

HealthLetter®

Your Child's Yearly PCP Visit

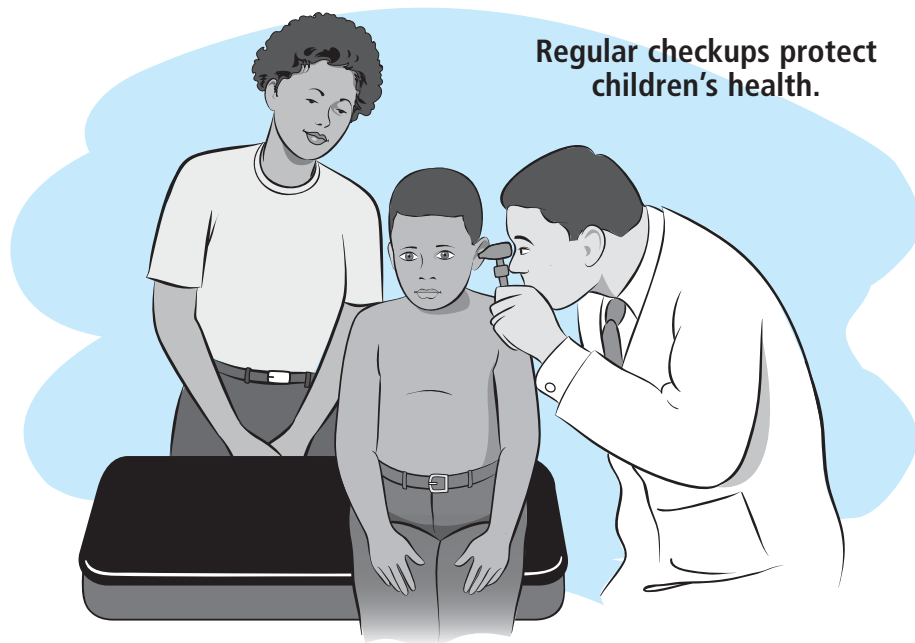
Children ages 5 to 13 should see their Primary Care Provider (PCP) and their dentist *at least* once a year. Does your child need special medicine during school hours? If so, ask the PCP to fill out the medication form.

A child's PCP visit includes:

- Physical exam of the whole body, including mouth, eyes, and ears.
- Height and weight.
- Blood pressure test.
- If needed, vision test, hearing test, TB test, and urine screening.

The PCP will check on how your child gets along with others. The doctor will talk about:

- Safety.
- Healthy eating.
- Parenting, based on the child's age.
- Sex (for kids 11 and older).
- Smoking, alcohol, and drugs (for kids 10 and older).



Regular checkups protect children's health.

If needed, kids get shots to protect against:

- Polio.
- DPT+.
- Hep B.
- HiB.
- MMR (measles, mumps, rubella).
- Chickenpox.

The dentist visit is also

important. Kids need healthy gums and teeth to chew their food well.

New MetroPlus Members

Did you send in your health assessment form? If not, please do it now.

2 Teaching Kids to Manage Anger
Show your child how to deal with bad feelings

3 Fit for Fun Program
Helping kids and their families eat better

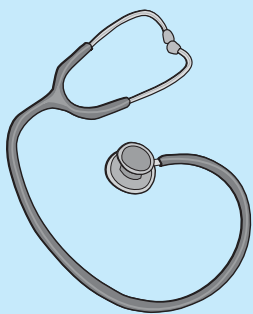
4 Going to Your Dentist
Regular dental care means healthy teeth

Site News & Notes

■ There is a full-time MetroPlus Member Service representative at [Elmhurst Hospital Center](#), Main Building, Room D1-36. Jacqueline Torres speaks English and Spanish. She can answer questions or help solve problems. Elmhurst and Elmhurst off-site members can call her: (718) 334-2306. Elmhurst off-sites are QHN Medical Centers at:

- Astoria.
- Corona Avenue.
- Junction Boulevard in Jackson Heights.
- Ridgewood.
- Woodside Houses.
- PSQ.
- Sunnyside.

■ [Bellevue Hospital Center](#), 462 First Avenue (27th Street), Manhattan, has a special South Asian mental health program. The staff speaks Bengali, Hindi, Urdu, and Punjabi. For an appointment call (212) 562-8152.



A hug may help to calm an angry child.



Teaching Kids to Manage Anger

Our kids watch war and hate crimes on TV. They see fights at school. Maybe they have watched someone use a gun or a knife. But, we don't want kids to act out when they get angry. Experts who study anger in children have some advice. They say parents can help the most.

Start talking to your kids about their feelings when they are young. Help them learn control. This keeps pressure from building up and exploding.

There are ways to help kids let go of their anger. Sometimes a "time out" helps. Here are other ideas:

■ **Teach kids the words for their angry feelings.** Some words for these feelings are: mad, upset, or tense. Find other words. Help kids

talk about their anger. Can they figure out what is causing it?

■ **Praise your kids for little things.** Maybe they put their own toys away. Or, they let another child ride their scooter. Tell them how much you like that behavior.

■ **Show your love.** Sometimes a hug helps an angry child calm down.

■ **Point out anger warning signs.** Maybe your child gets red cheeks or makes a fist when she gets mad. Help her recognize her own anger signs.

■ **Stay cool.** Kids learn by example. Nothing is more powerful than a good role model.

All children get angry sometimes. Help them handle their feelings. Treat them with respect.

Fit for Fun Program Helps Families Eat Healthy

Gregory Atwater is associate director, Children's Health Services, Jacobi Medical Center.

Each week, a group of 6- to 12-year-olds meets at Jacobi after school. Their goal is to be healthier. Overweight kids are referred to Fit for Fun by PCPs from Jacobi or North Central Bronx Hospital. Fit for Fun is also for kids' families, including moms, grandmothers, brothers, and sisters.



By Gregory Atwater

An adult nurse practitioner takes part in the program. She measures heights and weights and gives other health care to adult family members.

A physical therapist teaches easy exercises. Kids get a food diary.

Each week, they write down what they eat and bring in the diary. The whole family learns how to change eating habits. Moms learn to put food on plates in the kitchen. This way, "seconds" are not on the table. Grandparents learn to give treats other than candy. Kids learn to not eat in front of the TV.

Most Fit for Fun members start to lose weight. They learn to make healthy eating habits part of their lives.

Learning Together

A nutritionist (person with special training about healthy eating) works with the kids and their families.

Reminders

- **Use a TDD machine if you have trouble hearing.** TDD MetroPlus Member Services: **1-800-881-2812.**
- **You need a physical examination every year.** If you haven't had yours, call your PCP for an appointment now.
- **Recertify to keep your health care coverage.**

You will get a packet in the mail. If you have questions, please call Member Services: **1-800-303-9626.**



MetroMom
The key to healthy babies

Going to Your Dentist

You should see your dentist at least once a year. (Twice a year is even better!) The dentist helps keep your teeth and gums healthy. When you go, be sure you bring your dental ID card. If you have a Medicaid card, bring that.

When you get there, say you are a MetroPlus member. This helps the staff find your records and give you the best care.



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