I plan to do the following things to complete a "healthy portrait" of my child:

1. I plan to ________________________________ for (child/children's names) __________________ by (date) __________________

2. I plan to ________________________________ for (child/children's names) __________________ by (date) __________________

3. I plan to ________________________________ for (child/children's names) __________________ by (date) __________________

Family Advocate Name ___________________ Phone _____________________

Additional Comments (please provide comments for each child enrolled in Head Start or Early Head Start)

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Parent Signature ___________________ date ___________________
**WHAT**
Medical and dental homes are providers that families trust for regular health care and services.

**WHEN**
If you don’t currently have a medical or dental home, a family advocate can help you find one.

**WHY**
As health care providers and families get to know each other through repeat visits, children receive personalized care in familiar environments, for a better overall experience. Medical and dental homes allow doctors, dentists and families to develop relationships and work together for their child’s health.

---

**WHAT**
A dental exam looks at lips, gums, tongue, teeth and the roof of the mouth; bite alignment; and signs of tooth decay and infections.

**WHEN**
Once the first tooth comes in (between 6 and 12 months), children should visit a dentist every six months, but not less than once per year.

**WHY**
Regular dental care prevents tooth decay and disease, and improves food chewing, nutrient retention, language skills, and overall health.

---

**WHAT**
A physical exam looks at a child’s progress in growth, learning and behavior. It includes height and weight, heart rate, blood tests for anemia and lead poisoning, and necessary immunizations.

**WHEN**
Infant and toddler exams should occur at birth, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months, followed by annual physicals. This is also called a “well child” exam.

**WHY**
Regular physical exams encourage lifelong healthy habits, prevent illnesses, catch concerns early, and provide necessary treatment.

---

**WHAT**
Screening instruments such as audiometers and eye charts test your child’s hearing and vision, while staff and parent observations help identify developmental or behavioral concerns that may require follow-up care.

**WHEN**
Hearing and vision screenings are either conducted by your family doctor during annual physical exams, or by Head Start staff within 45 days after enrollment.

**WHY**
Screenings help identify areas where professional support could improve your child’s ability to learn and be successful in school.

---

**WHAT**
Health insurance helps families pay for health care. Ask your family advocate about the different insurance options available to your family.

**WHEN**
If you don’t already have health insurance, a family services specialist can locate the right plan for your family and assist with paperwork during the application process.

**WHY**
Health insurance provides access to quality preventive care that can identify health issues before they become serious.