



Keeping Children in Foster Care Healthy

Children in foster care often have been through a lot. Your child's doctor, DSS case worker, care manager and therapist can help.

Parents & Other Caring Adults

Both you and your child are going through many changes. Your child may have to change schools, go to a new home or leave friends or family.

You can help by providing:

- ✓ **Comfort:** Let your child keep some of his/her old belongings. A favorite stuffed animal or blanket can provide comfort.
- ✓ **Routine and Structure:** Your child needs to know what to expect. Set clear boundaries, schedules and goals.
- ✓ **Caring Environment:** Let your child express feelings and take part in family activities.
- ✓ **Medical Care:** Take your child to the doctor and go to all recommended visits. If your child does not have a doctor, contact your case worker to find one.

Healthy Kids

Children in foster care have medical needs that need attention.

Keep your child healthy by:

- ✓ Taking your child to the doctor for an Initial Visit within 3 days of being with you
- ✓ Scheduling a Comprehensive visit within the first 30 days
- ✓ Scheduling Follow-up Well Visits:
 - 0-6 months of age: Every month
 - 6-24 months of age: Every 3 months
 - 2-21 years (and during times of significant change): Every 6 months
- ✓ Taking your child to see the dentist. If your child is 3 years old or younger, ask the doctor about fluoride varnishing.
- ✓ Encouraging biological parents to come to medical visits.
- ✓ Taking your child to the same doctor for each visit.
- ✓ Talking to the doctor about your child's physical or emotional health concerns.

Happy Kids

Take care of your physical and mental health so you can be your best to help your child.

Your child does not always have words to tell you how he/she feels about changes. If you see your child doing any of these behaviors, talk with your child's doctor or case worker:

- Problems sleeping
- Overeating, refusing food, hiding food
- Bed-wetting, constipation, not going to the bathroom
- Temper tantrums, biting or hitting
- Anxiety
- Excessive crying or worrying
- Withdrawn, or distant, not smiling, infants who resist cuddling
- Trouble keeping school work and home life organized
- Inappropriate sexual behaviors or gestures

Screening tests are used to find social or emotional concerns.

Early testing will prevent problems from getting more serious. For infants, the parent or caring adult should be included.

Follow-up on any treatment that is started.

Your Child's DSS Case Worker Name: _____ Phone #: _____

Your Child's Care Manager Name: _____ Phone #: _____

Community Care of NC (CCNC) Networks: www.communitycarenc.org/networks

Fostering Health NC Online Library: www.ncpeds.org/fosteringhealthnc

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