

Child Health Checkups

Every
Parent
Should
Do This!



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:

- | | | |
|---|--|-----------------------------------|
| <input type="checkbox"/> Birth | <input type="checkbox"/> 18 months | <input type="checkbox"/> 8 years |
| <input type="checkbox"/> 1 month | <input type="checkbox"/> 24 months (2 years) | <input type="checkbox"/> 10 years |
| <input type="checkbox"/> 2 months | <input type="checkbox"/> 3 years | <input type="checkbox"/> 12 years |
| <input type="checkbox"/> 4 months | <input type="checkbox"/> 4 years | <input type="checkbox"/> 14 years |
| <input type="checkbox"/> 6 months | <input type="checkbox"/> 5 years | <input type="checkbox"/> 16 years |
| <input type="checkbox"/> 9 months | <input type="checkbox"/> 6 years | <input type="checkbox"/> 18 years |
| <input type="checkbox"/> 12 months (1 year) | | <input type="checkbox"/> 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.

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

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 <input checked="" type="checkbox"/> 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		<input type="checkbox"/>
• Moves both of her arms and kicks with both of her legs		<input type="checkbox"/>
• Looks at my face when I hold her		<input type="checkbox"/>
• Pays attention to my voice		<input type="checkbox"/>
• Hears sounds (quiets, cries, blinks or startles with noises)		<input type="checkbox"/>
• Tells me when she needs something by fussing or crying		<input type="checkbox"/>
From 4-6 months old		At next visit ask:
• Lifts his head and shoulders up when he's on his tummy		<input type="checkbox"/>
• Holds his own hands and feet when he's on his back		<input type="checkbox"/>
• Tries to roll over on his own; by 6 months, he can roll over		<input type="checkbox"/>
• Holds small toys in his hands (likes ones that make noise)		<input type="checkbox"/>
• Tries to pass toys from one hand to the other		<input type="checkbox"/>
• Smiles when I talk to him		<input type="checkbox"/>
• Makes sounds like "aaaa" and "oooo" like I say to him		<input type="checkbox"/>
• Likes to cuddle and snuggle with me; likes to be held		<input type="checkbox"/>
• Fussing or crying when he is not happy		<input type="checkbox"/>

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

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

• Understands wh- questions (who, what, where)		<input type="checkbox"/>
• Uses 3-4 word sentences		<input type="checkbox"/>
• Begins to show curiosity about toilet training		<input type="checkbox"/>
• Can feed and dress herself		<input type="checkbox"/>
• Likes to play with other children; will show and tell them about a toy		<input type="checkbox"/>
• Sleeps through the night, takes 1 nap almost every day		<input type="checkbox"/>
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)		<input type="checkbox"/>
• Can say her first and last name, age and sex; can sing a song		<input type="checkbox"/>
• By age 4, will play simple games with other children		<input type="checkbox"/>
• Can tell me about things she did that day		<input type="checkbox"/>
• Sleeps through the night, takes 1 nap almost every day		<input type="checkbox"/>
• Stays dry through most of the night		<input type="checkbox"/>

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

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

“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

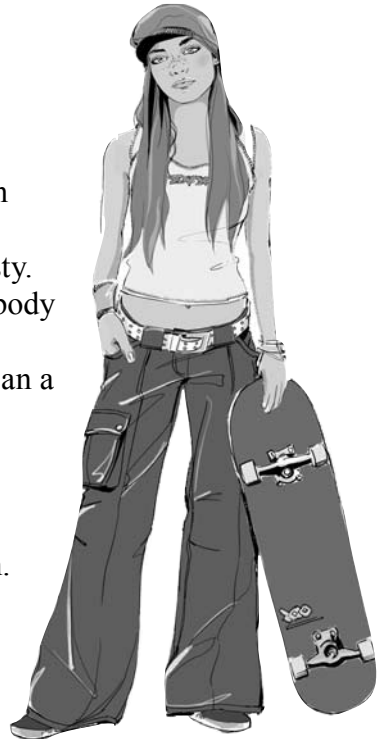
Physical changes and sexuality

- 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	<input type="checkbox"/>
Loses interest in social activities, or starts to not do as well in school, work or sports as he did	<input type="checkbox"/>
Has big changes in sleeping and/or eating habits; has frequent nightmares	<input type="checkbox"/>
Has frequent physical complaints	<input type="checkbox"/>
Acts out sexually	<input type="checkbox"/>
Abuses any alcohol and/or drugs	<input type="checkbox"/>
Shows intense fear of getting too heavy, purges food (vomits on purpose), restricts eating, exercises heavily	<input type="checkbox"/>
Threatens to hurt himself or others; actually injures himself on purpose	<input type="checkbox"/>
Has frequent outbursts of anger and aggression	<input type="checkbox"/>
Threatens to run away	<input type="checkbox"/>
Opposes authority, skips school, steals or vandalizes; regularly violates rights of others	<input type="checkbox"/>
Has strange thoughts, beliefs and feelings or unusual behaviors	<input type="checkbox"/>

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?

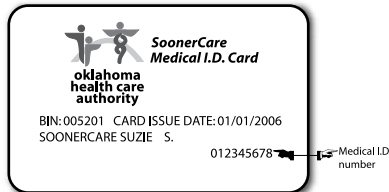
You should always try your best to keep the appointment.

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 Advice 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.*



Oklahoma Health Care Authority - www.okhca.org

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