

Your Child's Medical Home

What can you do to help keep your children healthy? Give your child a nutritious diet, regular exercise, enough sleep, and plenty of love. But here's another way you may not know about – give your child a medical home. New research shows that choosing one doctor's office or clinic for all of your child's health care visits can reduce the number of illnesses your child will have, decrease the number of times you have to go to an emergency room and improve the overall health of your child. Here are three easy things you can do to improve your child's health.

1. Select a medical home for your child.

A medical home is **the one doctor's office or clinic where you take your child** for all of your child's health care, such as:

Check-ups, screenings, tests, immunizations (shots)

- sick visits
- special health needs
- accidents (that aren't emergencies)
- advice and help in caring for your child
- help you find the right specialist if one is needed
- to talk about problems or concerns you have about your child

2. Keep your child's immunizations (shots) up to date.

Making sure your child has received the recommended shots will prevent over 20 of the most serious illnesses a child can get. Help the staff in your child's medical home keep track of the shots your child has had by keeping a record of all of the shots he/she has received and bringing the record each visit.

3. Always call your child's medical home first.

When your child is sick or hurt, call your child's medical home for advice. They may be able to tell you how to treat your child's injury or illness without making a trip to the office or emergency room. Whenever possible, call your child's medical home during office hours. But if your child is sick or hurt at a time when the office is closed, please call your child's medical home for advice, rather than going to the emergency room. You can call your child's medical home 24 hours a day.

Your child's medical home is:

Phone number:

Address: