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Are You Planning to
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A Healthy Pregnancy Starts With You

Staying strong and healthy during your pregnancy is the first step to delivering a healthy baby. With regular prenatal care, eating well and regular exercise, you can lower the risk of pregnancy complications. Taking good care of your health is taking good care of your baby's health. See your provider as early as possible if you think you are pregnant. Getting early and regular prenatal care is very important to a healthy pregnancy. If you need help choosing a provider, please call our Customer Care Center. We can also help you schedule appointments and set up rides at no cost to you if you do not have transportation available.

OB Care Managers are available to help you before, during and after your pregnancy.

An OB Care Manager from our health plan can share important education about your pregnancy and help you better understand your benefits.

They can coordinate with your provider and connect you to community resources. To connect with an OB Care Manager, call our Customer Care Center at 800-582-8686, TTY 711. Ask to be referred to the Maternal Child Health department.

[continue reading here](#)

Growing Together: The Parenting Connection

*continued from
"A Healthy Pregnancy Starts With You"*

Getting medical care after delivery:

The American College of Obstetrics and Gynecologists recommends that you see your provider for an initial postpartum visit within three weeks of your delivery date. This should be sooner if you had a Cesarean section (*C-section*). Your provider will recommend appointments, depending on your individual needs. You should finish with a full comprehensive visit no later than 12 weeks after your delivery.

At a postpartum visit, your provider will:

- Check on your mood and emotional well-being.
- Ask you about how infant care and feeding are going.
- Talk to you about family planning options and the importance of safely spacing your pregnancies.
- Follow up on your sleep and fatigue.
- Review your physical recovery after birth.
- Make referrals to manage any chronic conditions.
- Follow up on any questions you may have about your recovery.



Smiling About Dental Health

Regular checkups for members 12 months to 21 years of age

Did you know that you should be seeing your dentist for regular checkups twice a year? Here are some healthy oral tips to keep you on task:

- Brush your teeth at least twice a day.
- Practice proper brushing, including the use of a soft bristled toothbrush.
- Brush with toothpaste that contains fluoride to help strengthen teeth.
- Clean between your teeth daily with floss. This helps remove food that your toothbrush cannot reach.
- Limit sugary food and drinks, such as soda and hard candy.
- Eat a healthy and balanced diet.
- If your mouth is constantly dry, see your dentist. Your mouth needs saliva to limit the growth of bacteria.

Regular visits to your dentist help you maintain healthy teeth, gums and mouth. If you have not seen your dentist at least once this year, be sure to reach out and make an appointment today. All B – UFC/ACC members under age 21 are assigned to a dental home, also known as a primary dental provider (PDP). A dental home is a dentist's office that is visited every six months for a checkup. This dental home office manages all aspects of oral health care in a comprehensive, continuously accessible, coordinated and family-centered way.

Growing Together: The Parenting Connection

Breathe Easy: Managing Asthma

Asthma is a common condition that affects many children. It can cause wheezing, coughing and difficulty in breathing. Recognizing the signs and symptoms of asthma is the first step to managing it effectively.

Asthma symptoms may look different from child to child. These symptoms can range from mild to severe, and they may not appear all the time. However, the most common signs include:

- Frequent coughing, especially at night.
- Difficulty in breathing or shortness of breath.
- Wheezing or whistling sound when breathing out.
- Chest tightness or pain.
- Fatigue, particularly if it seems unusual or persistent.

Certain factors can cause asthma flare-ups or make the condition worse. These are known as asthma triggers. Each child's triggers are unique. Understanding your child's triggers can help in managing their asthma. Some of the common ones include:

- Cold air or changes in weather.
- Exercise or physical activity.
- Dust mites, mold, pet dander or pollen.
- Smoke, including secondhand smoke.
- Strong smells or fumes.

The best way to reduce asthma symptoms is by avoiding the triggers. Here are some tips:

- Keep your home clean and dust-free.
- Use air filters to reduce allergens.
- Keep pets out of your child's room.
- Avoid smoking around your child.
- Dress your child warmly during cold weather.



Asthma can be a challenging condition to manage, but with the right plan, it can be controlled effectively

Regular Checkups

Ensure your child gets regular medical checkups. Your provider can adjust your child's treatment plan as needed.

Asthma Action Plan

Work with your provider to create an asthma action plan. This plan outlines when and how to use asthma medications, what to do when asthma gets worse and when to seek emergency care.

Healthy Lifestyle

Encourage a healthy lifestyle. Regular exercise can strengthen the lungs and boost the immune system. However, ensure that exercise is done in a safe environment where asthma triggers are controlled.

Understanding asthma is the first step to helping your child live a healthy, active life. Remember to seek medical advice if you notice any signs or symptoms of asthma in your child. Your health plan has Pediatric Nurse Care Managers available to assist you in learning about managing your child's asthma.

To request a nurse, call our Customer Care Center at 800-582-8686, TTY 711, and ask to speak to a Pediatric Nurse Care Manager about your child's asthma.



Growing Together: The Parenting Connection

Early Insight, Bright Futures: Screening for Developmental Delays and Autism

If you feel like your child is not on track with other children, you should talk to your child's provider. The provider can look for concerns. Developmental delays can be:

- Physical
- Verbal
- Emotional

Arizona Early Intervention Program (AzEIP) is a statewide interagency system of available services, providers and supports for families of babies and toddlers who may have delays from birth through 2 years old.

You can learn more about key development milestones related to how your child plays, learns, acts and moves by visiting the CDC's Learn the Signs - Act Early web page: www.cdc.gov/ncbddd/actearly/index.html.

For more information about how the AzEIP program can assist with setting up evaluations and finding resources, visit the AzEIP website at des.az.gov/azeip.

The provider may talk to you about autism. For information about autism, go to www.azahcccs.gov/shared/asd.html.

B – UFC/ACC can help you find a provider who can diagnose developmental delays or autism.

If you need help, please call our Customer Care Center at 800-582-8686, TTY 711.



Ready, Set...Vaccinate

Over the past few years, many children didn't get provider checkups and missed some important vaccines. The CDC and the American Academy of Pediatrics say it's important for children to catch up on these immunizations. This will help them stay healthy at school, daycare and other places in the community.

Vaccinations are really important. Without these vaccinations, your child may be at risk for diseases like measles and whooping cough. These diseases are easy to catch and can make children sick. Sometimes, if lots of children in a place don't get their vaccines, there can be an outbreak of these diseases.

Catching up on immunizations is the best way to protect your child from diseases.

To learn more about the vaccines children need from when they're babies until they're 6 years old, visit: www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf.

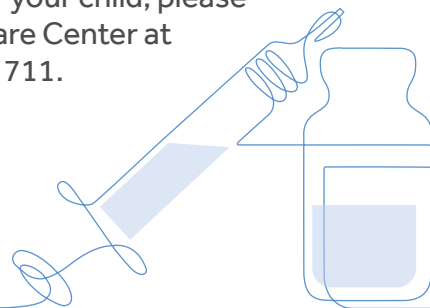
And to see the immunizations children need from ages 7 to 18, visit: www.cdc.gov/vaccines/schedules/downloads/teen/parent-version-schedule-7-18yrs.pdf.

Vaccines are like shields for the body.
They teach the body how to fight off germs.

When your child gets a vaccine, it helps them and others stay safe from dangerous diseases. Vaccines have been keeping people healthy for a very long time.

Some children might feel scared of getting immunizations. But there are ways to make the experience positive. You can bring a toy or book to the provider's office. You can play your child's favorite music. Getting a vaccine only takes a few seconds and is an important part of your child's health care journey.

Before going back to school, it's important for children to get their vaccines. If you need help making an appointment or finding a provider for your child, please call our Customer Care Center at 800-582-8686, TTY 711.



Growing Together: The Parenting Connection

What You Need to Know About Lead Poisoning

Lead is a dangerous metal that can harm our bodies. When it gets into our system, it can cause serious health issues, especially for children. Young children are at greater risk for lead poisoning because they put everything in their mouths and absorb lead easily into their bodies. Young children are also more vulnerable to the effects of lead poisoning because their bodies are still developing. Even at low levels, children's hearing, growth and intelligence can suffer irreversible damage. Pregnant women can also pass lead to their unborn baby.



Here in Arizona, there are several common sources of lead:

- Old houses: Homes built before 1978 may have lead based paint.
- Hobbies: Hunting or fishing that use leaded bullets or fish sinkers, artist paints may contain lead and some furniture refinishing may also contain lead.
- Soil: Lead can also be found in soil, especially around old homes or factories.
- Imported goods: Some goods like toys, jewelry or cosmetics imported from other countries may contain lead.

The good news is that we can take steps to prevent lead exposure:

- Keep the areas where your child plays and your child's toys clean and dust-free.
- Check your home for items that may contain lead.
- Wash your child's hands often, especially after playing outside and before eating.
- Leave shoes and boots outside or in the garage to avoid bringing in soil and dust.
- When vacuuming carpets and rugs, choose a vacuum with a HEPA filter.
- Have your child play on non-dirt surfaces.
- If your work or hobby involves working with lead, change clothes and shower before entering your home. Wash clothes separately.
- Hire an EPA-certified firm when renovating or repairing pre-1978 homes. EPA-certified firms are trained and certified to work lead-safe. Find a list of certified contractors at cfpub.epa.gov/flpp/searchrrp_firm.htm.

In Arizona, all children are recommended to get a lead test at 12 months and 24 months of age. This test can show if your child has been exposed to lead. If your child hasn't been tested yet, it's a good idea to talk to their provider about it. If your child lives in a high-risk zip code area, you should also talk to your provider about testing.

Remember, lead exposure can be prevented, and early detection is key to managing its effects. Stay safe, know the dangers and take the right steps to protect your family from lead exposure. For more information, please reach out to Arizona Department of Health at 602-364-3118.

Or visit www.azdhs.gov/documents/preparedness/epidemiology-disease-control/lead-poisoning/child-lead-poisoning-brochure.pdf.

Growing Together: The Parenting Connection

Your Head Start Resources Connection

Head Start is a family-centered, early childhood education program. This is offered to you at no cost. Head Start helps develop social, emotional and learning skills. These skills will help children get ready for kindergarten. Children who are 3 to 5 years old are eligible for Head Start services.

Early Head Start programs serve pregnant women and children from ages 0 to 3 years old. The program promotes social and emotional development as well as family support services.

Who is eligible?

- Families who are income eligible.
- Families receiving SSI and TANF.
- Children with diagnosed disabilities.
- Children in foster care.
- Families experiencing homelessness.
- Pregnant women.

Benefits include:

- Home visits.
- Child development education.
- Health screening and follow-up care.
- Parenting guidance and education.
- Services for special needs children.

How to enroll in Head Start and Early Head Start services

- Talk with your child's provider about a Head Start referral.
- Visit the Head Start website at www.AZHeadStart.org.
- Call the Arizona Head Start Association at 602-338-0449.
- Contact our Customer Care Center at 800-582-8686, TTY 711 and ask to speak to a Pediatric Care Manager.



School-Based Services

Parenting a child with emotional needs can be hard. You don't have to do it alone.

- Does your child need to talk to a counselor?
- Does your child need to work on their social skills?
- Do you need help with your child's behavior?

Parents can request behavioral health services at school. Services can be during the school year or during school breaks. Talk to the school counselor or principal. Ask the school to make a referral and connect your child to services.

Sometimes parents need help too. Parent partners offer services to help families. Here are three places you can call for support.

Family Involvement Center

602-288-0155

MIKID

844-805-2080

Raising Special Kids

602-242-4366



Growing Together: The Parenting Connection

WIC Arizona

Women, Infants and Children (WIC) is the Arizona supplemental nutrition program for women, infants and children. WIC is a no-cost program that will help you and your family get healthy foods. WIC focuses on good nutrition during and after pregnancy. It can also help while breastfeeding and during early childhood.

Who is WIC for?

- Infants and children – up to 5 years of age.
- Pregnant women – sign up as soon as you find out you are pregnant.
- Women whose pregnancy ended less than six months ago.
- Breastfeeding women – until the infant's first birthday.

For more information, call your local WIC clinic at 800-252-5942 for an appointment. You can also find WIC on the web at www.azwic.gov.

Are You Planning to Breastfeed?

Breast pumps are one of the many benefits available to you through your health plan. They are easy to order, and you have many options to choose from. For information on how to order a breast pump, please call our Customer Care Center at 800-582-8686, TTY 711.

Breastfeeding experts are ready to answer your questions 24/7. Call the 24-hour Breastfeeding Hotline (*Arizona Department of Health Services*) at 800-833-4642.



Stay connected with us on social media for information and resources that can improve your well-being.

  **Banner Health Plans**



ATTENTION: If you speak English, language assistance services are available at no cost to you. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電。

B – UFC/ACC 800-582-8686, TTY 711.

Contract services are funded under contract with the State of Arizona.

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