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SSM Cardinal Glennon Children's Medical Center

KidsHealth Order Form

Parent Education Cards

Replace dozens of informational brochures in your office with health tip cards guiding families to our online resource center and e-newsletter service.

Welcome to Your Medical Home

A primary care physician can get to know your family over time and help keep your child healthy. Having this "home base" for your child's health care is known as a child's medical home. It is not a house, building, or hospital, but rather an approach to providing the child your child's health care needs. Although health-based centers are convenient, the American Academy of Pediatrics notes that close, staff relationships are the most important and are not available at your child's medical home.

See reverse side for more about your child's medical home.



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Summer Sun Protection

The sun is a good source of vitamin D, which helps us absorb calcium for stronger, healthier bones. But unprotected exposure to the sun's ultraviolet rays can cause sunburn, skin cancer, and eye damage or even cancer. To help prevent these, and to make sure you're safe for kids with melanoma, the skin or a family history of skin cancer, it's important that parents teach their children how to enjoy fun in the sun safely.

See reverse side for more about protecting kids in the sun.




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Insect Bites and Stings

Although insect bites and stings can be irritating and bring discomfort to children, symptoms usually do not require treatment by a doctor. However, children can also cause infections or allergic reactions that require medical attention. To help prevent these, and to make sure you're safe, using correct steps, staying in areas where insects nest, and knowing their kids are outside.

See reverse side for more about avoiding insect bites and stings.



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Bicycle Safety

Bike riding is a great way to get exercise and share time as a family. But before going for a ride, it's important to consider safety. According to NHTSA's data, 17 to 18 percent of serious bicycle accidents involve head injuries. Most of these injuries could be avoided if a helmet was worn. When using a bicycle and helmet, make sure both fit your child correctly and can be adjusted as needed.

See reverse side for more about bicycle safety.




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Healthy TV Habits

Watching television can be an excellent source of education and entertainment for children. But too much screen time can have unhealthy side effects. The American Academy of Pediatrics (AAP) recommends that kids under age 2 aren't watch TV and that kids over age 2 watch no more than 1 to 2 hours a day of quality programming. It is important that children have activities to fill their free time.

See reverse side for more about limiting TV time for children.



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Food Guide Pyramid

A few years ago, the government redesigned the food guide pyramid to illustrate how physical activity can be important to food when it comes to our health. MyPlate is all about healthy lifestyle choices for your child and how these can be personalized for each member of your family.

See reverse side for suggestions about eating and exercise.



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Respiratory Syncytial Virus

RSV is a major cause of respiratory illness in young children. It causes infection of the lungs and breathing passages. RSV can be spread through droplets when a child coughs or sneezes. It can also be on countertops, doorknobs, hands and clothing. RSV can spread easily through schools and child care centers. Although most RSV infections appear as colds, some can be severe enough to cause hospitalization. Most kids are infected with RSV at least once by age 4.

See reverse side for more about how to prevent and treat RSV.



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What to Do for the Flu

The best treatment for the flu is prevention. The Centers for Disease Control and Prevention (CDC) recommend that all children between 6 months and 18 years of age get a vaccine against the flu. However, if your child does catch the flu, here are the key symptoms to watch for: fever, cough, sore throat, runny nose, and body aches. The flu is much more than the common cold and typically lasts 7 to 10 days. Though it doesn't always require medical treatment.

See reverse side for more about preventing and treating the flu.



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All About Allergies

Millions of children have some type of allergy. Common allergens can be found in the air, dust, mold, pollen, and pet dander. In addition, some children have food allergies. Food allergies are not the same as food intolerances. Food allergies can be caused by insect stings, antibiotics, and chemicals. Some children have severe allergies.

See reverse side for more about spotting and treating allergies.



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Childhood Obesity

"Child and teen" seems to be the newest of many people today. Fast food, television and video games often replace exercise. Many families have been slow to make changes to their diet, home-cooked meals, playing like clockwork, healthy choices begins with parents who eat healthy, exercise, and limit the ways to change your family's eating and exercise habits. It could prevent your child from becoming overweight.

See reverse side for more about obesity prevention.




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Disciplining Your Child

How do you have a 3-year-old who is heading toward the computer desk? What should you do when your preschooler throws a tantrum? Do you get a teenager to respect your authority? Whether the age of your child, it is important to be consistent when it comes to discipline. If you don't stick to the rules and consequences you set up, your child is not likely to stick.

See reverse side for more about age-specific discipline techniques.



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Select quantities for each card (in bundles of 50 cards)

Practice: _____

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Fax this form to (314) 268-2766 or view and order items on the Physician Services page of our Web site: www.cardinalglennon.com

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