



P.2 CHILD GROWTH



P.3 SAFE SLEEP



P.4 ASK THE EXPERT



# ConnectCare News

Your Medicaid and ARKids First Connection to a Medical Home • Winter 2010

## KEEPING YOUR FAMILY WARM AND SAFE THIS WINTER

*There is something about the winter months that makes you want to curl up and be warm and cozy. By following a few simple safety tips, you can stay warm and prevent most home heating fires.*

**Three feet safe heat!** Keep anything that can burn at least three feet away from all heating equipment like furnaces, fireplaces, wood stoves or space heaters.

In case of exposure to fire, teach your children to **Stop, Drop and Roll** for fire injury prevention. If children do wander inside your three-foot "kid-free zone" and their clothing catches fire, remember these important fire safety tips. **Stop** - do not run as running gives extra oxygen to feed the fire.

**Drop** - to the floor and cover your face with your hands. **Roll** - back and forth until the flames are put out. Teach these simple rules that young children can remember and follow. You can even make it a fun game to play together to help them learn fire safety.

If your child does get any burns from a fire, take the right action to treat them. Cool minor burns (redness) with cool (not cold) running water. Don't use a petroleum-based jelly (such as Vaseline) to treat burns. This only seals in the heat and makes the burn worse. For a serious burn (blisters or breaks the skin), seek immediate medical help.

### More home fire safety tips:

- Never use your oven to heat your home - even if there are electrical outages!
- Remember to turn space heaters off when leaving the room or going to bed.
- For fuel burning space heaters, always use the right kind of fuel according to the manufacturer's instructions.
- For fireplaces, have your chimney cleaned and inspected every year by a qualified professional. Soot builds up in the chimney from the smoke and can catch fire.
- Make sure fireplaces and open fires always have a sturdy screen to stop sparks from flying into the room. When you throw away ashes, let them cool and then put them in a metal container.
- Have at least one smoke alarm in your home and test it monthly.

For more fire safety information, go to [www.nfpa.org/education](http://www.nfpa.org/education)

Source: *Bettye Watts, Injury Prevention Section, Arkansas Department of Health*



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## Is My Child Developing Correctly?

A child is constantly changing as they grow. As a parent, it is normal to worry if your child is changing and growing as they should.

Parents are usually the first to suspect a problem with a child. Other family members, grandparents or your child's doctor may also first suspect a problem with a child's growth and development.

Most children develop on a normal course and do not need special help. However, some children may have delays. Let your child's doctor know if you are worried about your child's growth and development. They can refer your child to the **Arkansas Early Intervention Program** for special services to determine if there might be a problem. This program is called First Connections and falls under Medicaid, Part C services. If your child is less than three years of age, you can ask for an appointment to have them evaluated by calling the First

Connections program at 1-800-643-8258. A Service Coordinator will contact you to begin the process for your child's evaluation.

Source: Eldon G. Schulz, MD, Professor, Department of Pediatrics, University of Arkansas for Medical Sciences

## From WIC's Kitchen to Yours

The Arkansas Women, Infants and Children (WIC) program has recently added fresh and frozen vegetables to the food packages available for participants in the program. A variety of vegetables are offered including sweet potatoes, which are an excellent source of vitamins and fiber. Sweet potatoes can be cooked in the oven or microwave and used in a variety of dishes. Take extra care with fresh sweet potatoes because they can spoil quickly and develop an "off" taste. Be sure to store them in a cool dry place and NOT in the refrigerator.

### Recipe for Sweet Potato Casserole Makes 10 servings

#### Ingredients:

- 1 pound sweet potatoes (about 4 medium sized)
- 3 egg whites
- ½ cup sugar
- 12 ounces skim evaporated milk
- 1 tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger



#### Directions:

1. Preheat oven to 400° F.
2. Rinse sweet potatoes in cold running water and pierce them with a fork.
3. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them half way during baking.  
(Or place sweet potatoes in a pan and cook them in an oven heated to 375° F for about 45 minutes or until tender.)
4. Cool sweet potatoes slightly and then remove skins. Mash with potato masher or food processor. Add the rest of the ingredients and mix until smooth.
5. Pour mixture in a baking pan about 8 inches square. Bake until casserole is firm in the center, about 40 minutes.
6. Serve hot. Refrigerate leftovers.

Information about WIC can be obtained from any local county health unit Monday through Friday between the hours of 8:00 a.m. to 4:30 p.m. or by going to the Arkansas Department of Health website at [www.healthy.arkansas.gov](http://www.healthy.arkansas.gov)  
WIC is an equal opportunity provider.



# Safe Sleep Saves Lives

One of the biggest fears for new parents is the possibility that a healthy baby could suddenly die. Most cases of unexpected death in babies, such as Sudden Infant Death Syndrome (SIDS), occur in the first 6 to 8 months of life. The cause of SIDS is not known. However, the baby's sleep position and surroundings are important to reduce the chances of SIDS.



**You can lower your baby's risk of sudden death by following these steps.**

- **Place your baby to sleep on their back every time.** Placing your baby on either the stomach or side increases the risk of sudden death.
- **Place your baby to sleep on a firm surface.** A very soft mattress may allow the baby's face to sink into the mattress too far, making it hard for the baby to breathe.
- **Place your baby to sleep in their own crib.** Do not sleep in the same bed with your baby. Some people believe that sleeping in the same bed promotes bonding and supports breastfeeding. However, research studies tell us that babies are safest in their own bed.
- **Place your baby's crib in the same room as your bed for at least the first six months of life.** Research studies show babies who sleep in the same room as their parents are less likely to die suddenly.
- **Avoid using many blankets, stuffed animals or other soft materials in the crib.** Also avoid using pillows, quilts or comforters. A thin sheet, if needed, should be tucked in across the lower two-thirds of the baby's body.
- **Never place your baby to sleep on a sofa, even with yourself or another person.** Babies may get wedged between cushions or wind up face down in soft material, causing them to suffocate.
- **Avoid overheating your baby.** Babies do not require more than one layer of clothing for sleep and should not be over-bundled. Use of a ceiling fan may lower the risk of SIDS.
- **Offer your baby a pacifier at bedtime.** SIDS may be less likely to occur in babies who suck on pacifiers. Wait until one month of age to offer the pacifier if you breastfeed your baby.
- **Allow "tummy time" during the day when the baby is awake and being supervised.** Spend time cuddling your baby in an upright position. This will lower the chances of the baby's head becoming flattened from lying on their back too much.



*Source: Bob West, MD, MPH, Family Health Branch, Arkansas Department of Health*



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**HELPLINE**

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

**ConnectCare Helpline can:**

- Assign or change your doctor
- Refer you for help if we cannot help you
- Tell you if your Medicaid is still active

**DENTAL PROGRAM**

Call 1-800-322-5580  
TDD 1-800-285-1131

**ConnectCare Dental Program can help:**

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

**Ask the Expert:**



**Do Medicaid and ARKids First cover dental services?**

Dental services are covered for children who have Medicaid or ARKids First. However, not all Medicaid adults qualify for dental services. To find out if your Medicaid covers dental services, call the **ConnectCare Dental Program** toll-free number at **1-800-322-5580**.

**Do I need to be assigned to a dentist?**

**No.** If you or your child has Medicaid or ARKids First, you **do not** have to be assigned to a dentist. You can go to any dentist or dental specialist that accepts Medicaid or ARKids First. If you need help finding a dentist in your area, call the **ConnectCare Dental Program** toll-free number at **1-800-322-5580**.

*Source: Glen Poteet, Dental Coordinated Care Manager, Arkansas Department of Health*