

Spring/Summer 2009

Child Safety Seats

Arkansas Child Passenger Protection Law

Until a child is six (6) years old, or until the child weighs sixty (60) pounds, the child must ride restrained in an appropriate child safety seat.

A driver can be pulled over and given a ticket for not having a child in a safety seat.

What is an appropriate child safety seat?

- Your child should ride rear-facing until he or she is at least 12 months and at least 20 pounds.
- Use a forward-facing seat with harness once your child is at least 12 months old and at least 20 pounds until the child weighs 40 pounds.
- Use a belt positioning booster seat with lap and shoulder belt when your child weighs 40 pounds until the child fits into the adult lap and shoulder belt (approximately 4 feet 9 inches tall).

Check with a Certified Child Safety Technician to ensure you are using your seat correctly and for help with any problems. You can find a Technician by going to www.nhtsa.dot.gov/cps/cpsfitting or visiting your local police or fire department.

Source: Brooks Freeman, CHES. Adapted from USAA Educational Foundation.



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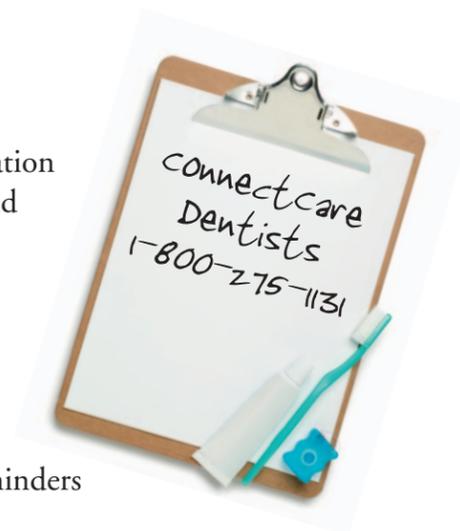
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ConnectCare Dental Coordinated Care will assist in:

- Providing dental benefit information
- Locating a participating Medicaid dentist in your area
- Scheduling dental appointments
- Scheduling transportation (Medicaid and ARKids A only)
- Rescheduling missed dental appointments
- Making dental appointment reminders



For a list of participating ConnectCare Dentists, call 1-800-275-1131 Monday through Friday. Hours of operation are 8:00 a.m. until 4:30 p.m.

Source: Jamilah Goodman, ConnectCare

1-800-275-1131
TDD: 1-800-285-1131
Toll-free ConnectCare
HELPLINE

Se Habla Español

Hours of Operation:
Monday through Friday
6:00 a.m. - 10:00 p.m.

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Healthy After School Snacks

Are your children starving and asking for snacks when they come home from school? It may be quick and easy to pull out a bag of chips or cookies for them to munch on, but it isn't good for their health. There are healthy after-school snacks, requiring little time and effort, that your children will actually enjoy and give them that boost of energy they need.

Healthy Snacks

Ants on a Log

- 2 Sticks of Celery
- 1/3 Cup of peanut butter or cream cheese
- 1/4 Cup raisins

1. Cut the celery in half crosswise, making four pieces. Fill hollows with peanut butter or cream cheese and stick the raisins in the filling. Makes 2 servings.



Apple Yogurt Dip

- 1/2 Cup plain yogurt
- 1/4 teaspoon cinnamon
- 1 medium apple
- 1/4 teaspoon vanilla extract

1. Combine the yogurt, cinnamon and vanilla extract in a small bowl. Core and slice the apple to dip into mixture. Makes 1 serving.

Always remember to drink lots of water!



Source: Shannon Moore, CHES.

Adapted from National Institutes of Health: www.nih.gov



What they eat now is important to their development as well as reducing their chances of certain health problems and diseases later in life.

Here are just a few simple recipes that are great for after school or on hot summer days that take little time and effort to prepare. The kids can also help make them!



BreastCare

Many women have never had a breast exam. The chance that a woman has had a breast exam at some time in her life often depends on race. A breast exam and mammogram can help find cancer before symptoms appear. BreastCare is a program that provides these free for many women.



The program provides great benefits for women who qualify. Benefits like:

- FREE mammograms
- FREE breast exams
- FREE pelvic exams and pap tests
- FREE follow up tests or treatment

You may be eligible for BreastCare if you:

- are age 40 or older
- do not have health insurance
- meet the income limits
- live in Arkansas

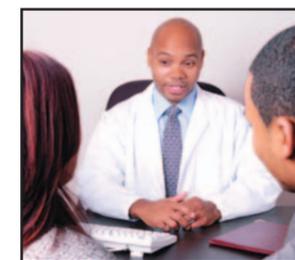
Mammograms for women 40 and over can prevent death from breast cancer. For more information about BreastCare or to see if you qualify call 1-877-670-CARE (1-877-670-2273) or visit them at <http://www.arbreastcare.com>.

Arkansas BreastCare can be reached Monday through Friday from 8:00 a.m. to 4:30 p.m.

Source: Adapted from Arkansas Breast Care: <http://www.arbreastcare.com> and Centers for Disease Control and Prevention: <http://www.cdc.gov/women/natstat/cancer.htm>



What is a Medical Home?



- I see the same ConnectCare doctor every time I need health care.
- I have all my family's medical records with one ConnectCare doctor.
- I know when to get
 - Vaccines
 - Well child checkups
 - Preventive health screens like pap tests and pelvic exams, etc.
- No more long waits in the ER.

If you have Medicaid and you need a ConnectCare doctor:

Call the toll free ConnectCare Helpline (1-800-275-1131) and ask for a Doctor's Directory for your county. Remember to have your Medicaid or ARKids insurance number when you call.

Pick one or more doctors you would like to use and call the ConnectCare Helpline. They will try to get you signed up with one of your choices.