a child toward harmful or dangerous behaviors.

What can you expect from your health providers?

Your health care providers need to have the same trauma informed approach when approaching your child. A trauma informed provider will realize the impact of trauma; recognize and teach about signs and symptoms of trauma and stress; adjust services by using this knowledge to treat your child; and work to prevent more trauma.

How can you as a caregiver help this child?

Caregivers who welcome other children into their home have special compassion to love and protect children who may have high levels of stress. This stress can make it hard for the child to feel safe. This can feel frustrating to adults who want the child to play, relax and connect with the family. The child cannot experience the safety of your family until they develop trust for you and others in your home. Although children may now be safe and happy, they may not feel safe until their trust is earned.



How do you develop trust with a child?

Learn about their life

Commit to honor their parents

Learn their likes & dislikes

Use natural consequences

Follow through on what you say you will do

When you make a mistake, apologize

Play with them

Let the child decide what to play

See a child's misbehaviors as unmet needs

Give options and choices

Notice when they feel scared

Protect them

Take responsibility for your emotions and moods

Explain the reason for your behavior

Listen to their voice

Accept the child's love for their biological parents

Change sarcasm to sincerity

Do not say bad things about the child

Do not say bad things about the child's family

Find things to enjoy about the child

Help them name their feelings



EPSDT WELL CHILD VISITS

The Early and Periodic Screening and Developmental Testing (EPSDT) visit is the same as a Well Child Visit.

Your child should have an EPSDT/Well visit at:

Newborn
3 through 5 days of life
1 month old
2 months old
4 months old
6 months old
9 months old
12 months old
15 months old
18 months old
24 months old

Each year from 3 to 20 yrs old

Talk to your doctor about which screening tests your child should have.

*Source:
AHCCCS periodicity Schedule
and AAP guidelines*



EPSDT Health Screenings

A Primary Care Provider (PCP) will do routine Health Screenings. The screenings will vary based on the age of the child. The PCP may ask questions, do exams, or do testing as part of these screenings.

Routine Health Screenings include:

Newborn Metabolic Screening (Newborn to 2 months)

Vision Screening
(Newborn to 20 yrs with testing beginning at 3 yrs and then as needed)

Hearing Screening
(Newborn to 20 yrs with testing at birth and 4 yrs and then as needed)

Speech Screening
(Newborn to 20 yrs with testing beginning at 4 yrs and then as needed)

Developmental Screening
(At a minimum, from birth to 3 yrs during the 9, 18, and 24 month visit)

Nutritional Assessment (Birth to 20 yrs)

Hematocrit/Hemoglobin Screening (9 months to 20 yrs as needed)

Lead Screening/Testing
(6 months to 6 yrs, blood lead test for CMDP children at 12 and 24 months)

Tuberculin Test (12 months to 20 yrs as needed)

Oral Health Screening by PCP (6 months to 20 yrs)

Dyslipidemia Testing
(2 to 20 yrs with one blood test between 18 to 20 yrs if needed)

Body Mass Index (BMI) (2 -20 yrs)

Blood Pressure
(2 yrs and older, may be tested when younger if needed)

STI Screening (in pregnancy if needed)

HIV Human Immunodeficiency Virus (in pregnancy or as needed)

Breast Cancer Screening (at appropriate age and maturity level)

Testicular Cancer Screening (at appropriate age and maturity level)

Depression Screening (including postpartum or during pregnancy)

Behavioral Screening (newborn to 20 yrs)

Alcohol/Drug use Screening (11 to 20 yrs if needed)

Community Resources

Never Shake a Baby Arizona

www.nsbaz.org

928-455-5038 or 602-255-5540

Info@nsbaz.org

Abusive Head Trauma (AHT) in infants, including Shaken Baby Syndrome (SBS), is the most common cause of death from physical abuse among children (*Reece RM, Sege R., Childhood head injuries: Acci-dental or inflicted? Arch Pediatric Adolescent Med*). Most victims are under 1 year of age and are helpless to protect themselves. For more information on AHT, including educational materials and resources, please contact **Never Shake a Baby Arizona Statewide Coordinator, Nicole Valdez, at Nicole@nsbaz.org**

Women, Infants and Children (WIC)

<http://azdhs.gov/prevention/azwic/index.php>

AZ Department of Health Services

1-800-252-5WIC or 1-800-252-5942

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides federal grants to states for supplemental foods, healthcare referrals, and nutrition education for low-income families with infants and children up to age five who are found to be at nutritional risk.

Arizona Early Intervention Program (AzEIP)

AZ Department of Economic Security

www.azdes.gov/AzEIP/

602-532-9960

allazeip2@azdes.gov

AzEIP is Arizona's statewide, interagency system of supports and services for infants and toddlers with developmental delays or disabilities and their families.

Part C of the Individuals with Disabilities Education Act (IDEA), is established by AZEIP. It provides eligible children and their families with access to services to enhance the capacity of families and caregivers to support the child's development.

Head Start and Early Head Start

azheadstart.org

602-338-0449

azheadstart@azheadstart.org

Head start and Early Head Start programs help young children grow up healthy and get ready for kindergarten. Head Start is for 3-5 year old children and their caregivers. Early Head Start is for pregnant women or new mothers and their children birth to 3 years old. Service options include home-based or school-based services.

Head Start in Arizona serves almost 22,000 children and their families at almost 500 locations throughout the state. This program is federally mandated to have a wait list but a child in out-of-home care and/or a child with disabilities is placed at the top of the list. Help that special child you care for get a "Head Start" on success.

Children's Rehabilitative Services (CRS)

www.azahcccs.gov/Commercial/CRS.aspx

Arizona's Children's Rehabilitative Services (CRS) is a program that provides medical treatment, rehabilitation, and related support services to AHCCCS members who have completed the CRS application and meet the eligibility criteria to be enrolled in CRS.

Arizona's Children Association

www.arizonaschildren.org/

offers out-of-home care, adoption, behavioral health, prevention programs, and other child welfare services.



ARIZONA
DEPARTMENT
of CHILD SAFETY
Comprehensive Medical
and Dental Program

What does a safe sleep environment look like?

Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death



Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.



Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
NATIONAL INSTITUTES OF HEALTH
Eunice Kennedy Shriver National Institute of Child Health and Human Development



Safe Sleep For Your Baby



- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- To reduce the risk of SIDS, women should:
 - Get regular health care during pregnancy, and
 - Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
- Breastfeed your baby to reduce the risk of SIDS.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS.
- Do not let your baby get too hot during sleep.
- Follow health care provider guidance on your baby's vaccines and regular health checkups.
- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.
- Do not use home heart or breathing monitors to reduce the risk of SIDS.
- Give your baby plenty of Tummy Time when he or she is awake and when someone is watching.



Remember Tummy Time!

Place babies on their stomachs when they are awake and when someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

For more information about SIDS and the Safe to Sleep campaign:

Mall: 31 Center Drive, 31/2A32, Bethesda, MD 20892-2425

Phone: 1-800-505-CRIB (2742)

Fax: 1-866-760-5947

Website: <http://www.nichd.nih.gov/SIDS>

NIH Pub. No. 12-5759 OCFs Pub 5136

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Car Seat Safety

Using the Correct Car Seat or Booster Seat can be a lifesaver. Make sure your child is always buckled in an age and size appropriate car seat or booster seat.

Keep children ages 12 and under in the back seat. Never place a rear facing car seat in the front of an active airbag.

Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat weight limits and proper seat use.

Reference:

Child safety seat recommendations: American Academy of Pediatrics.



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Contact CMDP

Please call CMDP at 602-351-2245 if you need to find a doctor or to determine who your Regional Behavioral Health Authority (RBHA) is to set up behavioral services.

Using the correct car seat or booster seat can be a lifesaver: make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



REAR-FACING CAR SEAT

Birth up to Age 2*
Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.



FORWARD-FACING CAR SEAT

Age 2 up to at least age 5*
When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.



BOOSTER SEAT

Age 5 up until seat belts fit properly*
Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. The recommended height for proper seat belt fit is 57 inches tall.



SEAT BELT

Once seat belts fit properly without a booster seat
Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008, the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact CMDP at 602-351-2245; TTY/TDD Services: 7-1-1. • Free language assistance for Department services is available upon request. • Ayuda gratuita con traducciones relacionadas con los servicios del Departamento está disponible a solicitud del cliente.