

## When Your Child Needs Daily Medicine

Does your child take prescription medication every day? Helping your child keep up with the medication needs of diabetes, asthma, or another health condition can affect the whole family. These steps can help you stay on track:

### Learn about the medications.

Make sure you and your child know:

- Why the drugs are necessary.
- What side effects a drug might cause.
- What to do if a dose is missed.
- How to deal with changes in your routine, such as trips.



**Talk with your child.** Stress how the medicine helps your child, even though it may have side effects. Listen when your child talks about his or her concerns. Talk about questions that might come up at school and how to answer them. For example, "If your friends wonder why you need to take medicine, what will you say?" Support from a counselor or peer support group may also help your child.

Your child may be able to take medicine at home, instead of school. Work with your child's doctor to make safe changes.

**Share information.** Explain your child's medical needs to key people at school. School staff should know how to respond to a seizure or asthma attack. Make sure you know your school's policies on

medicine. If your child uses rescue medication, the school staff should have access to it and know how to administer it. Your child should only carry medicine at school if his or her doctor and school staff agree it is needed for quick access in an emergency.

*continued on page 3*

### IN THIS ISSUE:

- Keep Sleeping Babies Safe
- What Is in Your Toy Box?
- Join Our PALs Group
- Back to School Bash Helps Families
- HSCSN Update:  
HSC Partners with Children's

### Questions about your pharmacy benefit?

Call the CVS Customer Care Team at **866-885-4944** or HSCSN Customer Care at **202-467-2737**.

# Keep Sleeping Babies Safe

Naps and bedtime are key points in your child's day. Every year, about 3,500 infants in the U.S. die from sudden infant death syndrome (SIDS) and other sleep-related problems, according to the American Academy of Pediatrics (AAP). This advice from the AAP can help you keep your child safe while sleeping:

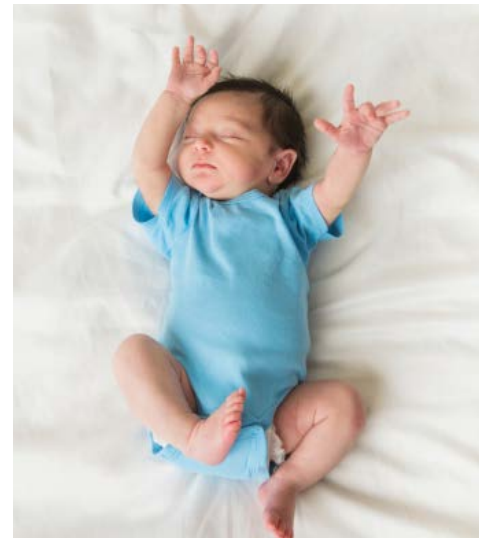
**Place infants on their backs every time they go to sleep.** Do this until age 1. If babies roll onto their tummies, put them on their backs. However, babies with certain medical conditions may need to avoid sleeping on their backs. Ask your doctor about these conditions.

**Choose a firm sleep surface.** Use a mattress in a safety-approved crib, bassinet, portable crib, or play yard. Never put your baby down to sleep on a couch, chair, waterbed, or regular mattress, even with portable

bed rails. Do not routinely let babies sleep in car seats, strollers, swings, infant carriers, or slings.

**Keep soft items out of your baby's sleep area.** This includes pillows, blankets, toys, and bumper pads. If needed for warmth, dress your infant in sleep clothing, such as a wearable blanket. At most, use one layer more than an adult would need to stay comfortable. Overheating can raise the risk for SIDS.

**Sleep in the same room.** Do not sleep in the same bed. Having your child within view and reach can help you comfort and monitor him or her. In fact, having your baby sleep in your room can reduce risk for SIDS by as much as 50%. Sharing a sleep surface with a child younger than age 1 raises the risk of the child being trapped, suffocated, or strangled while sleeping.



**We can help you get the care you need.** As soon as you know you are pregnant, call your Care Manager at **202-467-2737**.

## What Is in Your Toy Box?

Now is a good time to look at all of the toys in your home. These questions can help you decide if they are safe and what to do next:

**1. Is it broken?** Fix or get rid of toys that are in poor shape. It could be a car with loose wheels or a plush animal with loose eyes.

**2. Is my child old enough for this toy?** If your child is 3 or younger, save marbles, games with small parts, and toys with batteries for when he or she is older. Also put away action figures with parts that can come off. Small parts can get stuck in a child's throat.

If your child is 8 or younger, put away or get rid of toys that can cause harm. These include items with sharp points or edges and with parts that get hot, such as a toy oven. Avoid toys that are loud or shoot out objects, such as cap and air guns.

Visit [cpsc.gov/safety-education/safety-guides/toys](https://www.cpsc.gov/safety-education/safety-guides/toys) to learn more about toy safety and to find buying guides by age group.





## Back to School Bash Helps Families Get Classroom Ready

Health Services for Children with Special Needs, Inc. (HSCSN) enrollees and their families or caregivers attended the annual Back to School Bash on September 28, 2019. More than 400 guests and HSCSN enrollees enjoyed a fun-filled day of health screenings, information sessions, activities for all ages, and access to health care. Visit **[hshealth.org/backtoschool](https://hshealth.org/backtoschool)** to view photos and learn more about HSCSN's Back to School Bash.



*continued from page 1*

**Use positive reinforcement,** such as praise, stickers, and reward charts. Older children appreciate incentives, too. For example, the desire to drive can motivate teens with epilepsy to regularly take their medicine. Remind them that they may need a positive report from their doctor to attain their license and that taking their medication as prescribed plays a big role.

**Be prepared for adolescence.** A teen's desire for independence can conflict with the need to depend on parents and doctors. Avoid making medicines a battlefield. Instead, slowly turn over responsibility for managing medications to your growing child.

## Join Our Parent Advocate Leaders Support Group (PALs)

PALs' goal is to empower parents and caregivers of children with special needs. Group members support each other while learning to advocate for their children. Transportation is available for HSCSN enrollees and their families.

**When:** Meetings take place on the third Saturday of every month from 11 a.m. to 2 p.m.

**Where:** River Terrace Education Campus  
405 Anacostia Ave. NE,  
Washington, DC 20019  
The entrance is on 34th Street NE.

**For more information:**  
Visit **[hshealth.org/pals](https://hshealth.org/pals)**.





THE HSC HEALTH CARE SYSTEM

Health Services for Children  
with Special Needs, Inc.

**VICTOR FIELDS**

Executive Vice President of Managed Care,  
HSC, and Chief Executive Officer, HSCSN

**ERIC LEVEY, M.D.**

Chief Medical Officer, HSCSN

**DAWN ALEXANDER**

Director, Care Management, HSCSN

**NADINE COY**

Chief Operating Officer, HSCSN

**DENISE CHISOLM**

Director of Enrollee Services, HSC

**LISA PROCTOR**

Vice President, Marketing and  
Outreach, HSCSN

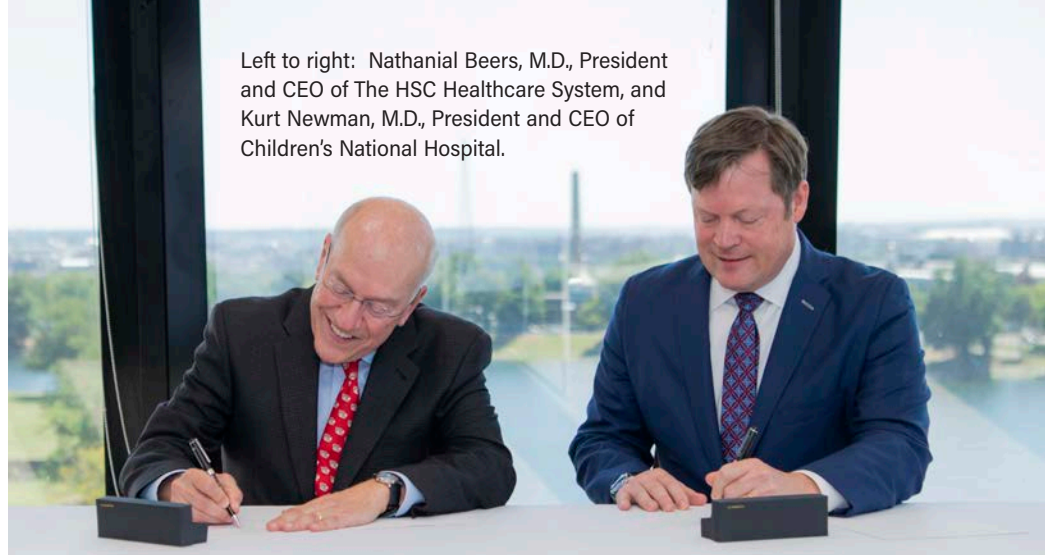
HSCSN complies with applicable federal civil rights  
laws and does not discriminate on the basis of race,  
color, national origin, age, disability, or sex.

*HSCSN Health Connection* is published by Health  
Services for Children with Special Needs to provide  
general information. It is not intended to provide  
personal medical advice, which should be obtained  
directly from a physician. © 2019. All rights reserved.  
Printed in the U.S.A. Developed by StayWell.

For more information, visit:  
**hschealth.org.**

For reasonable accommodations,  
please call **202-467-2737**.

Left to right: Nathaniel Beers, M.D., President  
and CEO of The HSC Healthcare System, and  
Kurt Newman, M.D., President and CEO of  
Children's National Hospital.



## HSC Announces Partnership with Children's: HSCSN Update

Health Services for Children with Special  
Needs, Inc., (HSCSN) is a part of the  
HSC Health Care System (HSC). As of  
September 1, 2019, HSC became a part  
of the Children's National Health System  
(Children's) family. This partnership will not  
change how HSCSN provides services and  
benefits for our enrollees and families.

If you have any questions,  
please email **HSCSNCEO@  
hschealth.org**. You can  
also call your Care Manager  
at **202-467-2737** for more  
information.

If you do not speak and/or read English, please call 202-467-2737  
between 7:00 a.m. and 5:30 p.m. A representative will assist you. English

Si no habla o lee inglés, llame al 202-467-2737 entre las 7:00 a.m. y las 5:30  
p.m. Un representante se complacerá en asistirle. Spanish

የእንግሊዝኛ ቋንቋ መናገርና ማንበብ የማይችሉ ከሆነ ከጥቂት 7:00 ሰዓት እስከ ቀኑ 5:30 ባለው  
ጊዜ በስልክ ቁጥር 202-467-2737 በመደወል እርዳታ ማግኘት ይችላሉ። Amharic

Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 202-467-2737 từ 7 giờ 00  
sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn. Vietnamese

如果您不能講和/或不能閱讀英語，請在上午 7:00到下午 5:30之間給 202-467-2737  
打電話，我們會有代表幫助您。Chinese

영어로 대화를 못하시거나 영어를 읽지 못하시는 경우, 오전 7시 00분에서 오후  
5시 30분 사이에 202-467-2737번으로 전화해 주시기 바랍니다. 담당 직원이 도  
와드립니다. Korean

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 202-467-2737  
entre 7:00 du matin et 5:30 du soir. Un représentant vous aidera. French