

Welcome to Head Start

Head Start offers a full range of age developmentally appropriate screenings, assessments, and follow-up for every child, to ensure each child's individual needs are identified and met.

Your child is required to have an updated physical and immunizations upon entering Head Start. You will be asked a series of questions by Head Start staff to ensure your child's individual health and nutritional needs are met.

During your child's first 45 calendar days

Based on your permission, your child will receive the following screenings:

Growth Assessment—Measures a child's height, weight, head circumference (under 3 years old) and blood pressure (over 3 years old) you will also get a BMI (Body Mass Index) % on your child

Vision Screening—Vision testing checks how well a child can see and how well the eyes move together.

Hearing Screening—Hearing testing checks whether children can hear different kinds of sounds.

Speech Screening—Assesses a child's abilities in the areas of voice, articulation (pronouncing sounds), fluency (stuttering), language (understanding and using words).

Developmental Screening—testing to identify a child's strengths and needs in development and mental health.



Dental Services



Head Start collaborates with local dentists to provide dental cleanings and examinations to assist your family in establishing a dental home for your child. Head Start staff will assist you with completing the necessary documentation including any pertinent health or dental family history, insurance info, and permissions. If your family has already established a dental home you may provide Head Start with documented proof of a visit within the last 12 months to meet this requirement. If you do not have dental insurance, there may be several programs available to assist you with any dental costs incurred.



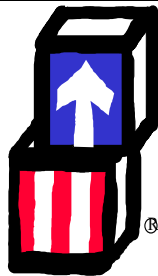
Head Start Policies and Procedures

The health and safety services area has several policies in effect to protect our enrolled children and families.

In order for your child to receive proper care and to protect the health of all Head Start children and families—Head Start Health Policy *Conditions of Short Term Exclusion* has a complete list of when you should keep your child at home and when you will need a note for them to return. You may ask any Head Start staff for a complete list of all our policies.

Thank you for being mindful of our policies and limiting the exposure of illnesses to children, families, and staff.

YCOE HEAD START/EARLY HEAD START



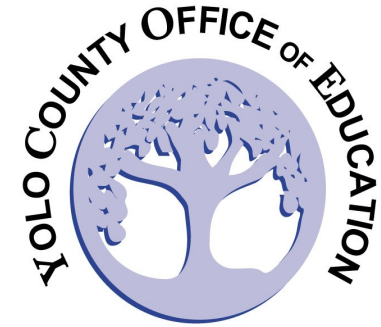
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Dr. Jorge O. Ayala
Superintendent

Improving your family's health the Head Start way



Health and Nutrition



FACTS
PHYSICAL/WELL CHILD EXAMINATIONS

Why are the Head Start physical and updated immunizations so important?

The medical exam is a thorough checkup of the child's overall health and development. It can lead to early identification and treatment of health problems. The medical professional discusses your child's health history, development, family history, and any special concerns; measures height, weight, head circumference, blood pressure, and observes your child for behaviors, appearance, speech and motor skills. Examinations from head to toe include: skin, eyes, ears, nose, mouth, teeth, heart, lungs, abdomen, genitalia, and limbs. May include other screening tests for example development, vision, hearing, hemoglobin, tuberculosis, and urine analysis. If a medical examination identifies any problems, the health care provider might recommend further evaluation, treatment, and follow-up.

IMMUNIZATIONS

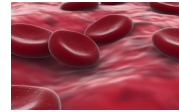
What should I expect?



Immunizations are vaccines or "shots" that protect children from serious illnesses. They require one or more doses and are given at Birth, 2,4,6,12, and 15 to 18 months of age and again before kindergarten. Head Start staff can provide you with a list of required immunizations.

ANEMIA TESTING

What is anemia and how do you get tested for it?



Red Blood Cells

Our bodies need oxygen for energy and growth. Red Blood cells, hemoglobin, and iron carry oxygen through the blood to the body. Anemia is when the body does not have enough red blood cells, iron, or hemoglobin. It can slow a child's energy, growth, and development. Anemia screening is a blood test, usually a finger prick to check the amount of hemoglobin in the blood. If your medical provider gives you a script to complete blood work, it is very important that your child has this done as soon as possible. Anemia can delay a child's growth and development. Early diagnosis and treatment of anemia can help improve the child's health and development. Treatment for anemia might include: nutrition counseling and dietary changes, iron supplements or iron-enriched vitamins, and treatment of other conditions that might be causing the anemia.



LEAD SCREENING

What is lead poisoning, what causes it, and how can I protect my child from it?

Lead screening measures the level of lead in the blood. Lead is a poison that is very dangerous for young children. It can cause anemia, learning difficulties, and other medical problems. Head Start staff will ask you questions to assess your child's risk of lead poisoning, these questions are helpful in determining your child's risk of lead exposure and the need for further testing. California State requires children be tested for lead at ages 1 and 2. Treatment may include: removing the source of lead, nutrition counseling, iron supplements, medication to remove the lead from the blood, follow-up testing of child's blood, or referral for developmental testing.

TB SCREENING

What is TB and is my child at risk?

Tuberculosis, often referred to as "TB", is a serious disease caused by a bacteria. Head Start staff will ask you to obtain a TB clearance from your child's provider, if your child is older than 15 months. TB testing is conducted by a skin test. If your child is determined to be at risk, your provider will set up a treatment plan and follow up testing.

NUTRITIONAL ASSESSMENT



What if my child has a special nutritional need while in Head Start?

During your families enrollment, your Family Support Services Staff will ask you a series of questions to assess your child's nutritional needs. This nutritional assessment reviews the child's eating and growth patterns, food allergies, food restrictions, feeding problems, and any special dietary needs. A child's diet can affect how she/he grows, develops, looks, and feels. The Health and Nutrition Services staff will review your child's nutritional assessment, physical exam, hemoglobin/hematocrit, and lead level results to assess your child's overall nutritional needs. If the nutritional assessment finds inadequate diet or growth concerns we will work together with your health care provider for evaluation and treatment.

Head Start models a healthy lifestyle by promoting good nutritional habits, physical fitness, referral and follow up to ensure each child's individual needs are met.