Child Health Checkups

Every Parent Should Do This!

SoonerCare

oklahoma health care authority

SoonerCare Child Health Services Program!

Quick Reference Guide Information

This guide belongs to:

_____

My Child's Doctor's Name:

_____

The Doctor's Phone Number:

_____

My Child's SoonerCare Card Number:

_____

Emergency Contact Person:

_____

Emergency Contact Number:

_____

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What is the SoonerCare Child Health Services Program?

The Child Health Program lets children with SoonerCare get FREE medical, vision, hearing and dental checkups. Regular checkups are important. Getting regular checkups helps children to be healthier.

Why are health checkups important?

- They allow time for you, your child and your child's doctor to get to know one another.
- They help you teach your child that regular checkups are important to stay healthy.
- The doctor can find health problems early. Your child can be treated before they get worse.
- You and the doctor can make sure your child gets needed services at the right time.
- If your child has ongoing health needs, you and your doctor can discuss the plan of care.

When should my child get a health checkup?

Regular health checkups are important for ***all*** children from birth through age 20.

Children who have SoonerCare need to get their child health checkups at the ages listed below:

☐ Birth	☐ 18 months	☐ 8 years
☐ 1 month	☐ 24 months (2 years)	☐ 10 years
☐ 2 months	☐ 3 years	☐ 12 years
☐ 4 months	☐ 4 years	☐ 14 years
☐ 6 months	☐ 5 years	☐ 16 years
☐ 9 months	☐ 6 years	☐ 18 years
☐ 12 months (1 year)		☐ 20 years

If your child has any special problems or if you have worries, your doctor may suggest extra visits. These extra visits will still be FREE.

What Will a Child Health Checkup Include?

At each child health checkup, your child's doctor will talk with you and check your child from head to toe. The checkup will include:

- **Time to discuss any questions you have about** how your child is growing or developing
- **Time to talk about how things are going for you as a parent.**
- **A health history**
- **Growth measurements**
- **A developmental and behavioral check**
  - At every checkup, the doctor will ask how you think your child is learning.
  - At some checkups, you may need to fill out a form about new things your child is learning to do.
- **Health education and information on things like:**
  - Keeping your child and family healthy and safe.
  - Preventing injury and violence
  - Healthy sleep habits
  - Healthy nutrition
- **Vision, hearing and dental screens at some ages**
- **Shots (immunizations)**
- **Lab tests (if needed)**
- **Lead testing (at 12 and 24 months)**

Why should my child have a blood lead test?

Too much lead can damage a child's body and brain. It can cause permanent health, behavior and learning problems. Lead exists in places where you would not expect.

How do children get lead poisoning?

- Breathing in or swallowing lead dust or paint chips from old paint
- Breathing in or swallowing dust while playing in dirt that has lead in it (even if you don't think the dirt has lead in it)
- Chewing on toys or other things that have lead in them
- Eating foods cooked or kept in dishes made with lead

How can I tell if my child has lead poisoning?

- A blood test is the only way to know.
- Lead levels must be checked at:
  - ◊ 12 months (1 year),
  - ◊ 24 months (2 years),
  - ◊ Any age up to 6 years if there is no record of your child having a lead test in the past.

When and Why Should My Child Receive Shots?

Children need shots to help their bodies fight disease. Your child will get most of the shots by age 2. There is also a schedule that lets your child get shots by age 1. It is called OK by One. If you are interested, ask your child's doctor.

All childhood shots are covered under SoonerCare.

Some of the most common shots are:

Hepatitis B (HepB) – Three doses given at birth, 1-4 months and 6-18 months	Protects your child against the HepB viruses that cause liver damage, liver cancer or even death.
Hib – Three or four doses given at 2 months, 4 months, 6 months and 12 -15 months	Protects against Haemophilus Influenza b, which causes brain infection, brain damage and deafness.
Rotavirus – Three doses given at 2 months, 4 months and 6 months	Protects against rotavirus, which can cause severe diarrhea, high fever and vomiting in babies.
Diphtheria Tetanus and Pertussis (DTaP) – Five doses given at 2 months, 4 months, 6 months, 12-15 months and 4-6 years **Tdap – One dose at 11-12 years**	Protects against Diphtheria, which causes serious breathing problems that can lead to your child being paralyzed and having heart failure; Tetanus, which causes painful muscle spasms leading to lockjaw; and Pertussis, which causes whooping cough and can make babies stop breathing.

POLIO (IPV) – Four doses given at 2 months, 4 months, 6-18 months and 4-6 years	Protects against polio, a disease that can paralyze the arms and legs.
MMR – Two doses given at 12-15 months and 4-6 years	Protects against Measles, Mumps and Rubella. Rubella is "German measles," a serious type of measles that can lead to birth defects and deafness in babies.
Varicella (Var) – Two doses given at 12-15 months and 4-6 years	Protects against chicken pox.
PCV (Prevnar) – Four doses given at 2 months, 4 months, 6 months and 12-15 months	Protects against meningitis and pneumonia and cuts down on ear infections.
Hepatitis A (HepA) – First dose at 12-23 months and second dose 6-18 months after the first	Protects against a serious liver disease spread through contaminated food and water.
Human papillomavirus vaccine (HPV) for girls only – Three doses starting at 11-12 years	Protects against human Papilloma viruses that cause 70 percent of cancer of the cervix in women.
Meningococcal vaccine (MCV4) – One dose at 11-12 years	Protects against four types of meningitis bacteria that cause an extremely serious disease that can rapidly lead to meningitis, pneumonia and death.

During infancy and early childhood, children grow fast. Not only is your child's body growing, but the brain will be 90 percent developed by age 3.

One of the ways the doctor checks your child's health is to take growth measurements. This will be done at each child health checkup.

Use the chart below to track how your child is growing. Take this booklet with you to your doctor appointment.

Date	Age	Weight	Length	Height	Head Size*	BMI**
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*Head size is measured from birth up to age 2. If you and your child's doctor are watching your child's growth or development more closely, he or she may choose to measure your child's head growth after age 2 for a while.

**Body Mass Index (BMI) is used to check if your child is underweight, overweight or has a risk of being overweight. Ask your doctor about your child's BMI.

Your Child's Development as an Infant and Toddler

Every child grows and learns new things at different ages. No two children are exactly alike! Regular screenings will pick up problems or delays early. That is when they are easier to treat.

Communication: Did you know babies can see and hear, even before they are born? Your newborn can even "tell" you things. Of course, he can't use words yet, but he uses body movements, head turning, looks on his face, fussing, crying and falling asleep to let you know how he is feeling.

It is important to talk to your child. Even though he may not understand what you are saying, listening to you talk helps him learn to talk. Here are some ideas for talking to your child:

- Sing to your baby or child.
- Repeat the noises he makes.
- Talk about things your baby can see, hear or touch. (Example: "Baby, look! A teddy bear! See how he feels soft and smooth!")
- Read to your child every day.
- Praise your child when he tries to talk.

You cannot spoil a baby by picking him up too often. When you pick up your baby to comfort him, this teaches him that he is an important person.

Developmental milestones are the things your children show that help you understand how they are learning and changing. Remember, if your baby was born early, he may do some of the expected things at a later age.

Hearing is important for communication development. Your baby should have had a hearing test in the hospital when he was born.

If you think your baby or child does not hear well, make sure to tell his doctor.

Vision milestones tell you about how your child is seeing.

Right after birth, your baby will keep her eyes tightly shut most of the time. When she does open them, she will only be able to see things close to her (like your face when you hold her close).

As she gets a little older, she will keep her eyes open longer and begin to see more clearly. Babies cross their eyes until they are about 4 months old.

If your baby still crosses her eyes after 4 months or you think she does not see well, make sure to tell her doctor.

Motor milestones tell you about your child's physical skills.

Gross motor milestones show up as your baby or child learns to use his legs and feet and to coordinate moving his body. Examples of this would be sitting or walking.

Fine motor milestones happen as your child learns to use his hands. For example, he can pick up a small toy with his thumb and first finger or can zip a zipper.

If you think your child is not developing like other children his age, make sure to talk to your child's doctor. Use the lists of milestones to write down when your child starts doing these things. This will help your doctor check your child's progress.

Developmental Milestones in the FIRST Year	Age my child did this	Mark the box ☑ below for Questions
Between 2 weeks and 2-3 months old		At next visit ask:
• Tries to lift her head up when she's on her tummy		☐
• Moves both of her arms and kicks with both of her legs		☐
• Looks at my face when I hold her		☐
• Pays attention to my voice		☐
• Hears sounds (quiets, cries, blinks or startles with noises)		☐
• Tells me when she needs something by fussing or crying		☐
From 4-6 months old		At next visit ask:
• Lifts his head and shoulders up when he's on his tummy		☐
• Holds his own hands and feet when he's on his back		☐
• Tries to roll over on his own; by 6 months, he can roll over		☐
• Holds small toys in his hands (likes ones that make noise)		☐
• Tries to pass toys from one hand to the other		☐
• Smiles when I talk to him		☐
• Makes sounds like "aaaa" and "oooo" like I say to him		☐
• Likes to cuddle and snuggle with me; likes to be held		☐
• Fusses or cries when he is not happy		☐

From 6-9 months old		At next visit ask:
• Holds her head and chest up when she's on her tummy		☐
• Reaches for something (a toy or other things)		☐
• Puts toys in her mouth; begins to use her hands to eat soft foods		☐
• Can sit up with some help and then alone with no help		☐
• Says things like "ma-ma-ma," "da-da-da" or "ba-ba-ba"		☐
• May get scared or act shy around strangers		☐
From 9-12 months (9 months to 1 year old)		At next visit ask:
• Can stand up with help; then walks holding on to furniture		☐
• Holds a toy in each hand and bangs them together		☐
• Picks up small toys with her fist, then with her thumb and finger		☐
• Gets good at picking up food and feeding herself		☐
• Can hold a cup and drink from it		☐
• Can say one word like "ma-ma" or "da-da" or "ba-ba"		☐
• Plays pat-a-cake and peek-a-boo		☐
• Copies noises I make, then waits for me to copy her noises		☐
• Begins to point at things		☐
• Later, points at things and looks back at me to see if I looked		☐
• Waves bye-bye or reaches up so I will pick her up		☐
• Sleeps through the night, takes 2-3 naps each day		☐

Developmental Milestones From 1-4 Years Old	Age my child did this	Mark the box ☑ below for questions.
From 12–18 months (1-1½ years old)		At next visit, ask:
• Walks well; climbs stairs with help		☐
• Begins to follow simple directions		☐
• Says new words (3-10 words by 15 months; 15-20 by 18 months)		☐
• Can point to eyes, ears or nose when I ask her to		☐
• Enjoys copying grown-ups (sweeping, cleaning dishes)		☐
• Lets me brush her teeth		☐
• May have tantrums sometimes		☐
From 18-24 months (1½-2 years old)		At next visit, ask:
• Learns to kick and throw a ball		☐
• Can use a cup, spoon and fork		☐
• Knows about 50 words by age 2		☐
• By age 2, uses 2 words together (“drink milk” or “go bye-bye”)		☐
• Follows 2-step directions (“go to your room and get your shoes”)		☐
• Enjoys playing tickle game and giggles when we play “chase”		☐
• Lets me brush his teeth		☐
• Sleeps through the night, takes 1-2 naps every day		☐
• May have tantrums sometimes		☐
• Will pretend to feed a doll or stuffed animal		☐
• Will go up to other children; mostly plays side by side with them		☐
From 24-36 months (2-3 years old)		At next visit,ask:
• By age 3, can pedal a tricycle		☐
• Enjoys drawing lines and scribbling circles		☐

• Understands wh- questions (who, what, where)		☐
• Uses 3-4 word sentences		☐
• Begins to show curiosity about toilet training		☐
• Can feed and dress herself		☐
• Likes to play with other children; will show and tell them about a toy		☐
• Sleeps through the night, takes 1 nap almost every day		☐
From 36-48 months (3-4 years old)		At next visit, ask:
• Can draw a person (first just a circle, then a body and head)		☐
• Can say her first and last name, age and sex; can sing a song		☐
• By age 4, will play simple games with other children		☐
• Can tell me about things she did that day		☐
• Sleeps through the night, takes 1 nap almost every day		☐
• Stays dry through most of the night		☐

Developmental Milestones From 4-11 Years Old	Age my child did this	Mark the box ☑ below for questions
From 4-5 years old		At next visit, ask:
• Learns to gallop and skip		☐
• Goes up and down stairs easily		☐
• Speaks in longer sentences		☐
• Tells what happened yesterday and what will happen tomorrow		☐
• Can recognize some letters		☐
• Begins to write his own name		☐
• Can tell you his address and phone number		☐
• Loves to play dress-up and make-believe		☐
• Likes to be read a bedtime story		☐

• Goes to bed easily; sleeps 10-12 hours through the night		☐
• Able to use the toilet to urinate and stool; may need help wiping		☐
From 5-6 years old		At our next visit, ask about:
• Learns to ride a bicycle without training wheels (not safe alone)		☐
• Is learning to swim (not safe alone)		☐
• Begins to learn the rules for sports and enjoys knowing rules		☐
• Learns to tie his own shoes		☐
• Can take more responsibility for cleaning up room		☐
• Can do more of his own bath or shower; still may need help		☐
• Can brush his teeth but still needs help to get them all brushed		☐
• Names 1 or 2 best friends		☐
• Able to use the toilet to urinate and stool on his own		☐
From 6-11 years		At our next visit, ask about:
• Knows the rules for sports and games		☐
• Can ride bike with less supervision by 9 (if safe neighborhood)		☐
• Can take more responsibility for cleaning up room, setting table		☐
• Can bathe or shower alone; begins to want privacy about 10-11		☐
• Enjoys spending the night with relatives or friends		☐
• Enjoys having other children spend the night at her home		☐
• Can make up and tell a simple story (with beginning, middle, end)		☐

"Usual" ages for developmental milestones can be earlier or later. Talk to your doctor about your child's development and behavior.

A Special Note About Teenagers and Health Checkups

The teen years bring huge changes for teenagers and their families. It is very important for teens to have health checkups. Checkups are recommended every two years, but teens can have more frequent checkups if needed.

There are many changes going on socially, emotionally, mentally and physically. It is important to remember that these changes happen at different times for different teens. Listed below are some changes that may happen between ages 12 and 20.

Social changes

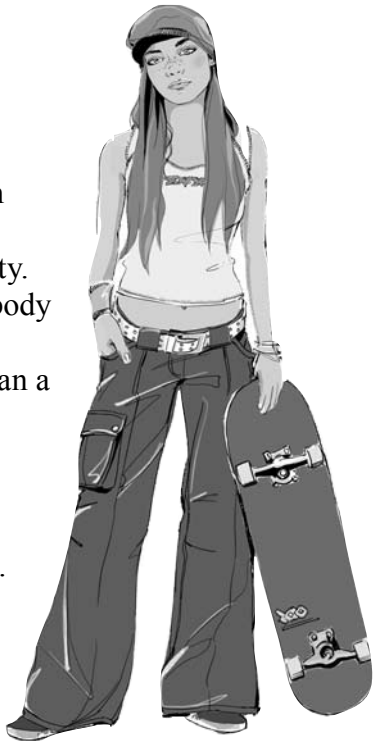
- Separate from parents; peers become more important
- Moody
- Need more sleep
- Better at discussing thoughts and feelings
- Feel awkward about "who they are" and their bodies
- Often think nothing bad can happen to them

Physical changes and sexuality

- Girls begin developing as early as 8.
- Girls grow tall very fast between 9½ and 14½.
- Boys grow tall very fast between about 10½ and 16-18 years.
- Boys and girls may act shy or blush when sexuality is discussed.
- Boys and girls may begin to show modesty.
- Boys and girls begin to show interest in body changes and sexual topics.
  (This is normal and does not always mean a teen has become sexually active.)

Emotional changes

- Boys and girls worry about whether they are normal.
- Boys and girls change relationships often.
- Boys and girls need their parents to talk to them about sexuality so they can feel safe and healthy.



Below are warning signs to watch for. If your child shows any of these warning signs, contact his or her doctor for help.

Red Flags (Warning Signs)	At our next visit, ask about:
Becomes isolated from friends	☐
Loses interest in social activities, or starts to not do as well in school, work or sports as he did	☐
Has big changes in sleeping and/or eating habits; has frequent nightmares	☐
Has frequent physical complaints	☐
Acts out sexually	☐
Abuses any alcohol and/or drugs	☐
Shows intense fear of getting too heavy, purges food (vomits on purpose), restricts eating, exercises heavily	☐
Threatens to hurt himself or others; actually injures himself on purpose	☐
Has frequent outbursts of anger and aggression	☐
Threatens to run away	☐
Opposes authority, skips school, steals or vandalizes; regularly violates rights of others	☐
Has strange thoughts, beliefs and feelings or unusual behaviors	☐

Things to remember when scheduling a checkup

- Be sure to call and make an appointment with your child's SoonerCare doctor. It may take up to three weeks to get an appointment. When you call, tell the doctor's office that your child is a SoonerCare member.
- Bring your child's SoonerCare card with you to the appointment.
- Make a list of questions you have for the doctor and bring it to your child's appointment.
- Bring your child's shot record to every appointment so your doctor's office can write down any shots given. You will need your child's shot record for school and child care programs.
- Ask your nurse or doctor to explain if you don't understand what they tell you.

If you are having trouble getting an appointment with your child's doctor, call the SoonerCare Helpline at 1-800-987-7767. If you have a hearing impairment, call 1-800-757-5979 (TDD).

What happens if my child needs more than just a health checkup?

If your child's SoonerCare doctor finds a health problem during a health checkup, he or she may send you to another provider or another place for follow-up care.

Services needed to take care of the problem will be covered through SoonerCare.

These services may include:

- Hospital stays
- Lab tests and X-rays
- Vision care (including eyeglasses)
- Hearing services
- Occupational therapy
- Physical therapy
- Speech therapy
- Certain health clinic services
- Dental care
- Medicines
- Counseling
- Medical equipment
- Personal care services

Some services may first need approval from SoonerCare**.** Ask your doctor's office if you are not sure which services need to be approved **BEFORE** you go to get those services.

What if I need a ride to the appointment?

If your child is a SoonerCare member, SoonerRide is a FREE service that takes you and your child to and from your child's health care appointment.

To make sure you can get a ride, you need to call SoonerRide at least three days before the appointment. Exceptions may be made for some urgent medical needs.

Call SoonerRide at 1-877-404-4500 from 8 a.m. to 6 p.m. Monday through Saturday. If you are hearing impaired, call 711 or 1-800-722-0353 (TDD).

What if I can't keep my child's appointment?

You should always try your best to keep the appointment.

If something happens and you need to cancel or reschedule, call the doctor's office 24 hours before the appointment to cancel. This way the doctor can see other people who need services.

If you have arranged with SoonerRide to get to or from the doctor, call SoonerRide to cancel your ride.

Important!

Please keep your child's SoonerCare enrollment current. Contact your OKDHS county office when it is time to update his SoonerCare card.

If you have questions about Child Health Services, please call:

SoonerCare Helpline 1-800-987-7767

8 a.m. to 5 p.m. Monday through Friday

or call

Oklahoma Health Care Authority
Child Health Unit
(405) 522-7188.

If you have a hearing impairment,
call **1-800-757-5979** (TDD)

Nurse Advise Line
1-800-530-3002

Relay Service - **711 or 1-800-722-0353** (TDD)\After 5 p.m. weekdays and anytime on weekends and holidays.
Translation services available

Behavioral Health Department

Monday through Friday - 8 a.m. to 5 p.m.
Clients who require **Non-Emergency** referral or assistance should call the Behavioral Health Helpline at **1-800-652-2010** (V/TDD)

Please note *- The Helpline is not equipped to deal with emergencies. For a behavioral health emergency, contact your PCP or local emergency room.*

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