

December 2016

Medicare and Children's Health Insurance Program (CHIP):
Ensure Your Children Get the Medical Care They Need



Children need to be healthy in order to reach their full potential. Staying healthy includes getting a regular vision, dental, and general checkup, and seeking medical attention if a child gets sick or is injured.

In this age of rising health care costs, health coverage is critically important. Medicare and CHIP give millions of people with limited resources access to the medical care they need. Medicaid provides for over half of all births in the State of Florida: as of June 2016, 3,605,848 people in the State of Florida were covered by Medicaid and CHIP.

At a recent conference in Washington DC, *Health Determinants of Early School Success*, Campaign for Grade-Level Reading communities were urged to encourage families to enroll in Medicaid and CHIP and to emphasize the importance in keeping their enrollment active in order to ensure their children get the medical care they need.

The Suncoast Campaign for Grade-Level Reading is part of a nationwide movement to help all children, especially those from low-income families, succeed in school by ensuring they read on grade-level by the end of third grade. One of the pillars of the Campaign for Grade-Level Reading is School Readiness, concentrated on the first five years of life. In order to ensure children start school ready to learn, one of the most important elements to Medicaid and CHIP coverage is Early and Periodic Screening, Diagnostic, and Treatment (EPSDT). EPSDT service is Medicaid's comprehensive and preventive child health program for individuals under the age of 21. EPSDT has two purposes: to assure health care resources are available and accessible; to help Medicaid recipients and their caregivers use these resources. EPSDT services include, but are not limited to:

- Behavioral Health Overlay Services
- Child Health Check-Up Services
- Chiropractic Services
- Dental Services
- Durable Medical Equipment/ Medical Supply Services
- Early Intervention Services
- Hearing Services
- Home Health Services
- Hospital Services, including Psychiatric Services
- Nursing Facility Services
- Optometric Services
- Physician Services
- Podiatry Services
- Targeted Case Management Services

To find out if you may be eligible for Medicaid Benefits in Florida click [HERE](#).



Dirty Dishes, Goofy Giggles

While you clean up the dirty dishes, show your child a dirty dish and say "yuck" with a funny face. Your expression should make your child giggle. With each new dish, use a new word, such as "sticky" or "goopy." See what funny words he/she can come up with too.

Brainy Background

powered by Mind in the Making

Your child learns communication skills from your tone of voice, facial expressions, body movements and words. He/She also learns to love the sound of words when you use funny words.

Vroom is FREE. When you download the app, click "you were referred," and place a checkmark next to "FL Suncoast CGLR."

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WHAT YOU CAN DO TO CONNECT WITH YOUR BABY?

Click on The Count for more fun!



One Year Old
"Ah. Ah. Ah"

- Help your baby begin to learn language by responding in words to his/her facial expressions, sounds, and gestures. When he/she nuzzles into your chest, you might say, "Oh, you are hungry now. Let's get you some milk."
- Talk to your baby about what is happening to him/her: "I'm changing your diaper. Yes, you feel a little chilly right now. Don't worry, I'm almost done."



Two Years Old
"Ah. Ah. Ah"

Parents are responsible for providing healthy foods at meal and snack times. Children are responsible for what and how much they eat. This helps children learn what it feels like to be hungry and then full — and how to behave based on this awareness, by eating when hungry and stopping when full.

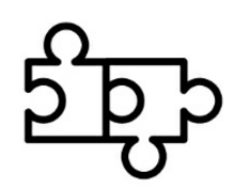
What to Do About Picky Eating

- Put new foods next to foods your child already likes. Encourage him/her to touch, smell, lick, or taste the new food.
- Avoid becoming a short-order cook. Don't prepare special meals for your child. Instead, give him/her what the rest of the family is eating in toddler-sized portions. Over time, these choices are likely to become as accepted and familiar as his favorite mac-n-cheese.



Three Years Old
"Ah. Ah. Ah"

If your child is challenged by an activity and becomes extremely frustrated and distressed, he may have reached his limit and needs a break. He may also need a little more assistance from you.



Connecting



Learning



Sharing



Evolving



Strengthening

Making Connections and Sharing Life's Journeys By Angelina Guerrero

Editor's Note: Angelina Guerrero is a Mind in the Making facilitator trained to teach parents, educators, caregivers and healthcare professionals about the seven essential life skills that help children achieve their goals. Angelina has been a teacher at Sarasota Memorial Hospital since 2011.

I began this journey in May at a Mind in the Making Community Facilitator Institute Workshop. Some of the Suncoast's best educators, parents and professionals were in attendance. Erin Ramsey and her associate provided attendees with meaningful information and the opportunity to have deep discussions and share ideas. Friendships were formed and the seven essential life skills were learned. At the end of the workshop I left with a new philosophy on life, knowing it would affect me and the way I teach. It was a huge step out of my comfort zone, but a life changing opportunity and experience.

Mind in the Making has made me realize the importance of having connections with family, co-workers, and community partners, especially in relation to the children I teach. The Seven Essential Life Skills that Ellen Galinsky discussed during this eight-week journey will have life changing results if applied.

I found myself sharing, laughing and crying through each of the seven essential life skills. Taking this class provided a wonderful opportunity to form new professional and social friendships in a relaxed learning environment.

The workshop I co-facilitated with Kelli Karen brought together 17 diverse women at different stages in their lives. A bond was formed of stronger women ready to share with the community the lessons they had learned through the workshop.

I'm thankful that I listened to that little voice that told me "you can do this" and to The Patterson Foundation for providing everything we needed to be successful. As a wife, parent, friend and teacher, I highly recommend taking this workshop. Your life and mind will forever be changed!

The next Mind in the Making Community Facilitator Institute Workshop is scheduled for February 28, March 1, and March 2.

Contact info@GradeLevelReadingSuncoast.net for further details or to sign up.



Founding Network Weavers



We welcome your thoughts. Contact us at info@GradeLevelReadingSuncoast.net.

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• Recognize his effort:
"You worked on that puzzle for a long time. Do you want me to help or do you want to try later?" Avoid showing any disappointment as this may lead to worry that he/she is displeasing you. When he/she is ready to start again, sit down with him/her and give him/her some pointers or guidance to get him/her moving toward a solution.

• **Model persistence.**
Let your child see you attempting new things and persisting even when the task becomes difficult or frustrating. Share your thinking process:
"Boy, getting this jar open is really tough. I'm feeling pretty frustrated. Let me try it this way..."



Sharing

Share the Newsletter

Do you have friends, family, colleagues or neighbors who you think would be interested in signing up for the monthly 0-5 Express Newsletter?

If so, please share by using the grey share icons at the very bottom.

Research shows us that the first five years of a child's life are a critical time for brain development and the basis for future success. We look forward to sharing engaging news and updates with you related to the earliest years of life. The Patterson Foundation respects your privacy and will not share or sell your contact information.

To be added into the 0-5 Express newsletter distribution list, please click [HERE](#). Provide your first and last name in addition to your preferred email address. If there is information you are interested in learning more about, feel free to let the Campaign know.

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Can you unscramble the word? Answer will be in next months newsletter!

RNBMEU

