



Parent Handbook
2023-2024

Updated August 2023



CONTACT INFORMATION

20 E. Dickson St.
Fayetteville, AR 72702
Phone: 479-442-3992

ABOUT OUR SCHOOL

Play Learn School is a ministry of First Baptist Church of Fayetteville Arkansas. Play Learn operates under the umbrella of the church and is supported in many areas by the church.

Play Learn School began in September of 1970 as a mission project of the Women's Missionary Union of First Baptist Church. It has grown from a Mother's Day Out program designed to meet the needs of the church family to a Preschool serving the church family as well as the community of Fayetteville.

PURPOSE

Our purpose is to provide a positive, fulfilling learning experience for preschool children in a safe and secure Christian environment. Our goal is that this experience will help all children grow and develop under the care of our trained and qualified teachers.

We believe that children learn in many ways and we hope to provide a curriculum that will offer those opportunities. We use the Adventures in Learning curriculum along with WEE Learn, which is a Christian curriculum developed by Life Way. The most important goal of the WEE Learn curriculum is to provide a program that allows children to grow and develop as Jesus did, "in wisdom and stature and in favor with God and man." (Luke 2:52) Adventures in Learning uses a learning center type of approach that provides age-appropriate activities that relate to a specific unit of study. These resources are designed to provide hands-on activities to encourage each child to develop mentally, physically, spiritually, and socially/emotionally at her/his own pace.

ADMISSION GUIDELINES

- Play Learn has classes for children from the age of six weeks to pre-Kindergarten.
- Pre-registration for the up-coming fall classes begins in late February and early March with children already enrolled in Play Learn having first opportunity for enrollment. Enrollment is then offered to Fayetteville's First Baptist church members and then registration is open for other interested families.
- Registration forms must be completed and a non-refundable \$75 registration fee paid before a child is considered enrolled.
- Children attending Play Learn must keep all immunizations records up to date. A copy shall be provided for the school to be kept in the child's file within their first two weeks of school. This includes Physician's Medical exemptions filed with the state. For the immunization schedule please refer to: <https://www.cdc.gov/vaccines/schedules/index.html>
 - During time of following Pandemic Regulations, please have immunizations turned in along with all required paperwork (data forms, permission slips, etc.) *by or on* the first day of the semester. Otherwise, your child will not be able to enter school until they are submitted.
- When the classes are filled, families may place their child on our waiting list. The registration fee is not required to be placed on the waiting list. Names on the waiting list will be called in the order they have been placed on the list when an open spot is available.
- The "wait list" is not carried over from year to year.
- **All enrollment decisions are made by the Play Learn director with consideration given to balancing classes and maintaining Arkansas licensing staff/child ratios.**

DISMISSAL

- Play Learn will make every effort to meet the needs of your child within our abilities based on our staffing, ratio and facility resources. We will work with families in making necessary plans to accommodate your child in our program; however, if the Director determines that Play Learn cannot meet your child's needs, she reserves the right to ask you to withdraw your child from our school.
- Children will also be dismissed for nonpayment of fees at the discretion of the Director.

TUITION POLICIES

Play Learn fees are due the 10th of each month.

- Fees are the same each month regardless of the number of days in the month or days attended in the month with the exception of August which will be pro-rated.
- Tuition is divided into nine equal payments and will not be prorated for missed days.
- Please remember that missed days **cannot** be exchanged or "traded" for other days.
- Two weeks' notice is requested if it becomes necessary to withdraw your child from school.
- Play Learn accepts cash or checks as payment for fees. Please make your checks payable to Play Learn School. If needed, we can provide a statement of the payments you have made within a certain time period. Any check that is returned for insufficient funds will be subject to a \$10 fee (per check).
- For tax purposes our Federal Tax # is 71-0292253
- Fees include one-time \$75 registration fee to be paid at the time of registration, a one-time supply fee of \$75 due at the first of the new school year for all children (except for the those enrolled in youngest infant class) and a one-time laundry fee of \$10 also due at the first of the year for all babies and those who stay till 2:30.

The monthly tuition fees are as follows:

First Child:	8:30-12:00	8:30-2:30
2 days a week	\$ 193	\$ 227
3 days a week	\$ 290	\$ 340
5 days a week	\$ 483	\$ 567

Siblings:		
2 days a week	\$ 168	\$ 202
3 days a week	\$ 290	\$ 302
5 days a week	\$ 483	\$ 504

Drop-in fees: 8:30-12:00(\$24) 12:00-2:30(\$17) 8:30-2:30(\$28)

Rates for Active FBC Members:**Monthly Fees:****Every Child:**

2 days a week	\$ 168	\$ 202
3 days a week	\$ 290	\$ 302
5 days a week	\$ 483	\$ 504

Drop-in fees: 8:30-12:00(\$24) 12:00-2:30(\$17) 8:30-2:30(\$28)

Drop-in Policies

- Only children currently enrolled can drop-in.
- Licensing ratios must be maintained in considering any drop-ins.
- Often drop-ins cannot be confirmed until the morning of the requested drop-in.
- Children who are enrolled in a class in the mornings are able to drop-in during the afternoons.
- We do not encourage dropping your child in for only the afternoon.

ARRIVAL AND DEPARTURE

- Play Learn begins at 8:30AM and ends for half-day children at 12:00 noon and for full day children at 2:30PM. Please do not enter your child's classroom before 8:30AM. The teachers need this time to get ready for the day.
- Each child should be personally delivered to the classroom by their parent or other authorized (in writing) adult.
- **Please sign your child in and out at the classroom door and include the time.** Full signatures and times are required by DHS on the sign-in and sign-out sheet.
 - In the event of following Pandemic Procedures there could be changes in drop off/pick up and you will be notified in a timely manner as DHS and DCCEC provide those guidelines.
- Also please be prompt, as it is important for your child to begin the day with his/her classmates.
- Please call Play Learn if you know your child will not be coming that day.
- Please be prompt in picking your child up from Play Learn. Some teachers need to pick their own children up from school.
- **Children must be picked up promptly at 12:00 or 2:30.** Our staff is paid hourly and is not prepared to care for your child after school hours. We have a digital clock in the hallway and late fees will be charged according to the time on that clock. Late fees are as follows and will be added to your tuition:

0 to 10 minutes late	\$5.00
Each additional minute	additional \$1.00
- These fees apply to **anyone** (parents, grandparents, sitters, friends, etc.) who is picking up your child. Parents who pick up after half-day should be exiting with their child at 12:00 noon.
- Please notify the Play Learn office if you are going to be significantly late. **This does not absolve you of the late fee,** but it does allow us to reassure your child that someone is on the way.
- Our teachers do not use their cell phones during the school day, please call the main number if you need to reach a teacher or the Director during school hours. **(479-442-3992)**

PARKING

- Parents may park in church parking spaces at the **north end** of the building when they bring their child to school or when they pick up their child.
- Please **do not** park in the drive-through or in the South Parking lot (at the other end of the building). Please reserve that entire parking lot for First Baptist Church's ministers and staff even if it appears to be empty.
- Please do not park in handicap spaces to drop off or pick up your child. These spaces are reserved for those that are authorized to use them.
- Parents must come inside the building to pick up their child. Once the teacher has released your child/children to you, it is your responsibility to monitor their behavior. Please use caution in and around the parking area.
- Please park in an actual marked parking place.
- In emergencies (sick sibling, new baby, etc.) call ahead and a staff person will pick up or drop off your child at the doors at the drive-through on the north end of the building.

Emergency Plan

Play Learn works in conjunction with Fayetteville Emergency Personnel to ensure safety for our children in the event of an emergency.

- Fire and Tornado drills are practiced monthly.
- In the event of a fire, babies and toddlers are evacuated to the west side of the building across Highland by CUM. All other classes are evacuated to the south side of the brick fence surrounding the playground.
- In the event of a tornado, children will be moved to the lower auditorium area of our building and will remain there until given the all clear by emergency personnel.
- If a situation arises that calls for evacuation and relocation, children will be relocated to University Baptist Church at 333 W. Maple, Fayetteville, AR. You will be notified by phone in this situation.

PANDEMIC PROCEDURES as directed by DCCECE

PANDEMIC GUIDELINES-*subject to change monthly as guidelines change*
Last Updated July 28th, 2022

Administrative Procedures

The facility shall follow all specific directives given by the Department of Human Services related to the current pandemic.

General Health Requirements

We will ask that no one enters the building if they have:

- a. A temperature of 100.4°F or above
- b. Have had a temperature of 100.4°F or above in the last 48 hours
- c. Signs or symptoms of COVID-19 (fever, cough, shortness of breath, difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell)
- d. Has had a positive test for COVID-19 in the past 10 days or are awaiting the results of a test

For the rest of the health guidelines please see following pages in Handbook.

HEALTH AND SAFETY POLICIES

- Play Learn school meets or exceeds the standards for minimum licensing requirements for health and safety. A copy of those requirements is available at your request. Please do not allow your child to bring unsafe items to school. These might include items such as coins, toy guns or knives or other potentially dangerous toys.
- All bags belonging to children shall be checked on arrival to eliminate possible hazards.
- Play Learn is required to maintain a record of all child product recalls and safety notices issued by the Attorney General's Office and will make these notices available for parents to review.
- All immunizations must be up to date when your child is enrolled and must be kept up to date. **Licensing requires that we receive immunization records within 15 days of enrollment.** This includes medical exemptions.
 - **During time of following Pandemic Regulations, please have immunizations turned in along with all required paperwork (data forms, permission slips, etc.) by or on the first day of the semester. Otherwise, your child will not be able to enter school until they are submitted.**
- Bibs necklaces (including teething beads) and any ties around the neck will be removed from infants prior to rest/naptime to reduce the risk of entanglement and strangulation while the child is sleeping.
- We want to support potty training efforts as much as possible but, we do require the use of pull-ups with **Velcro sides** until they are consistent at school.
- Play Learn cannot care for sick children. No child may attend Play Learn School who has been diagnosed by a physician as having an infectious disease. Please do not send your child to school if he/she exhibits any of the symptoms listed below.
 - Doctor's notes are appreciated when your child has been ill.
 - Must be fever free for 24 hours since last fever (without medication) or must have Doctors note saying child is not contagious.
 - If your child presents with a rash, they must have a Doctors note saying the condition is not contagious before returning or it is gone.
 - If your child has a sick sibling who is too ill to go to school, please keep the sibling out of our classrooms.

- Also, parents will be notified to pick up their child if he/she exhibits any of the following symptoms during the school day.

- A. **Fever**: A body temperature of 100 degrees or greater. (Infants under 6 months of age, any increase in temperature)
- B. **Diarrhea**: Two or more water stools in a 24-hour period.
- C. **Blood or Mucus in stools**: (unless caused by hard stools)
- D. **Abdominal pain**: which lasts more than two hours
- E. **Vomiting**: Vomiting on two or more occasions within the past 24-hour period.
- F. **Rash**: Body rashes, not obviously associated with diapering, heat or allergic reactions to medications.
- G. **Severe Coughing**: Episodes of coughing which may lead to repeated gagging, vomiting or difficulty breathing.
- H. **Conjunctivitis or "Pink Eye"**: Pink or red eye(s) which may be swollen with white, yellow or green discharge, until on antibiotics for 24 hours.
- I. **Active Tuberculosis**: until a health care provider or health official states that the child is on appropriate therapy and can attend child care.
- J. **Impetigo**: until treatment has started.
- K. **Strep-Throat**: until 24 hours after antibiotic treatment has started.
- L. **Chicken Pox**: until all lesions have crusted (usually 6 days after the rash appears).
- M. **Rubella**: until six days after onset of rash
- N. **Pertussis** (Whooping Cough): until five days of antibiotic treatment
- O. **Mumps**: until five days after onset of gland swelling
- P. **Measles**: until four days after onset of rash
- Q. **Hepatitis A**: until one week after onset of illness or as directed by the health department
- R. **Untreated Scabies, Head Lice or presence of nits**: May return after treatment and removal of all nits.
- S. **Multiple sores inside mouth with drooling**: Unless health care provider determines the condition is non-infectious.
- T. **Ring Worm**: A fungal infection of the scalp or skin: may return after evaluation and under treatment by a health care provider.
- U. **Impetigo**: May return 24 hours after treatment is initiated.

In order that we may best protect all of Play Learn students please inform us if your child has had or develops any of the above symptoms.

According to the Minimum Licensing Requirements: Caregivers should determine if the illness prevents the child from participating comfortably in activities, results in a greater need for care than the childcare staff can provide without compromising health and safety of the other children or poses a risk or spread of harmful diseases to others. (PUB-002. Rev.01/01/2015)
01/01/2015



A Whole-Child Approach
to Educational Development

Health Requirements

Disease or Health Condition	Health Requirement as Outlined by Department of Human Services	When Can My Child Return?
Fever	(101 or greater)	Must be fever free for 24 hours (24 hours from start of being fever free) or a doctor's note stating the condition is not contagious
Diarrhea	2 or more watery stools in a 24-hour period	Must be diarrhea free for 24 hours (24 hours from last diarrhea) or a doctor's note stating the condition is not contagious
Vomiting	2 or more occasions within the past 24-hour period	Must be free from vomiting for 24 hours (24 hours from last vomit) or a doctor's note stating the condition is not contagious
Rash	body rashes, not obviously associated with diapering, heat or allergic reactions to medications	Rash must be completely gone before returning or a doctor's note stating the condition is not contagious
Sore Throat	if associated with fever or swollen glands in the neck	Must be free from symptoms for 24 hours or a doctor's note stating the condition is not contagious
Severe Coughing	episodes of coughing which may lead to repeated gagging, vomiting or difficulty breathing	Conditions must be minimized significantly and a doctor's note stating the condition is not contagious or completely free of symptoms
Pink Eye	pink or red eye(s) which may be swollen with white or yellow discharge	Must be on antibiotics for a minimum of 24 hours
Scabies, Head Lice, Nits	tiny insects that live on human scalps and nits (eggs) are found on the hair shaft	May return after treatment and removal of ALL bugs and nits
Mouth sores	multiple sores in mouth with drooling	Health care provider determines the condition is non-infectious
Ring Worm	a fungal infection of the scalp or skin	After treatment by a health care provider has begun
Impetigo	skin infection mostly seen on face - bumps or large patchy areas	May return 24 hours after treatment has been initiated
Other	any contagious disease, illness or health condition	May return based on doctor's recommendation

If a doctor's note is required, please make sure your doctor includes the following:

1. Child's name
2. Date child may return (i.e. may return to school on Jan. 20, 2007)
3. Statement that the child is no longer contagious

MEDICATION

- We hope you will try to arrange to give most medications at home but we understand it is occasionally necessary to have it taken at school.
- Medication can be given to children only with signed parental permission which includes date, type, drug name, time and dosage. It must be in the original container, not have an expired date and be labeled with the child's name.
- If your child has a fever (101 or higher), sore throat or other symptoms of a virus, they should not be sent to school. Medicating your child in the morning to relieve these symptoms does not make them less contagious. If your child needs to take medication to feel well enough to attend school, it is likely your child is not well enough to be around other children.
- Play Learn will provide aspirin substitutes, such as acetaminophen which can be given with parental permission.
- Sunscreen is considered a medication. If you want your child to use sunscreen, please apply it just prior to coming to school.
- **Do not send medication in your child's lunch box. Please bring medication to the office to be kept.**

SOCIAL MEDIA POLICY

Please do not post anything on Facebook, Instagram, Twitter, Snapchat or any social media account that includes information about or pictures of any children other than your own. We certainly want you to get to know the other families in your child's classroom, but it is important to respect the privacy of others by not posting group photos or comments that include other children in the class. (Please be mindful of children in backgrounds as well.)

*As a part of our Employee Policy, Teachers are not allowed to post information about or pictures of the students on social media sites.

Play Learn does have a private Facebook Group (Play Learn School) and Instagram account (play.learn.school) that current families are invited to join. Any postings made by Play Learn will go through the office to ensure consent of parents is present on the signature page of the registration packet. We are sorry for the inconvenience but no Grandparents, extended family or babysitters will be allowed to follow our Social accounts.

SNACKS AND LUNCHES

- Snack-time and lunch time can be wonderful learning opportunities for preschool children. Play Learn will offer a daily morning snack to your child and will serve the lunch you provide for your child each day.
- Play Learn does not serve breakfast and we ask that you not bring breakfast or other food items your child might be in the process of eating into the classroom. This can be difficult for the teachers as well as the other children.
- Snacks will consist of 2 components; 100% fruit juice, or water to drink with a grain, fruit or dairy element.
- If your child is on a restricted diet, you may furnish their snacks.
- Infants will bring their own snacks.
- Play Learn operates under the guidelines of the Department of Human Services Child Care Licensing Regulations and must comply with certain requirements. Play Learn does not provide lunches for children so the lunches you bring for your child must meet these requirements.
- The teachers and staff at Play Learn are responsible to ensure that each lunch meets the requirements listed below:
 - Each lunch must contain milk, a protein, a fruit and a vegetable (or two of one), and a grain.
 - Milk should be sent in a thermos to keep it cool and an ice pack included in the lunch box as a back up to maintain freshness.
- If a lunch does not meet the requirements, Play Learn will supplement that lunch at a cost of \$1.00 per item.
- A doctor's note stating allergies must be provided for exemptions.
- Please attach a note inside your child's lunch box to alert any new or substitute staff concerning your allergies.
- Thermos should be in the upright position.
- **Do not** send junk food such as fruit flavored roll-ups, kool-aid, candy, or carbonated beverages.
- Please read the DHS regulations for portion sizes for your child's age on pg. 66:

[https://humanservices.arkansas.gov/wp-content/uploads/Recent_Final_Filing - MLR Child Care Centers.pdf](https://humanservices.arkansas.gov/wp-content/uploads/Recent_Final_Filing_-_MLR_Child_Care_Centers.pdf)

SCHEDULES AND HOLIDAYS

- Play Learn School strives to follow the Fayetteville Public Schools schedule as closely as possible. We also observe the same holiday schedule as the Fayetteville schools. The only exception to this would be Good Friday, as Play Learn will be closed even in Fayetteville Schools are not. We try to let our families know about schedules and holidays in advance through our monthly newsletters, on our Facebook group and Instagram account. Fayetteville Public Schools have a web site (www.fayar.net) if you would like to check their calendar.
- During inclement weather, Play Learn will close when Fayetteville Public Schools close. Please listen to local television and radio for school closings.
- In the event of inclement weather while school is already in session, please arrive 30 minutes before the FPS scheduled early dismissal. Pick your Play Learn children up first as our teachers have their own children to pick up from school.

CLASSROOM SCHEDULES

- Play Learn classroom schedules are planned to include times of activity and rest, group and individual play, snacks and outdoor play times. While there is some degree of flexibility, classroom routines remain the same each day to provide a sense of security for your child.
- Each classroom at Play Learn has their own individual schedule with morning snack (9:30-9:50), lunch (11:30-12:00), nap preparation (12:00-12:30), and nap (12:30-1:50) being consistent for all classrooms. Toddlers-Pre-K classes attend music two days each week. Check with your teacher for each class' specific schedule.
- Pre-K classes occasionally attend field trips. The teachers in those classes will notify parents of details when needed. Some field trips involve parental involvement for safety and success.
- Since the older children are more aware of their classroom routines, it is important for them to arrive at school in time to experience their "whole" day. We encourage all of our children to arrive on time to be a part of their class.
- Licensing requirements state that there shall be outdoor play every day in suitable weather. In suitable weather the children will play outside. In extreme weather the children will play in the gym or multi-purpose room.
- Please dress your child for outside play. A "sneaker" type of shoe is best for outside play. (No cowboy boots please) Closed -toed shoes are preferred

over open-toed shoes for outside play. Remember to send a jacket for early morning outside play.

- It is in your child's best interest to leave personal toys at home.
- In general, it is recommended to dress your child in comfortable, washable clothing, it is preschool and *they will get messy*. We will do our best to protect clothing but accidents do happen.
- Please remember to label all of your children's belongings.
- Birthdays: Birthdays are special times for young children. We encourage you to celebrate your child's birthday with his/her classmates at Play Learn. Please remember no home-made treats.
 - New regulations state that all treats must be purchased from health department approved kitchens.
 - Please check with your child's teacher before bringing birthday treats for the class. Healthy treats are greatly appreciated.
 - Please let your child's teacher know in advance so she can include this special time in her plans.
 - You may bring treat bags for each child in the class and they will be sent home with them at the end of the day.
 - **We can only pass out invitations to a party if all the children in your child's class are included.**
- Holidays: Holidays are often an occasion for classroom celebrations. Typically, we have a small party to celebrate a holiday. Parents may be asked to supply some items for the party. Parents are also invited to participate. Your child's teachers will keep you informed of these special times.

BEHAVIOR GUIDANCE

Our goal at Play Learn School is to lay a strong spiritual and educational foundation for the children that enter our program. Social and emotional development is part of that foundation. Behavior guidance will be individualized and consistent for each child. It will be appropriate to the child's level of understanding and be directed toward aiding the child to learn acceptable behavior and self-control. Children at Play Learn are taught to respect the rights and property of others, to share, to work together and to follow instructions. When a child is having difficulty in this, we follow this behavior guidance policy:

- A teacher will first try to redirect the child to diffuse a situation. If redirection does not work, the teacher will talk privately to the child to make sure they understand age-appropriate behavior in the classroom. If the child needs time to regroup, the teacher will allow the child to calm down before speaking with them. After the child calms down, and the teacher has spoken with them, the child will be able to rejoin their peers. The teacher will communicate with parent/guardian about the behavior exhibited and the action taken.
- If disruptive behavior persists, parents will be called to set up a conference. The goal is to have teachers and parents actively work together to establish positive social and emotional behavior, so the classroom is a positive place for all children. At the conference, parents will be reminded that if behavior continues the Director will notify them to come and pick up their child for the remainder of the day.
- After all efforts to correct unsafe behavior have been exhausted, and the child is unable to participate in classroom experiences, Play Learn School reserves the right to dismiss the child for the remainder of the year.
- Discipline shall never shame, humiliate, frighten, physically or mentally harm children or label them negatively. Children will not be spanked. Children will not be subjected to any form of physical or verbal abuse. Neither will food or drink be withheld from a child as a form of punishment. Play Learn will abide by the Minimum Licensing Requirements for Child Care Centers of the State of Arkansas regarding any form of discipline.

Please address any questions or concerns about our behavior guidance policies to the Director.

LICENSING INFORMATION

- Play Learn School is a licensed childcare facility of the Department of Human Services. As a part of our licensing process, a licensing specialist from DHS will make periodic monitor visits to our school. While the specialist is here, she checks the teacher/child ratios, health and safety issues (including our lunch program), and visits with the children to determine our compliance with licensing requirements.
- The children enrolled at Play Learn are subject to be interviewed by licensing, child maltreatment investigators or law enforcement for investigative purposes or for determining compliance with licensing requirements. These interviews do not require parental notice or consent.
- Play Learn teachers and staff are mandated reporters of suspected child abuse and neglect.
- As parents you are assured of accessibility to your child while at Play Learn at any time during our hours of operation.
- Child Care Licensing Compliance forms (DDC-521) are maintained at Play Learn for three years and are available for review upon request.
- Employees at Play Learn are required to have their background reviewed through the Arkansas Child Maltreatment Central Registry Check and a Criminal Records Check through the Arkansas State Police. New employees may be given a conditional offer of employment pending the results of the criminal records check. No person convicted of child maltreatment, or any criminal offense, shall be a Play Learn employee or volunteer.

RESOURCES

<https://www.dontshake.org/>

<https://www.healthy.arkansas.gov/programs-services/topics/connectcare>

<https://humanservices.arkansas.gov/divisions-shared-services/child-care-early-childhood-education/important-covid-related-information/>

<http://hs.ar.gov/about-dhs/dccece/programs-services/kindergarten-readiness-program>

http://hs.ar.gov/images/uploads/dccece/Kindergarten_Readiness_Indicator_Checklist_-_Parents.pdf

How to pick a Medical Home

- ✓ The doctor and nurse believe that you know the most about your child.
- ✓ You are as important as the doctor and nurse when it comes to your child's health.
- ✓ You respect and trust the doctor, and the doctor respects and trusts you.
- ✓ The doctor respects your culture and beliefs. If you want a certain kind of treatment or care, the doctor agrees if he or she can.
- ✓ Your doctor asks you about what your child needs, and works with you and others to meet those needs.
- ✓ Your child gets his or her shots, check-ups and urgent care.
- ✓ Someone at your doctor's office helps you if your child needs a specialist or other services.
- ✓ The doctor makes sure everyone who helps take care of your child has the information they need.
- ✓ The people at your doctor's office help you if your child gets sick or has a special need. They help you learn about the problem and may help you find other resources.
- ✓ The doctor makes sure you know what your choices are when your child needs treatment.

To find
out more:

ConnectCare
(ARKids First and Medicaid)

1-800-275-1131

www.arbetterbeginnings.com

(Division of Child Care and
Early Childhood Education / Better Beginnings)

1-800-445-3316



**ARKANSAS
DEPARTMENT OF
HUMAN
SERVICES**

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Your Medical Home



A publication of the Arkansas Foundation for Medical Care,
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Division of Medical Services

What is a medical home?

It may sound like a building, but a medical home isn't an actual place. It's a doctor you or your child go to for check-ups or when you get sick. This doctor is called a "primary care physician," or PCP.

Why should you have a medical home?

It may seem easier to see any doctor you can when you or your child is sick. But having a medical home—one doctor or clinic you call every time—means you are more likely to get the best care possible. If you see the same doctor every time, that doctor will know what sicknesses and health care you have had. You and the doctor will also get to know each other.

When should you go to the doctor?

If something is wrong with your health or your child's health, you should see your doctor. Health problems are easier to treat or manage when



they are new. You should also see your doctor for check-ups. Your doctor should know what problems to check for, and what shots or medicines you need to stay healthy.

What is "well-child care"?

Medicaid and most other insurance programs pay for children to see the doctor even when they're not sick. At these visits, the doctor will make sure your child gets all the shots he or she needs. These shots protect your child from sicknesses like measles, tetanus and chicken pox. The doctor will also check for health problems and



make sure your child is growing and developing as expected. If problems are found early, they are easier to treat or manage.

What should I do for help when my doctor's office is closed?

Most doctors have a number you can call after hours or on weekends or holidays. If you feel like you need to get care for a health problem that is not life-threatening, call your doctor first. Your doctor can tell you if you need care right away, or if you can wait until the clinic opens again.

The Patient-Centered Medical Home in Arkansas is an approach to providing comprehensive primary care for children, youth, and adults. The Patient-Centered Medical Home in Arkansas is a health care setting that facilitates partnerships between individual patients and their personal physicians and, when appropriate, the patient's family.

— American Academy of Pediatrics (AAP) and American Academy of Family Physicians (AAFP)

Shaken Baby Syndrome

When a child less than one year old is shaken, it can damage the child's brain, causing blindness, brain damage, paralysis, or even death. This is because babies have large heads and very weak neck muscles. When a baby is shaken the brain moves inside the skull, and this motion can cause the brain to tear, swell and bleed.

Older children can also be injured. No child of any age should ever be shaken. It is a form of child abuse. In America every year, treatment is sought for estimated 1,200 - 1,400 children who are shaken. Of these victims, 25-30% will die as a result of their injuries.

Some symptoms of Shaken Baby Syndrome are: irritability, vomiting, Sluggishness, difficulty breathing, not smiling or making sounds, seizures, not sucking or swallowing, eyes are not focusing or tracking movement, or pupils are unequal in size.

Help prevent Shaken Baby Syndrome by telling others about the dangers of shaking children. Talk to your day care provider, babysitter, family members, and anyone else who will be caring for your baby.

Never lose control and shake your crying baby. If your baby is crying -Check to see if the baby is hungry or wet; Gently rock or walk with the baby; Take the baby for a ride in the stroller or car; Place the baby in a safe place, like a crib, and leave the room for a few minutes; Call a friend, neighbor, or relative to help; Sing or talk to the baby; Gently rub the baby's back; Offer the baby a noisy toy; Think about how much you love your baby and how much he or she depends on you.

Information taken from the National Center on Shaken Baby Syndrome website at www.dontshake.com

Information on this page is not intended to replace advice by a health care professional. If you are concerned about your child's health Please consult a physician

Prevent Shaken Baby Syndrome.

- Babies need attention most of the time.
- Babies cry because they can't talk.
- Some babies cry more than others.
- It is all right to feel frustrated when a baby won't stop crying.
- It is **NOT** all right to shake a baby to stop the crying.
- Babies cry. Have a plan.

Create your own crying plan at:

www.cryingplan.com

Other helpful resources:

www.arkansascdi.org

www.kidshealth.org

www.dontshake.org

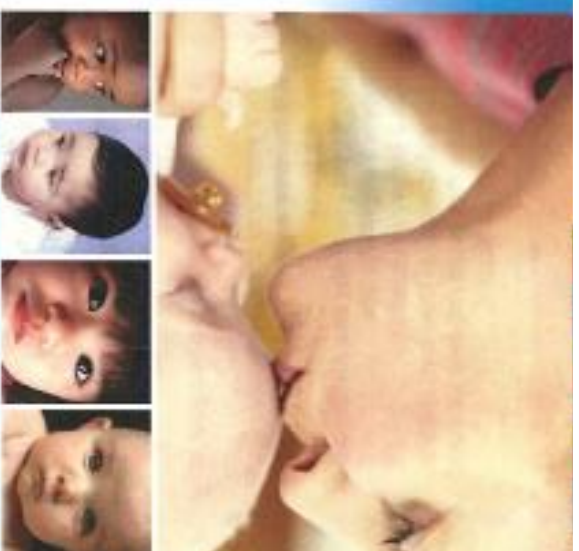


Arkansas Department of Health
Keeping Your Hometown Healthy

4815 West Markham
Little Rock, AR 72205
www.health.arkansas.gov

Special thanks to:

Arkansas Children's Trust Fund
UAMS Center for Children at Risk



What You Should Know About

Shaken Baby Syndrome



Arkansas Department of Health
Keeping Your Hometown Healthy

What is Shaken Baby Syndrome?

- It is a serious brain injury.
- It often occurs when a baby is forcefully shaken, causing the brain to move about inside the skull.
- Shaking is often done out of anger or frustration with a baby who won't stop crying and can't be soothed.
- It is a form of child abuse that can be prevented.

Symptoms of Shaken Baby Syndrome

- Limpness or lethargy
- Trouble breathing
- Poor sucking or swallowing
- Irritability
- Seizures or trembling
- Vomiting
- Pale or bluish skin
- Unresponsive/will not wake up

All babies cry.

Some cry more than others. Babies cry because they can't talk and need to say they are hungry, wet, sick, or hurting. Babies sometimes keep crying even when we try to comfort them. Shaking a baby won't stop the crying and may cause brain damage or death.

**Don't panic.
Have a plan.**



How to Cope with Your Crying Baby

It's important to have a CRYING PLAN that you (or anyone watching your baby) can follow when the crying starts.

Check your baby's basic needs:

1. Is it time to eat?
2. Does he/she need to burp after eating?
3. Is it time for a diaper change?
4. Is the baby too hot? Too cold? Overdressed?
5. Are there any signs your baby is sick? (fever, vomiting) Seek medical care if you have any concerns about your baby's health.

Try soothing your baby:

- Hold your baby close and rock, walk or sway side to side while standing.
- Offer a pacifier (don't force).
- Swaddle him/her with a blanket.
- Play soft music or a quiet sound.
- Take your baby for a walk in a stroller or a ride in a car seat.

If your baby is not sick or hurt, but continues to cry, remember:

IT IS NEVER OK TO SHAKE A

BABY. IT IS OK to put your baby in a safe place (crib, infant seat) and let him cry while you take a break, or call a friend or family member for help.

It is more important to stay calm than to stop the crying.

Calm yourself, so you can calm your baby safely:

- Go outside for fresh air.
- Take several deep breaths.
- Count to 100.
- Wash your face or take a shower.
- Exercise. Do sit ups or walk up and down the stairs a few times.



Choose your baby's caregivers wisely:

Before leaving your baby with anyone, ask yourself these questions:

- Does this person want to watch my baby?
- Is this person good with babies?
- Will my baby be in a safe place with this person?
- Have I gone over my CRYING PLAN with this person?

Do NOT leave your baby with anyone who:

- Is impatient or annoyed when your baby cries.
- Says your baby cries too much.
- Will become angry if your baby cries or bothers them.
- Might treat your baby roughly because they are angry with you.
- Has a history of violence.
- Has lost custody of their own children because they could not care for them.
- Uses drugs or alcohol.