

# BirthdayNews

The Department of Medical Assistance Services, FAMIS Plus (Children's Medicaid)

Visit Cover Virginia at [www.coverva.org](http://www.coverva.org) for more information.

## It's time for a well-child checkup

Give your child the best gift of all – a well-child checkup!

Well-child checkups are important because they allow your doctor to make sure your child is healthy and growing well. They also give you a chance to ask questions and discuss any concerns that you have. Checkups can detect and prevent health and social-emotional problems. Best of all, well-child checkups are free!

The toddler years are an exciting period of exploration and growing independence for your child. This newsletter contains more information on your child's checkup as well as tips and resources that may help you during this time. We wish your family another year of health and happiness.

### Checkup Schedule for your Toddler



**12 months**    **15 months**  
**18 months**    **24 months**    **30 months**

Even if you've missed a checkup, don't worry, make an appointment now!

### What to expect at your child's checkup

#### Physical Exam

Your doctor will measure and plot your child's height, weight, and head circumference on a growth chart, and look inside your child's mouth for problems

#### Lead Blood Test

At your child's 1st and 2nd year check-up, your doctor will need to test your child's blood for lead. This is a very important test. High blood lead levels may limit your child's growth, harm hearing, and make learning difficult.

#### Developmental Assessment

Your doctor will ask you questions about your child's development. If your doctor has concerns, he may refer you to the Infant & Toddler Connection ([infantva.org](http://infantva.org)). This program provides early intervention services to qualified children through age two.

#### Shots (Immunizations)

Your child will need many shots by age 2.

#### New Screenings

- HPV Infection Screening
- Fluoride Varnish/Fluoride Supplementation

#### Dental Services for your Toddler

It's important to have a regular dentist who will child's teeth healthy. Call **Smiles For Children**, to find a dentist and get information about your child's oral health and dental benefits. 1-888-912-3456.

Remember, checkups are **free!**

### Safety Tips for 1 and 2 year olds

Toddlers love to explore but they need an adult's watchful eye to stay safe. Here are a few ways to keep your child safe at home and at play.

#### Injury Prevention

- Always use a child safety seat in the backseat of the car. Never leave your child alone in the car
- Avoid playing in or around cars. Teach your child street safety.
- Use safety gates in your home. Keep windows latched.
- Lock up medications and household cleaners.
- Empty bath tubs, buckets, and children's pools immediately after use. Keep toilet lids closed.
- Safely store firearms and ammunition separately or remove from the home.
- Avoid choking hazards such as balloons and safely store small objects and plastic bags.
- Keep your child away from hot oven doors, irons, wall heaters, and grills.
- Turn pot handles towards the back of the stove and keep hot food out of reach.
- Change your smoke alarm batteries when daylight savings time begins and ends.
- Cover electrical outlets.
- Keep cigarettes, lighters, ashtrays, and matches out of sight and out of reach.
- Before your child gets in the bath, check the water to see if it is too hot.

### Transportation

If you need transportation to a medical appointment or to pick up a prescription, call your Transportation Reservations number 5 days ahead.



Aetna: 1-800-734-0430  
Anthem: 1-877-892-3988  
Magellen: 1-800-424-4518  
Optima: 1-877-892-3986  
UnitedHealth: 1-833-215-3884  
Virginia Premier: 1-800-727-7536



### Milestones

Every child is unique but here are a few skills to look for:

#### 12 Months

- Begins to take steps and talk
- Waves "bye-bye"
- Plays pat-a-cake and peek-a-boo
- Says a few words plus "mama" and "dada"
- Shows curiosity

#### 15 Months

- Feeds self with fingers
- Listens to a story
- Drinks from a cup
- Understands simple commands

#### 18 Months

- Uses a spoon and cup
- Uses two-word phrases
- Throws a ball
- Kisses and shows affection
- Plays simple pretend

#### 2 Years

- Goes up and down stairs one at a time
- Kicks a ball
- Stacks blocks
- Imitates adults
- Shows more independence

Talk to your doctor if you are concerned that your child is not reaching these milestones. For more tips on your child's health, visit [www.vdh.virginia.gov/brightfutures](http://www.vdh.virginia.gov/brightfutures).

### Need help providing your child with nutritious food?

WIC provides nutritional care and food assistance to eligible families, including special programs during the summer for children in child care. To apply: Call your local health department to apply or contact WIC at 1-888-942-3663 [www.vdh.virginia.gov/wic](http://www.vdh.virginia.gov/wic)

**FAMIS Plus** is Virginia's name for children's Medicaid. **FAMIS Plus** provides great benefits and covers children in families with low or no income, even if the children are covered by health insurance. Information is available at [www.coverva.org](http://www.coverva.org)

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ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-242-8282 (رقم هاتف الصم والبكم: 1-888-221-1590).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-242-8282 (TTY: 1-888-221-1590).

**HAPPY  
Birthday!**

