



# KidCare Konnection

A quarterly newsletter provided for  
Florida KidCare enrollees

P.O. Box 980  
Tallahassee, FL 32302-0980

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## SPRING IS IN THE AIR!

Enjoy the Florida weather while keeping your children healthy.



Breezy days and beautiful sunshine remind us that springtime is finally here!

The warmer weather means children will enjoy more time outside, but it also means allergy season is on its way. Watch your child for signs of allergies: sneezing, coughing and watery eyes.

When allergies do strike, you may want to take your child to their doctor to make sure they get the right medicine. And, April is National Youth Sports Safety month. Teach your children to play it safe at school and on the playing field!

**Make sure your child stays healthy to enjoy the Florida sunshine.** Florida KidCare wants to make sure your children enjoy the fun a new season brings, all while staying healthy!

Remember to pay your Florida KidCare premium each month!

Florida KidCare



## DID YOU KNOW?

**There are 14  
potentially serious  
diseases that  
vaccines protect  
young children  
against.**

Turn to page 2 for more facts about immunizations for young children.

Remember, April 19 - 26 is National Infant Immunization week!

# IDEAS FOR PRETTY DAYS IN THE SUN

Use these fun activities to keep your children busy during spring break and after.



Now that days are lasting longer, your children have plenty of time to spend outside after school. Help them enjoy the spring days with these fun ideas from *Better Homes and Gardens* magazine:

- ⦿ **Start a garden.** Pick a place in the yard where your children can plant flowers and vegetables. Try marigolds and tomatoes to get started, and keep track of how they grow throughout the spring and summer.
- ⦿ **Eat dinner outside.** If you have a patio, enjoy eating dinner outdoors one night. No patio? Take your children for a picnic in the park one Saturday.
- ⦿ **Pitch a tent.** Let your kids campout in the backyard. Help them set up a tent close to the house, and spend the night under the stars with them!

**ONE NUMBER, ALL LANGUAGES: 1-800-821-5437**

## SPOTLIGHT ON...

### Infant Vaccinations

April 19-26 is National Infant Immunization Week. The Center for Disease Control says this about vaccinations (or shots):

- ⦿ Vaccinations can protect children from 14 serious diseases.
- ⦿ Babies especially need their shots, so make sure to get them vaccinated.
- ⦿ Vaccines lower costs that come with doctor and hospital visits.
- ⦿ Get your children's shots on time for best protection.

And, vaccines are covered by Florida KidCare!

## HELP YOUR TEEN PREPARE FOR FINALS



If spring break is over, now your teens have to prepare for the most stressful of school weeks: finals week. Use these tips to help your teen get ready:

- ⦿ **Review.** Let your teen do their own studying, but offer to ask them questions after dinner. They might be grateful for the help to review what they've studied!
- ⦿ **Rest.** Make sure your teen gets a good night's rest (at least 8 hours) the night before their test.
- ⦿ **Relax.** Set time limits to help your child after a long day of test preparation. Remind them to take breaks in between subjects, and to set aside test material once every 45 minutes. This should help them relax before the big test!

# TAKE TIME OUT FOR A CLEAN HOME

Get rid of the dust and the germs to make a healthy place for your family to live

Living in a clean home can mean a healthier place for your children to grow up. Make sure your home is healthy by taking these steps from MedicineNet:

- ⦿ **Organize.** Sort through old items, like medicine stored in the medicine cabinet. Get rid of medicines that have not been used in a long time. Check under your sinks for old cleaning products.
- ⦿ **Dust.** Use a vacuum to remove dust from carpet and air vents; use a damp rag and warm, soapy water to clean hard surfaces like tables and chairs.
- ⦿ **Clean.** Remove mold from bathrooms and other damp areas. Change shower curtains if yours shows signs of mildew (small black dots on the lining).
- ⦿ **Check.** Make sure your home is kid-friendly. Check to see that all rugs in your home have non-skid mats, that swings and slides outside are safe and that all electrical outlets have outlet covers.



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About **9 million** children in the United States have been diagnosed with asthma.

--From The Nemours Foundation at [kidshealth.org](http://kidshealth.org)

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## STOP SPRING ALLERGIES IN THEIR TRACKS



According to the National Institutes of Health, more than 50 million Americans are affected by allergies. Allergies can cause runny noses, sneezing, or itchy eyes. Follow these tips to help your child identify their springtime allergies:

- ⦿ **Look at the family tree.** Pay attention to what starts your own allergies; it may trigger theirs too!
- ⦿ **Keep pollen at bay.** The spring weather brings pollen (a yellow dust caused by plants) to town. Keep windows closed and have children change their clothes after being outdoors to make sure pollen is left out of the house.
- ⦿ **Recognize asthma.** For many children, allergies (especially those that affect the nose and eyes) often leads to asthma flare-ups. See your child's doctor to find out whether or not your child might have asthma.

Fl♥rida KidCare

P.O. Box 980  
Tallahassee, Florida 32302-0980

**Contact Us**

**Florida KidCare information line:**  
1-888-540-5437

**Florida KidCare Customer Service:**  
1-800-821-5437

[www.floridakidcare.org](http://www.floridakidcare.org)

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Check us out online at [www.floridakidcare.org](http://www.floridakidcare.org)!



**CHECK YOUR FAMILY EMAIL**

Now parents can be reminded of Florida KidCare renewal dates and account updates right in their email inbox.

If you forgot to include your email address on your application, you may not be getting emails from Florida KidCare. Call the Customer Service line to update your account information: 1-800-821-5437. You will start getting our emails soon!

**National Health Observances**



- ⦿ **April: National Youth Sports Safety Month.** Kids all over Florida participate in their favorite sports during the school year. Use this month to talk to your kids about playing sports safely!
- ⦿ **April 19 - 26: National Infant Immunization Week.** Young babies are at risk for diseases they might catch from other children. Protect your infant by getting his or her shots on time! See page 2 for more information.
- ⦿ **May 6: World Asthma Day.** About 9 million children in the United States have asthma, which can make it hard to breathe. If you think your child might have asthma, set up an appointment with your doctor today!

