



Family Well-Being: Health Tip Sheet

For Early Head Start/Head Start (EHS/HS); Refugee Resettlement; Migrant and Seasonal Head Start (MSHS);
Early Care and Education Providers

All providers can support families by helping them to find consistent medical care and encouraging them to have their children monitored regularly. This Health Tip Sheet corresponds to page 2 of the [Raising Young Children in a New Country: Supporting Early Learning and Healthy Development Handbook](#).

Conversation Starters: (or staff, families, and partners can design program-specific questions)

- How often do children visit a nurse or doctor in your culture or country of origin?
- Describe your previous experience with doctors/nurses or health clinic visits.
- Where do you go for help when your child is sick?
- What are some habits you teach your children to help them stay healthy?

Cultural Considerations:

- Preventive care, including “well-child visits,” may have been previously unavailable for many refugees. Families may expect to visit a doctor or nurse only when someone in the family is sick or injured.
- Newly arrived immigrant and refugee children may not be up-to-date on their immunizations.
- Some refugee families may use traditional medicine (e.g., herbal remedies) and healing practices (e.g., consulting a healer). Health providers should be aware of all practices to support optimal health outcomes.
- Some children may be undernourished from life in a refugee camp, or they may experience other health problems due to their refugee experience (e.g., untreated medical conditions, parasites, trauma).
- Refugee families are eligible for Refugee Medical Assistance for their first eight months in the U.S. Beyond that, they are eligible for the same health and medical benefits as other U.S. residents.



Remember to Mention:

- Some materials (lead paint, household cleaners, pesticides, medicine, etc.) must be stored safely away, as they can be poisonous and harmful to children’s health.
- Daily exercise and play promote healthy growth and development. These practices will prepare children for school and learning.
- Health care providers will give vaccinations to children to prevent a variety of harmful and potentially life-threatening diseases, e.g., measles, influenza, mumps, rubella, etc.
- Health care providers may assess a child’s skills, such as language and knowledge, to ensure that they are in line with the child’s age and developmental stage. Parents can talk with their child’s health care provider to discuss any concerns about their child’s health or development.

Family Well-Being: Health Tip Sheet (cont'd)

Applicable Head Start Program Performance Standards:

<http://eclkc.ohs.acf.hhs.gov/hslc/standards/Head%20Start%20Requirements/I304>

45 CFR I 304.40 Family partnerships (f)(1), (2), (3) and (4)

45 CFR I 304.20 Effective date (b)(1); (e) and (f)

45 CFR I 304.22 Child health and safety (b)(3); (d)

45 CFR I 304.24 Child mental health (a)(1) and (3)(ii)

Resources on ECKLC:

National Center of Health

- **Health Tips for Families.**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/health-literacy-family-engagement/family-education/tipsheetfamily.htm>
- **Common Questions Parents Ask About Infant Immunizations.**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/health-literacy-family-engagement/family-education/CommonQuestions.htm>
- **Health Active Living (I Am Moving, I Am Learning & Let's Move! Child Care.)**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/healthy-active-living/healthy-active-living.html>
- **Health Literacy: Tips for Health Managers from the Head Start National Center on Health.**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/health-services-management/program-planning/health-literacy-staff-tips.pdf>
- **The Head Start Orientation Guide for Health Coordinators.**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/health-services-management/program-planning/TheHeadStartOr.htm>

National Center on Quality Teaching and Learning

- **Adding Elements to Playgrounds to Promote Exercise and Creative Play.**
<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/nature-based-learning/From%20the%20Field/SpotlightFarmH.htm>

References:

U.S. Department of Agriculture – Women, Infants, and Children.

<http://www.fns.usda.gov/wic/>

Department of Health and Human Services. Centers for Disease Control and Prevention – Child Vaccines and Immunizations.

<http://www.cdc.gov/vaccines/>

U.S. Department of Health and Human Services—Infant and Young Child Vaccines.

http://www.vaccines.gov/who_and_when/infant/index.html

Bright Futures/American Academy of Pediatrics.

http://www.aap.org/en-us/professional-resources/practice-support/Periodicity/Periodicity%20Schedule_FINAL.pdf

