

Appendix 15



Sample Communication Template to Parents of Young Children

# Next visit notes:

Get the Best Health Care for Your Child . . .

For more information:

For additional information about the topics in this pamphlet, please visit:

www.cahmi.org www.aap.org/family www.kidshealth.org/parent www.zerotothree.org/stt\_parents.html to expect and be a partner

know what



We asked 2,000 parents whose children's health care is paid by the [insert sponsor/ Office X] to complete the PROMOTING HEALTHY DEVELOPMENT SURVEY. This survey gathered children's health care information from parents just like you with children 3 years old or younger.

#### Why?

Your child's health and health care are important to us and we want to learn where our efforts, and the efforts of health care providers, can improve. We want to make sure your child gets the health care he or she needs to stay healthy. We are giving you this information so that you can ask questions to make sure your child gets the care he or she deserves.

# Well-child care is important

Well-child care is preventive health care provided when your child is not sick. Also known as a "check-up," or a "routine visit," well-child care is essential to keeping your child healthy.

# Did you know?

A national study found that most children do not get the preventive services they need to stay healthy. In fact, less than 10% of children 3 years old and younger receive all of these important services.

National recommendations for helping children stay healthy say that primary care providers should give parents information, guidance, and support.

#### Know what to expect... And be a partner!

The information in this pamphlet will help you learn how to get the most out of your child's well-visits. You can make a difference in your child's health care.

### Your Child's Physical Needs



Number of parents who talked with their child's health care provider about:

- Placing your child on his or her back to sleep — 9 out of 10
- Issues related to food 9 out of 10

# Room for improvement:

Number of parents who did not talk with their child's doctor or other health care provider and wished they had talked about:

- Childcare issues 1 out of 10
- Bedtime routines 1 out of 10

Talk to your child's health care providers about:

- How to help your child learn and grow
- Vitamins and food your child should eat
- Feeding issues
- Bed- and nap-time routines and how many hours of sleep your child needs
- Issues related to childcare



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# Be a partner in your child's health care!

#### Your Child's Developmental Needs & Behavior

#### Areas of excellence:

Number of parents who talked with their child's health care provider about:

- Behaviors you can expect to see in your child
  9 out of 10
- The importance of reading to your child
  8 out of 10

# Room for improvement:

Number of parents who did not talk with their child's doctor or other health care provider and wished they had talked about:

- Guidance and discipline techniques 1 out of 4
- Toilet training 1 out of 5

Talk to your child's health care providers about:

- Behaviors to expect from your child
- Words or phrases your child may use
- How often you should read to your child
- Toilet training
- Guidance and discipline techniques



### Areas of excellence:

Number of parents who talked with their child's health care provider about:

- Car seat safety 8 out of 10
- House safety 8 out of 10

## Room for improvement:

Number of parents who did not talk with their child's doctor or other health care provider and wished they had talked about:

- What to do if your child swallows something poisonous 1 out of 4
- Teaching your toddler about dangerous situations, places, and objects — 1 out of 4

#### Talk to your child's health care providers about:

- Safety in your home and car
- Poison prevention
- Teaching your child about dangerous situations, places, and objects

Do You Have Concerns about Your Child's Learning, Development, or Behavior?

Before your child's office visit, think about if you have these concerns:

- How your child talks and makes speech sounds
- o How your child understands what you say
- o How your child uses his or her arms and legs
- How your child behaves or gets along with others

Voicing these concerns can help your child's health care provider assess your child's risk for learning, developmental, and behavioral delays.

Parents are often the first to notice delays in their child's growth and development. Voicing your concerns can help your child's health care providers identify issues early.

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# We Care about Your Entire Family!

Your child's doctor or other health care provider should ask about family issues that affect your child's health and well-being.

Your child's health care provider should ask:

- If anyone in your household smokes
- If anyone in your household abuses alcohol or other substances

If you feel safe at home

If you ever feel depressed, sad, or have crying spells

You can talk to your doctor or other health care provider about these issues.

