

North Olmsted City Schools

Early Childhood Program

Parent Packet

Health & Development

The Importance of Well-Care Visits for Children

Healthy Babies, Healthy Children

The American Academy of Pediatrics (AAP) recommends that babies visit their pediatrician for a well-child check-up as a newborn, by one month; at two, four, six, nine, twelve, fifteen, eighteen, and twenty-four months of age; and then once a year from age's three to six.

Importance

During a well-child visit, your child's pediatrician will provide preventive care by assessing and tracking a child's physical, behavioral, developmental and emotional status as they grow. A well-child visit is a critical opportunity to detect a possible developmental delay or disability, early treatment of which can lessen the future impact on both the child and the family.

Well-child visits are also a key time for parent-doctor communication. Make the most of these visits by writing down important questions and concerns and take them with you. Sleep patterns and nutrition are a few topics parents can inquire about.

Your child's doctor will also assess their age-appropriate body mass index (BMI) to make sure that they are in a healthy percentile range for their height and weight. You will likely be asked questions about your child's exercise habits to ensure that they are getting the recommended physical activity.

Did you know?

Six year olds are 20 percent less likely to get an annual checkup than three, four or five year olds? Help us change this statistic by scheduling an appointment for your child today! At six years of age, your child still needs an annual checkup.

Protect Your Child From Serious Diseases

Well-child visits are a great way to make sure your child's immunizations are current. Studies show that children who are not vaccinated are at a much higher risk for getting sick.

A study by the Centers for Disease Control and Prevention (CDC) showed that the implementation of routine childhood immunizations has caused the largest ever decline of some of the most devastating diseases in the United States. Diseases that once killed and maimed children are now highly preventable.

Vaccinate your infants and toddlers at every opportunity to promote full immunity against harmful, yet preventable childhood diseases.

What are the recommended childhood immunizations and doses?

- Diphtheria, tetanus, acellular pertussis (DTaP) 4 doses
- Inactivated poliovirus (IPV) 3 doses
- Measles, mumps and rubella (MMR) 1 dose
- Haemophilus influenzae Type b (Hib) 3 doses
- Hepatitis B (HepB) 3 doses
- Varicella or chickenpox (VZV) 1 dose
- Pneumococcal conjugate vaccine (PCV) 4 doses
- Hepatitis A (HepA) 2 doses
- Rotavirus at least 2 doses
- Influenza (flu) vaccine 2 doses

Health Care Information

The State of Ohio licensing regulations require that all preschool students have a physical examination documentation on file within 30 days of the start of school; and should include the following assessment areas: vision, dental health, height, weight, hearing, and blood lead and hemoglobin.

The Cuyahoga County District Board of Health offers immunizations and free lead screening for preschool children needing specific immunizations to meet State requirements for school admission.

Ohio Healthy Start, a state sponsored program, provides health coverage to uninsured children under the age of 19 and whose family falls in certain income guidelines. A list of additional area providers that accept Low and/or Uninsured families is included in this packet and in the Early Childhood Handbook.

Dental Information

The American Academy of Pediatric Dentistry states, "Preventative dentistry begins with the first tooth. Daily cleaning of teeth should begin as soon as the first tooth erupts. Visit your pediatric dentist at the eruption of the first tooth or no later than 12 months of age to establish a dental home. Early dental visits are the foundation for a lifetime of good oral health. Children with healthy mouths have a better chance of general health. Oral conditions can interfere with eating and adequate nutritional intake, speaking, self-esteem, and daily activities. Severe decay can affect growth and development."

An Oral Health Survey must be completed by parents for their preschool children upon enrollment and update it annually. A list of area dental providers is included in this packet and in the Early Childhood Handbook.

Developmental Milestones

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

What most children do at age 3:

Social and Emotional

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self

Language/Communication

- Follows instructions with 2 or 3 steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and sex
- Names a friend
- Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

Cognitive (learning, thinking, problem-solving)

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with 3 or 4 pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than 6 blocks
- Screws and unscrews jar lids or turns door handle

Movement/Physical Development

- Climbs well
- Runs easily
- Pedals a tricycle (3-wheel bike)
- Walks up and down stairs, one foot on each step

Talk to your child's doctor and/or early childhood team if your child:

- Falls down a lot or has trouble with stairs
- Drools or has very unclear speech
- Can't work simple toys (such as peg boards, simple puzzles, turning handle)
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he once had

What most children do at age 4:

Social and Emotional

- Enjoys doing new things
- Plays "Mom" and "Dad"
- Is more and more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often can't tell what's real and what's make-believe
- Talks about what she likes and what she is interested in

Language/Communication

- Knows some basic rules of grammar, such as correctly using "he" and "she"
- Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- Tells stories
- Can say first and last name

Cognitive (learning, thinking, problem-solving)

- Names some colors and some numbers

- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of “same” and “different”
- Draws a person with 2 to 4 body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what he thinks is going to happen next in a book

Movement/Physical Development

- Hops and stands on one foot up to 2 seconds
- Catches a bounced ball most of the time
- Pours, cuts with supervision, and mashes own food

Talk to your child’s doctor and/or early childhood team if your child:

- Can’t jump in place
- Has trouble scribbling
- Shows no interest in interactive games or make-believe
- Ignores other children or doesn’t respond to people outside the family
- Resists dressing, sleeping, and using the toilet
- Can’t retell a favorite story
- Doesn’t follow 3-part commands
- Doesn’t understand “same” and “different”
- Doesn’t use “me” and “you” correctly
- Speaks unclearly
- Loses skills he once had

What most children do at age 5:

Social and Emotional

- Wants to please friends
- Wants to be like friends
- More likely to agree with rules
- Likes to sing, dance, and act
- Shows concern and sympathy for others
- Is aware of gender

- Can tell what's real and what's make-believe
- Shows more independence (for example, may visit a next-door neighbor by himself [adult supervision is still needed])
- Is sometimes demanding and sometimes very cooperative

Language/Communication

- Speaks very clearly
- Tells a simple story using full sentences
- Uses future tense; for example, "Grandma will be here."
- Says name and address

Cognitive (learning, thinking, problem-solving)

- Counts 10 or more things
- Can draw a person with at least 6 body parts
- Can print some letters or numbers
- Copies a triangle and other geometric shapes
- Knows about things used every day, like money and food

Movement/Physical Development

- Stands on one foot for 10 seconds or longer
- Hops; may be able to skip
- Can do a somersault
- Uses a fork and spoon and sometimes a table knife
- Can use the toilet on her own
- Swings and climbs

Act early by talking to your child's doctor if your child:

- Doesn't show a wide range of emotions
- Shows extreme behavior (unusually fearful, aggressive, shy or sad)
- Unusually withdrawn and not active
- Is easily distracted, has trouble focusing on one activity for more than 5 minutes
- Doesn't respond to people, or responds only superficially
- Can't tell what's real and what's make-believe
- Doesn't play a variety of games and activities
- Can't give first and last name
- Doesn't use plurals or past tense properly

- Doesn't talk about daily activities or experiences
- Doesn't draw pictures
- Can't brush teeth, wash and dry hands, or get undressed without help
- Loses skills he once had

<http://www.cdc.gov/ncbddd/actearly/milestones>

Community Resources

Help Me Grow

Help Me Grow is a statewide program for expectant parents, infants, and toddlers (ages 0 to 3 years) that provides health and developmental services so that children start school healthy and ready to learn. Services are designed with the family's priorities and goals in mind. Participating in Help Me Grow services is voluntary and at no cost to families. Help Me Grow supports expectant parents and families through Home Visiting, Early Intervention services, and connections to community resources. Contact Information: 216-698-7500; www.helpmegrow.org

North Olmsted Early Childhood PTA

North Olmsted Early Childhood PTA (NOECPTA) is a non-profit organization committed to enhancing the lives of children from birth to kindergarten (typically around ages 0-6) and their families. It is a member of Ohio PTA and National PTA. It provides the opportunity to meet other parents with similar interests and concerns, to support the community, and participate in family and adult activities. Contact Information: <http://www.noecpta.com>

Starting Point

Starting Point is Northeast Ohio's child care, early education and out-of-school time resource and referral agency. Serving families, youth, professionals and the community. Starting Point links families to programs and services that meet their children's early care/education and related needs

Starting Point works to:

- Link families with child care, early education and out-of-school time services
- Increase the supply of and improve access to child care, early education, literacy and out-of-school time programs
- Improve the quality of child care, early education and out-of-school time services
- Stimulate early education and out-of-school time alternatives
- Plan child care, early education and out-of-school initiatives
- Address child care, early education and out-of-school issues

Contact Information:

216.575.0061, 800.880.0971(Toll-free); www.starting-point.org

North Olmsted City Schools

Medical Clinics that accept Uninsured and/or Low Insured

Care Alliance Health Center
1795 W. 25th Street 1251
Cleveland, OH 44113
216-619-5571

Free Clinic of Greater Cleveland
12201 Euclid Ave.
Cleveland, OH 44106
216-721-4010

Neighborhood Family Practice
3569 Ridge Road
Cleveland, Ohio 44102
216-281-0872

North Coast Health Ministry
16110 Detroit Ave.
Lakewood, OH 44107
216-228-7878

Riverview Lac
1745 W. 25th Street
Cleveland, OH 44120
216-298-4181

St. Augustine
2486 W. 14th Street
Cleveland, OH 44113
216-781-5530

Hospital Care Assurance Program (HCAP)

Patients who need medical care but are unable to pay may be eligible for reduced fee care at Ohio hospitals through HCAP or hospital financial assistance programs.

To be eligible for HCAP:

1. Ohio resident
2. Not a recipient of Medicaid program
3. family income is at or below Federal Poverty Guidelines

Prior paid or unpaid hospital bills may be covered by HCAP. Patients should contact the hospital billing department about prior bills and ask to apply for HCAP, even if the bill has been sent to collections. If the patient paid a bill and was eligible for HCAP, they may be reimbursed. If a patient does not qualify for HCAP, ask for the hospital financial assistance department and ask for financial assistance options.

Low Cost Immunizations are available through Cuyahoga County Board of Health at St. John's West Shore Community Outreach Center (216-201-2041)

Free Hearing Screenings are also available at St. John's West Shore through Westlake Hearing and Speech (440-836-1616)

Dentist Listing for North Olmsted



American Dental Ctr.
648 Great Northern Mall
North Olmsted, Oh
440-779-5005

*Arelene J. Coloma Pediatric
Dentistry 15414 Pearl Road
Strongsville, Ohio 440-638-1865*

Dependable Dental Services
29473 Lorain Road North Olmsted,
Ohio 440-777-4444

*Great Northern Dental Works
5000 Great Northern Blvd.
North Olmsted, Ohio
888-568-6684*

Lauren Wanosky Family Dentistry
4859 Dover Center Rd. Suite 2
North Olmsted, Ohio
440-777-0177

Sikora Family Dentistry
23755 Lorain Road
North Olmsted, Ohio
216-678-9076