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# ConnectCare News

Volume 10 - Number 1

Your Medicaid and ARKids First Connection to Better Health Newsletter

## IS YOUR CHILD READY FOR SCHOOL?

One of the first big steps for children AND parents is the first day of school. If a child is ready to learn at this early age, then they will have a good beginning in school and in life.

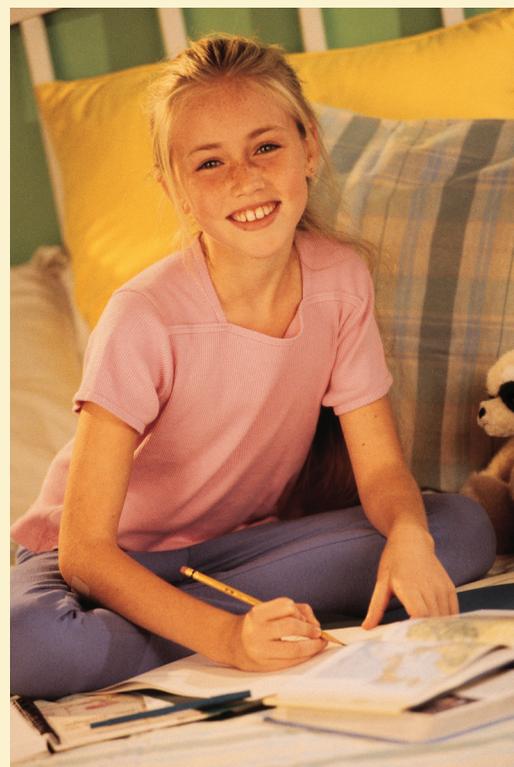
Studies have shown being ready to learn means a child will have a head start that will last a lifetime. This is a list of skills that will give you and your child a place to begin in getting ready for school.

The skills include family and social skills, such as being able to get used to new places. Language skills include your child's ability to tell a simple story they have heard. Math skills include putting numbers in order. Other skills your child needs to have:

- Speak in complete sentences.
- Follow simple directions with at least two steps.
- Understand words such as "top" and "bottom" and "big" and "little".
- Match two pictures that are alike.
- Look at groups of objects and says which are the same shapes, color or size.
- Say or sing familiar songs and nursery rhymes.
- Work puzzles.
- Recognize their own first name in print.
- Tell someone first and last name.
- Tell someone their age.
- Run, jump, hop, throw, catch, and bounce a ball.

When parents are interested and involved early in their child's education, the child will do well in school. Children who begin kindergarten with these skills will be successful in their learning. Visit [www.arkansas.gov/childcare/services/printedmats/kindergartencalc.html](http://www.arkansas.gov/childcare/services/printedmats/kindergartencalc.html) to learn more about these early skills that will help your child succeed in school.

Source: <http://arkansased.org/parents/preschool.html>



# WHY SHOULD YOU Vaccinate Your Child?



Children under the age of five are more likely to get a disease because their immune systems are not strong enough to fight infection. By getting shots on time (by age 2), you can protect your child from disease and protect others at home school or daycare. The table below shows the recommended shot schedule.

NAME OF SHOT	AGE OF CHILD									
	Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	18 Months	4-6 Years	11-12 Years
Diphtheria/Tetanus/Pertussis (DTap)			X	X	X		X		X	
Inactivated Poliovirus (IPV)			X	X		X			X	
Measles/Mumps/Rubella (MMR)						X			X	
Haemophilus Influenza Type B (HIB)			X	X	X		X			
Hepatitis B (HepB)	X	X			X					
Varicella (Chickenpox)						X			X	
Pneumococcal (PVC)			X	X	X		X			
Meningococcal (MCV)										X
Influenza "Yearly after the age of 6 months"						Influenza shot yearly after the age of 6 months				
Rotavirus (RV)			X	X	X					
Hepatitis A (HepA)						X		X		
Human Papillomavirus (HPV) 3 doses *										X
Tetanus, Diphtheria, Pertussis (Tdap)										X

**\*1st Dose at 11 or 12 years. 2nd Dose 2 months after the first dose. 3rd Dose 6 months after the first dose.**

Source: [www.cdc.gov/vaccines/recs/acip](http://www.cdc.gov/vaccines/recs/acip)

## POISON PREVENTION

Household cleaners are one of the leading causes of poisoning in the home. Follow these tips to ensure that these harmful toxins stay out of the reach of little hands.

- Store cleaning products in their original container and in locked cabinets, out of site and reach of children.
- Keep close supervision of children while cleaning products or medications are in use.
- Return the products to a childproof cabinet as soon as you are done using them.

If you have a poison emergency call Arkansas Poison Hotline **1-800-222-1222**. Open 24 hours a day 7 days a week. For more helpful tips, visit the Centers for Disease Control and Prevention at: [www.cdc.gov](http://www.cdc.gov) For more information, visit [www.poisonprevention.org](http://www.poisonprevention.org)



Source: Centers for Disease Control and Prevention

# Childhood Asthma

Regular visits to the doctor are important for a child with asthma. Most children with asthma need to take "controller" medicines to help prevent symptoms such as coughing, wheezing, and feelings of being out of breath. "Inhalers" are usually the best way to take "controller" medicines.

It is important to use the "controller" medicines exactly the way the doctor told you.

"Controller" medicines do not work during an asthma attack. Your child should be seen by the doctor if the "controller" medicine is not preventing coughing, wheezing, and feelings of being out of breath.

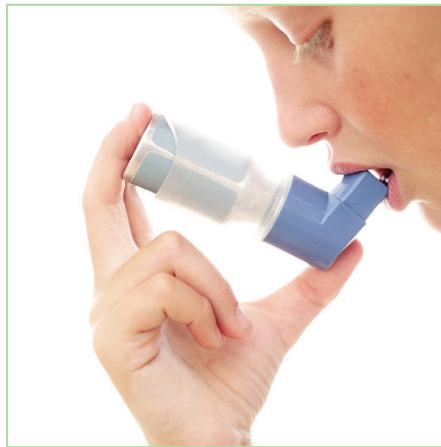
Work with your child's doctor to have a written "Asthma Action Plan". The plan will tell you what to do when asthma symptoms occur. The asthma action plan should be shared with the child's teacher or school nurse. The asthma action plan will help the teacher or school nurse to know what to do if your child has asthma symptoms.

Children with asthma can still take part in sports. Sometimes exercise can cause symptoms such as a coughing and feeling out of breath. Parents should talk to

their child's doctor about how to prevent asthma symptoms when exercising.

**Children with asthma have more problems when they catch the flu. Children with asthma should have a flu shot every year.**

To help prevent asthma attacks or "flares" parents should:



- Not smoke or allow others to smoke in their home or car.
- Reduce dust by putting plastic covers over mattresses and pillows.
- Wash bedding in hot water often.
- Dust and vacuum often.
- Remove stuffed toys from the bedroom.
- Not leave food or garbage in the open for a long time to prevent cockroaches.
- Fix water leaks and clean mold with soap and water.
- Not use scented candles, room deodorizers, or scented soaps and cleaners.

Asthma symptoms may get better. They may even stop in some children when they become teenagers. There is no way to guess whether a child will "outgrow" asthma.

**For more information:** <http://www.aap.org/health> then click **Health Topics** then **Asthma**, and <http://www.cdc.gov/asthma>

## DENTAL CARE FOR ADULTS

**Arkansas Medicaid offers Dental Care for adults. Call the ConnectCare Dental Program 1-800-322-5580 to find out if you qualify for dental care and to request help in finding a dentist and making an appointment.**

**Editor's Note:** In our last edition, we printed an article about Adult Dental Benefits that needs clarification. The article was a summary of services provided that will not be taken out of the \$500.00 limit per year. If you have any questions on Dental Coverage for adults or children, please call the ConnectCare Dental Program toll-free number at 1-800-322-5580 and speak with a dental coordinator that can correctly answer your questions.



**Arkansas Department of Health**  
Keeping Your Hometown Healthy



1-800-275-1131 / 1-800-285-1131 TDD  
Central Arkansas: 501-614-4689

[www.seeyourdoc.org](http://www.seeyourdoc.org)

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[arkansas.gov](http://arkansas.gov) or

**ConnectCare**  
**AR DEPT OF HEALTH**  
**4815 W. Markham - Slot 1**  
**Little Rock, AR 72205**

**Editorial Staff:**

Misty Smith - *Health Education & Promotion Supervisor, ADH*  
Maria Ruvalcaba - *Health Promotion & Outreach Coordinator, ADH*  
Sherrie Shepherd - *Layout and Design, ADH*

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## HELPLINE

Toll-free ConnectCare  
1-800-275-1131  
TDD 1-800-285-1131  
[www.seeyourdoc.org](http://www.seeyourdoc.org)

### When you call the ConnectCare helpline, WE CAN...

- Assign or change your doctor
- Refer you to someone to help you if we can't help you
- Tell you if your Medicaid is still active

### The ConnectCare Dental Program can help you:

- Find a Medicaid dentist in your area
- Schedule dental appointments
- Assist with transportation (Medicaid and ARKids First A only)
- Remind you of appointment
- Reschedule missed appointments

**For more information, call**  
**ConnectCare Dental Program**  
**1-800-322-5580**

## Ask the Expert:

### When Do I Re-enroll My Child in Medicaid or ARKids First?

**Your child must be enrolled again every year.**

You will receive a form in the mail from the Arkansas Department of Human Services (DHS) about 2 months before it is time to renew your Medicaid or ARKids First card. You must complete and return the form to DHS by the date listed on the form. If you do not return the form, your case will be closed and your child will no longer have Medicaid or ARKids First. If the case is closed, you must send a new application. It is very important that you complete and return the renewal form when you receive it to avoid any coverage gaps. For more information call the ARKids First toll-free number 1-888-474-8275.



We **save lives** and create more birthdays by helping you stay well, helping you get well, by finding cures, and by fighting back.

[cancer.org](http://cancer.org) | 1.800.227.2345

