Preventive Care Tips: Health Education

Why is health education such an important part of the well child visit? Because health education is more than learning about symptoms and treatment of medical problems; it is also about disease prevention and how to improve and maintain a healthy lifestyle for your child.

During this portion of the well child visit, the provider will talk with parents about their child’s physical and emotional health. Information on how to understand and manage childhood health conditions will be given. The provider will also supply information on how to raise emotionally healthy children and how to manage common behavioral and mental health conditions and difficult life situations (stress). This information will promote habits to help children to grow up healthy, safe, and happy.

Health education is also the opportunity to give attention to special needs children that require unique care and attention. Health education addresses how to access care, taking these children’s special needs into consideration.

Anticipatory guidance is an important part of health education. The term anticipatory guidance refers to providers giving information and counsel to parents or caregivers about child development and behavior. Families will receive tips on understanding what to expect during their child’s current and upcoming stage of development and how a positive family environment can improve child development.

Some health education topics to talk about with your child’s provider include:

- Healthy Habits
- Prevention of Illness
- Nutrition
- Oral Health
- Discipline
- Safety
- Child Care and School

Your provider should take steps to learn about your family and target the discussion to the particular needs of your family.

What To Expect At The 3 Year Visit

- Body Mass Index (BMI) will be calculated.
- Your child will have his blood pressure checked.
- Your child will have a visual acuity screen.

Transportation Assistance

Contact MTM to schedule a ride
1-844-549-8353

www.mtm-inc.net/west-virginia

West Virginia HealthCheck Program
1-800-642-9704
www.dhhr.wv.gov/healthcheck

Transportation Assistance

Contact MTM to schedule a ride
1-844-549-8353

www.mtm-inc.net/west-virginia