



Healthy Moms
Healthy Kids



The MOMS Project

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Thank you! Thank you!

We appreciate your help with the MOMS Project! We finished enrollment in October 2006 with 300 moms and 305 babies! We love seeing your children grow with each clinic visit. Thank you for sharing your child's first year with us!

--Judy Groner, MD and the MOMS Project Team



Talking with Staff at Westside, Whitehall and Primary Care Clinics

In January, we talked with 28 doctors, nurses and office staff about the MOMS Project across the three clinics. We learned they like the project. They like having the handout to put your child's weight and height on them. (We hope you like them too!) They also

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\$20 Kroger gift card at the 12 month visit!

The 12 month visit is very important to both the MOMS Project and your baby. Please call the MOMS Project staff at 722- 4937 to schedule your child's 12 month well child visit.

Surprise, Surprise!!!

MOMS Project bonus gift

Once the last survey is completed at either the 15 month or 18 month well child visit, we have a special gift for MOM! This surprise is in addition to your \$25 Kroger gift card!!!

Reminder

Remember to arrive 15 minutes early for the 12 month survey. We will ask you questions about your child's eating behaviors.

Our 12 month survey has a few changes so please come early. We will ask you more about feeding your child and want to finish before your scheduled appointment.

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like having more nutrition information to give to parents. We were pleased that 90% of clinic staff said they'd like to see our messages expanded to other Children's clinics.

At the *Primary Care Clinic* on the campus of Children's Hospital, we know the change to Electronic Medical Records (EMRs) has made getting the handout more difficult. The goal of electronic medical records is to reduce the use of paper and keep your child's record in a central database. Please ask for a 12 month nutrition handout if you are not given one by clinic staff. We want everyone to get our messages. ❖

The 12 month well child visit

Keeping busy little toddlers healthy

Congratulations! You have made it through the first year of life with your little one. Each age is filled with wonder and challenges.

At the 12 month visit, your child's doctor will check your child's growth, perform a physical exam and ask questions about development.

- *Does your child drink from a cup?*
- *Does your child stand without help?*
- *Does your child try to pick up food?*

Each child grows at their own speed. Your child may be ready for these behaviors or may need more time. You know your child best. If you have concerns, tell your child's doctor. ❖



Need a lift?

Call CareSource for service

If you are a CareSource member, you can ask for 15 free rides (30 one-way trips) in 12 months. They will pay a driver to pick you up and drive you to any doctor visit or health care appointment, the WIC office, or Medicaid appointments at the County Department of Job and Family Services.

Who should I call?

In Ohio Southwest or West Central regions, call **People's Transportation** at **1-877-874-4130**.
In the Ohio East Central region, please call **Provide-A-Ride** at **1-888-288-7050**.

For more details or if you have questions, call CareSource at **1-800-488- 0134**.