



P.2 SAFE SLEEP FOR KIDS

P.3 HEALTHY ROLE MODEL

P.4 ASK THE EXPERT

**BULLY-PROOF
YOUR KID**

PAGE 3!

ConnectCare News

Your Medicaid and ARKids First Connection to a Medical Home • Winter 2013

What to do during winter season to keep from getting a cold

The cold and winter season is right around the corner and with it comes the common cold. Many people think the cold weather causes the common cold, but it is caused by a virus. The reason why we get more colds in the winter season is because we are indoors and around people more. So what should you do to avoid the red noses and scratchy throats? Here are ways to reduce the chance of catching a cold:

- Try to avoid anyone who has a cold. Virus particles can travel up to 12 feet through the air when someone who is sick coughs or sneezes.
- Keep your child from using the same towels, utensils, and cups as someone who is experiencing any cold-like symptoms.
- Young children explore the world around them, so be sure to keep them from touching any used tissues.
- Keep those little fingers clean and make sure your child washes his hands carefully and often.
- Be sure to teach your child how to cough and sneeze in a way that will prevent the most germs from being spread. Have her cough or sneeze into her shirt sleeves, not her hands.

A common cold usually includes a runny nose, sore throat, sneezing, and coughing. These symptoms can last up to two weeks. Since the common cold is caused by a virus, antibiotics will not help it get better. A runny

nose or cold almost always gets better on its own. That's why it is better to wait and take antibiotics only when the doctor tells you they are needed. The best way to help your child feel better is help with relief of the symptoms. Rest, over-the-counter (OTC) medicines and other self-care methods can be used to help your child feel better. It is recommended not to use over-the-counter medicines on children under 6 years old. Remember to always use over-the-counter products as directed.

Source: CDC and Kidshealth.org





Safe Sleep for Infants

Create a Safe Place for Your Baby to Sleep

As a parent or caregiver, you have an important job in choosing where and how your baby will sleep at night and naptime. There are steps you can take to prevent Sudden Infant Death Syndrome (SIDS) and other causes of injuries and deaths related to sleeping, including suffocation and falls.

Do not sleep with your baby.

- The safest place for your baby to sleep is in a room with you, but in his own safety-approved crib or bassinette.
- Do not allow adults or other children to share a bed with a baby.

Use a safety-approved crib or bassinette.

Cribs should be approved by the Juvenile Products Manufacturers Association.

- The space between bars should be less than 2 3/8 inches (about the width of a soda can).
- Cribs should have a firm mattress and a snug-fitting sheet.
- Do not place stuffed animals, soft bedding, pillows, bumper pads, or wedges in the crib.

- Place the crib in an area that is always smoke-free.
- Be sure that any second-hand crib has not been recalled. Visit www.recalls.gov to find out. Also, make sure any crib has all of its parts and meets the safety standards listed above.

Put your baby on his back to sleep at night and for naps.

- Side sleeping is not safe and is not advised.
- Babies sleep comfortably on their backs.
- Babies are less likely to choke when they sleep on their backs.
- Babies need adult-supervised “tummy time” when they are awake. This helps them to develop normally and helps prevent flat spots on their heads.



Keep your baby at a comfortable temperature.

- Overheating is a risk factor for SIDS.
- Dress the baby in clothes that you would be comfortable wearing.
- Blankets can become loose bedding and end up on the infant’s face. Instead, dress your baby in a wearable “sleep sack.”

Source: American Academy of Pediatrics (<http://www.archildrens.org/documents/Services/IPC/SafeSleep.pdf>)



Be a Healthy Role Model - Spark a Healthy Lifestyle

Being a good role model for your child is a powerful tool to keep your whole family healthy. You are an important influence on your child’s life. When your child sees you eating healthy and being active, it will help show them how important and fun being healthy is. Activities you can do with your child include:

- Tag games
- Organized sports with friends and family
- Hiking
- Swimming and water sports
- Bike riding
- Playing frisbee
- Playing indoors with toys such as jump ropes, hula hoops, and Twister
- Racing each other
- Other active games (i.e. treasure hunts, cops and robbers)

Source - www.HealthFamiliesNow.net



? # @ * & % !

5 ways to Bully-Proof Your Kid

Twenty-five percent of public schools report that bullying among kids occurs on a daily or weekly basis. One in five high school students report being bullied in the past year.

The good news is that because bullying has made national headlines, schools and communities (and even celebrities) are taking a strong anti-bullying stance.

You can do your part at home, too. Here are five smart ways to keep kids from becoming targets — and stop bullying that has already started:

- **Talk about it.** Talk about bullying with your kids and have other family members share their experiences. If one of your kids opens up about being bullied, praise him or her for being brave enough to discuss it and offer support. Talk with the school to learn its policies and find out how staff and teachers can address the situation.
- **Remove the bait.** If it's lunch money or gadgets that the school bully is after, you can help neutralize the situation by getting your child to pack a lunch or go to school gadget-free.
- **Buddy up for safety.** Two or more friends standing at their lockers are less likely to be picked on than a child who is all alone. Remind your child to use the buddy system when on the school bus, in the bathroom, or wherever bullies may wait.
- **Keep calm and carry on.** If a bully strikes, a kid's best defense may be to remain calm, ignore hurtful remarks, tell the bully to stop, and walk away. Bullies thrive on hurting others. A child who isn't easily upset has a better chance of staying off a bully's radar.
- **Don't try to fight the battle yourself.** Sometimes talking to a bully's parents can be beneficial, but it's best to do so in a setting where a school official, such as a counselor, can attend to make sure discussion doesn't get out of hand.

ConnectCare News

PRSR STD
U.S.POSTAGE
PAID
Little Rock, AR
Permit No. 2641



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

www.seeyourdoc.org

ConnectCare News is printed for
Medicaid/ARKids First customers

If you are not on our mailing list and would like to receive this newsletter, or would like to receive this newsletter in Spanish, please email us at

Connectcare.outreach@arkansas.gov or call our office.

Si usted no está en nuestra lista de correo y quisiera recibir este boletín, o quisiera recibir este boletín en Español, por favor envíenos un correo electrónico a Connectcare.outreach@arkansas.gov o llame a nuestra oficina.

Editorial Staff:

Misty Smith - Editor, Health Education Supervisor, ConnectCare
Gloria Bastidas - Bilingual Outreach Coordinator, ConnectCare
Carmen Moral - Dental Coordinator, ConnectCare
Ed Barham - Editorial Staff, Health Marketing
Sherrie Shepherd - Layout Design, Health Marketing

Produced by Health Marketing
Arkansas Department of Health



HELPLINE

Call 1-800-275-1131
TDD 1-800-285-1131
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:



I have Medicaid. Why do I need a doctor assigned?

It is a requirement from DHS for certain types of Medicaid to have a PCP - Primary Care Physician assigned for your care. It is how you get the medical services you need. This is what the term "Medical Home" means. Having a "Medical Home" – one doctor or clinic you call every time. It is important to see one doctor or go to one place so they can get to know you and give you the best care possible.

Source: Department of Human Services