

What To Do When Your Child Gets Sick: An Overview

Written by nurses with over 20 years of experience helping parents and children, *What To Do When Your Child Gets Sick* covers more than 50 common childhood illnesses, injuries, and health problems. The book is illustrated and written in easy-to-read, everyday language. It covers such topics as:

- What to look for when your child is sick
- When to call the doctor
- How to take your child's temperature
- What to do when your child has the flu
- How to care for cuts and scrapes
- How to stop the spread of infection
- What to feed your child when he or she is sick
- How to prevent accidents around the house
- What to do in an emergency

What To Do When Your Child Gets Sick is available in several different languages.



For more information, please contact:

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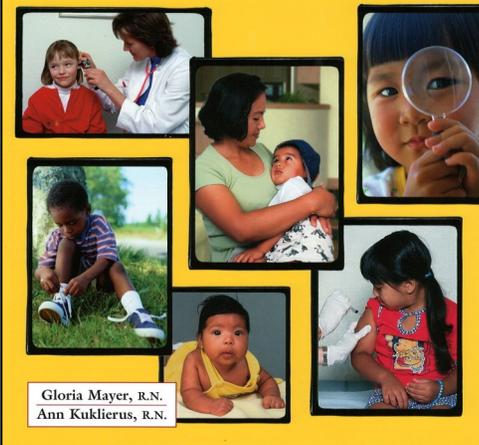
Kansas Head Start Association



Parent Health Literacy Project

What To Do When Your Child Gets Sick

Easy to Read • Easy to Use



Training for Professionals to Help Parents Manage Minor Illness and Injury

A Project of the Kansas Head Start Association



KHSA Employs Two Methods for Teaching Parents How to Use *What To Do When Your Child Gets Sick*.

Evaluation results of the two methods show:

30 Minutes of Face-to-Face Instruction On How to Use the Book*

Viewing a 10-Minute DVD, Followed by 10 Minutes of Face-to-Face Instruction*

45.9% Fewer



Unnecessary Doctor Visits



35.2% Fewer



55.5% Fewer



Unnecessary ER Visits



50% Fewer



64.4% Fewer



Missed School Days



17% Fewer



56.8% Fewer



Missed Work Days



45% Fewer



*For full evaluation results, please see: <https://www.ksheadstart.org/health-literacy>



The Program: Vision, Goals, and Approach

Vision:

All parents will have the knowledge to make appropriate choices about their children's health care for minor illness and injury, resulting in healthier children, better resource utilization, and decreased costs.

Goals:

- Professionals working with families understand the impact of low health literacy in health care.
- Professionals use research-based methods to teach parents how to use the book *What To Do When Your Child Gets Sick*. Outreach efforts to parents of children enrolled in Medicaid will be a priority.
- Parents receive the book with instructions; then use the book to help make appropriate choices about their children's health care.

Approach:

- Professionals attend a four-hour training on health literacy and teaching methods
- Professionals teach parents how to use the book in one-on-one or group settings.



The Reason: Working to Increase Health Literacy for Parents and Caregivers of Children

Health literacy is the primary predictor of a person's health status. Persons with low health literacy lack the skills and confidence to choose the most appropriate type of care, resulting in overuse of emergency rooms and unnecessary health care costs.