



KidCare Konnection

A quarterly newsletter provided for
Florida KidCare enrollees

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

Winter 2009
Volume 1, Issue 3

WINTER WEATHER IS HERE.

Make sure your children are staying warm and healthy.



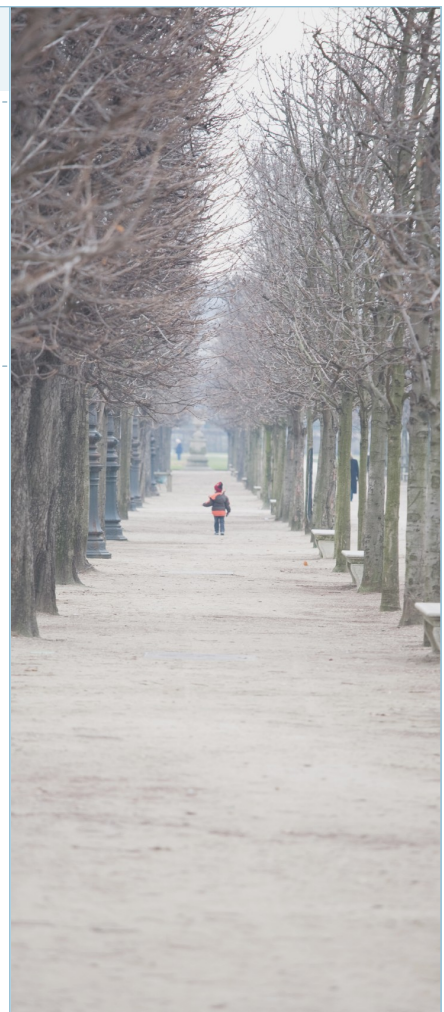
It's hard to believe that the holidays have come and gone.

Children are back in school, and they're probably ready to get back in action. Don't lose sight of their health as they hang out with friends and spend afternoons outside in the cold.

Don't forget to take your child to the doctor when he or she shows signs of getting sick. And, March is Save Your Vision month. Make time after the holidays to have your son or daughter's vision checked. **Make sure your child is healthy for a new year.** Florida KidCare wants to make sure your children enjoy fun a new year brings, all while staying healthy!

Remember to pay your Florida KidCare premium each month!

FL  rida KidCare



DID YOU KNOW?



In 2006, 21.3% of children made one or more visits to the emergency room.

-- According to the Centers for Disease Control

Turn to page 3 for ways to prepare for an emergency room visit with your child, should they need it.

STAYING WARM?

Use these tips to heat your home safely.

Make sure your home stays warm *and* safe by practicing these safety tips:

- ⦿ Be sure to test your home or apartment's smoke alarm monthly, and make sure you have at least one alarm placed near the bedrooms.
- ⦿ Have portable space heaters moved at least three feet from items that burn easily, like bedding, furniture, and clothing. Warn children not to touch!
- ⦿ Never use your stove or oven to heat your home. Instead, safely light a fire in a fireplace using untreated wood. Don't forget to open the flue!

--Tips from the National Fire Protection Association.



Help your child have a happy Valentine's Day by telling them how much you love them. Encourage them to create homemade cards for their classmates. Make sure no feelings get hurt by having enough valentines for every student in your child's class!

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

SPOTLIGHT ON...

Playground Safety

Playground injuries are more common than you might think. Protect your children by following these safety measures:

- ⦿ Have adult supervision in the play area at all times.
- ⦿ Make sure children use equipment properly.
- ⦿ Leave backpacks, purses and bikes away from the play area.
- ⦿ Help younger children keep shoes tied.
- ⦿ Always wear sunscreen—even in cold weather!

HOW TO HANDLE SPORTS INJURIES



It might be cold outside, but that won't stop your kids from playing their favorite sport this winter. Here's how to make sure they don't get injured—and how to help when they do.

- ⦿ **Wear a helmet.** Do your children love to skateboard or bike? Don't let them leave the house without a helmet!
- ⦿ **Take neck injuries seriously.** If your child's neck or head has been injured, take them to a doctor immediately. It's safer to take them to the doctor than to try to treat them yourself.
- ⦿ **Warm up.** If your child is serious about sports, encourage them to stretch before practicing or competing. Even coaches sometimes forget this important habit, but a simple stretch can help your child stay safe and prevent injury!

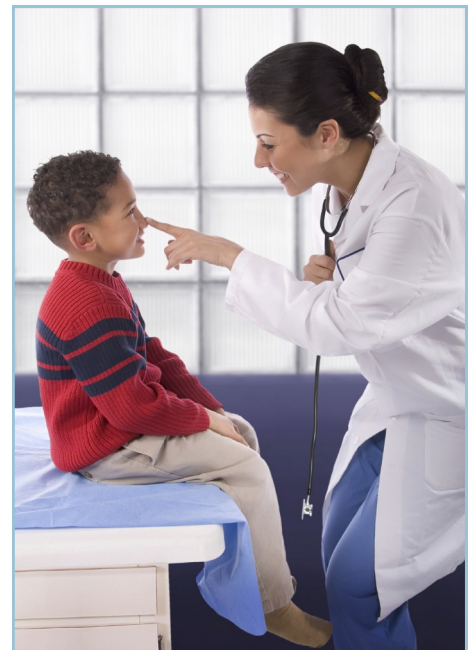
HEADED TO THE EMERGENCY ROOM?

Think twice before taking your child to the hospital, and be prepared when you do make the trip.

The emergency room (ER) is the first place many parents take their children when they come home sick or injured. But, it might not be the best place. Think about heading to the ER if your child:

- ⦿ **Has difficulty breathing or a fast heartbeat.**
- ⦿ **Has a cut that is bleeding and won't stop.**
- ⦿ **Accidentally takes in a poisonous substance or too much medicine.**
- ⦿ **Is unusually sleepy, disoriented, confused or not making sense.**

A child who comes home with ear pain, a high fever, or a cough may not need to visit the ER, so call your child's doctor before jumping in the car to go to the hospital. If your child does need to go to the emergency room, make sure you have his or her medical history ready to take with you. An ER doctor will want to know if your child has allergies or what medications he or she needs.



23% of children ages 2 through 11 have untreated tooth decay.

--From the National Institute of Dental and Craniofacial Research

EATING HEALTHILY IS A FAMILY AFFAIR



If you're like most families in America, the holiday season made it pretty difficult to stick to any nutritious diet. We've got tips that will help you and your family get back in the swing of things.

- ⦿ **Pack lunches.** Save money by packing your kids' lunches. You can use fruits and vegetables to give your kids healthier lunchtime choices.
- ⦿ **Eat healthy snacks.** Choose baked chips instead of regular. Make trail mix. Enjoy oatmeal cookies instead of chocolate chip.
- ⦿ **Avoid soda.** Drink water, milk, and fruit juices instead of cokes or energy drinks. For a treat, serve your children hot cocoa; it tastes good and strengthens your child's immune system!
- ⦿ **Get active.** Limit time in front of the TV and computer. Even though it's cold outside, get your kids active and moving.

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

KidCare Konnection is a complimentary newsletter produced quarterly by Florida Healthy Kids Corporation.

NONPROFIT ORG.
U.S. POSTAGE
PAID
TALLAHASSEE, FL
PERMIT NO. 911

Fl♥rida KidCare
Check us out online at www.floridakidcare.org!



DRESSING FOR THE WEATHER

Florida winters might not be as cold as some, but that doesn't mean your children shouldn't dress in warmer clothing!

Have your kids wear thin layers to stay warm outside; as they get warmer, the layers can come off. Don't forget that sunscreen is still important, especially with the Florida sunshine!

Hats and gloves are also a good idea; if your children's hands, feet, and head are kept warm, their entire body is more likely to be kept warm!

National Health Observances



- ⦿ **February: National Children's Dental Health Month.** About 76% of children ages 2 to 17 have visited the dentist in the past year. If your child hasn't had their yearly check-up, make their appointment this month!
- ⦿ **February 24 - March 1: National Eating Disorders Awareness Week.** Talk to your teen this week about healthy diet and exercise. 15% of American females in their teens may have an eating disorder. Make sure your teen girl is taking care of herself!
- ⦿ **March: Save Your Vision Month.** Your child's eye appointment is important for overall health and for success in school. Make sure you schedule their annual check-up!

