



# Healthy Kids Monthly

(Created for CAA's by CAA's)

## Stressed???

How is it possible to manage all the clients, calls, emails and applications and still maintain a smile on your face? It's called stress management and there are a variety of helpful techniques to use.

1. **Know what stresses you most.** Before you can reduce stress, the first step is to know what causes you stress. Write down your key areas of concern. Divide them into two parts. One the left side, list the stressors you may be able to change and on the right, list the one's you can't.
2. **Say No.** Focus on your own goals not anyone else's goals and don't become overloaded with someone else's priorities. Saying no is difficult, but can make a big difference in the load weighing your shoulders down.
3. **Learn to relax.** Find what brings you joy and happiness and make sure to fit enough of what-ever it is in your life each day. Work hard, but know when to take time off to play and relax and "let go."
4. **Laughter as medicine.** Keep a sense of humor. Studies show a good attitude makes for an overall healthier life and keeps relationships together through hard times.
5. **Stay active.** Exercise is an excellent way to relieve tension and gives your body the focus and renewed energy it needs to move forward.
6. **Organize and prioritize.** Do the hardest tasks first. Keep a "To Do" list with you at all times.
7. **Take a deep breath.** Tips for a "mini break" from work are:
  - Stand up and stretch
  - Take a deep breath and think "positive energy in," "negative energy out."
  - Take a short walk
  - Stand up and smile

**Remember—You get what you focus on!** When you focus on a positive approach and a smile, that's what you get in return from everyone that comes your way.

*Selections of article from the Ca Healthy Families newsletter, October 08 issue*



## Healthy Teeth for Healthy Kids

Based on a recent survey of over 20,000 California children, it is estimated that 50 percent of Kindergarten children have dental decay. Poor oral health not only causes pain and infection, it is also one of the most common reasons that children miss school. In addition, it can lead to:

- Impaired speech development
- An inability to concentrate
- Lower self-esteem
- Poor sleep



### Q: What causes cavities?

**A:** A number of bacteria normally live in the mouth. Some of these bacteria are introduced when parents or caregivers share their food or utensils with young children. These bacteria turn the sugars and carbohydrates that we eat into acid. The bacteria and acid mix with food particles and our saliva to form plaque. If plaque is not removed, it can erode the enamel on our teeth and these erosions can get bigger over time. Eventually the acid in the plaque can get to the pulp of the tooth where blood vessels and sensitive nerve fibers are, causing painful infections.



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### Healthy Kids Special Points for October 2008:

☺ 10 - New Children Enrolled!

☺ **Rebecca Cortez, Juanita Reyes and Sara Clements** tied with the most submitted Healthy Kids applications in October!!!



### How long does it take to process an application?

When we receive a completed application, Healthy Kids will process it within 15 calendar days to determine eligibility. Parents will receive a letter that tells whether or not the child was approved. The letter will indicate when insurance coverage begins for each child.

### Insurance Plans Contact Info.

Health Net—1-888-231-9473  
Delta Dental—1-877-580-1042  
VSP—1-800-877-7195

First 5 Tulare County  
3435 South Demaree, Suite A  
Visalia, Ca 93277  
559-622-8650