Member Health Education
Information and Resources

Rady Children’s California Kids Care
www.cakidscare.org
Phone: 1-844-225-5430 (TTY 711)
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Welcome to California Kids Care!

This California Kids Care (CKC) Member Health Education Information and Resource Guide is here to help you live the healthiest life possible for you and your child. There is a lot of good information in this Guide. There are things like:

- Handwashing
- High Blood Pressure
- Hidden sugar and Diabetes
- Asthma

California Kids Care is the health insurance plan, through Rady Children’s Hospital – San Diego (RCHSD), for California Children’s Services (CCS) eligible members with certain CCS conditions in San Diego County. Your child became a California Kids Care Member because he/she was approved for the Medi-Cal CCS Program and has a specific medical condition included in the California Kids Care plan.

The goal of California Kids Care is to provide care management in a new way, so that your child’s doctors can better assess, monitor, and help provide care to improve your child’s overall health.

We are Here to Help!

If you have any questions, please call the California Kids Care Member Services Department toll-free at 1-844-225-5430 or for hearing or speech-impaired services, call (TTY 711). We are available 24 hours a day, 7 days a week, and we can provide help in the language you prefer.

We are also here to help with any Medi-Cal enrollment needs. Remember to keep your Medi-Cal current so that you don’t have gaps in your CKC insurance coverage. See page 24 for more information on how we can help you!

Thank you!

California Kids Care
Managed Health Care

California Kids Care: CCS Demonstration Pilot

CKC’s Care Navigation Team coordinates whole-child services for you:

You reach us anytime for help
24 hours a day/7 days a week at the CKC:

Rady Children’s California Kids Care
www.cakidscare.org

If you have questions or concerns about Medi-Cal Managed Care or want to resolve problems with Rady Children’s California Kids Care, you can call:

California Department of Health Care Services
Ombudsman Office Monday through Friday
8 a.m. to 5 p.m., excluding holiday
Phone: 1-888-452-8609

Pilot Goals | Results
---|---
Improve Access to care | Care is simpler to obtain
Care needs are all coordinated
Improve Quality of care and outcomes | More proactive care and support
Team-based care
Healthier children
Improve Patient satisfaction | Happier experience with the healthcare system
Family-centered care planning
Meet family expectations and needs

CKC is Here for You

CKC wants to help your family get care and support for your child. CKC will assign a Care Navigator Nurse to your family. Your Nurse will help your family:

- Make a plan for your child’s health care
- Set up appointments
- Talk with your medical team
- Get pre-approval (prior authorizations)
- Help services your child needs like lab tests, dental (teeth), vision (eyes), rides to your appointment and equipment or supplies
Preventative and Primary Care

Give Good Washing Habits a Hand

Antibacterial or regular soap? Your best bet at keeping bad germs at bay

Every day, children are exposed to bacteria and viruses that can make them sick, and it takes just seconds after coming into contact with these germs to put them on the road to illness.

Antibacterial gels are great for killing germs on the skin. But for removing dirt, good old-fashioned hand washing with regular soap is usually all you need.

When it comes to washing hands, teach your child to do it often, and do it well. Practice this habit throughout the day both at home and away, before eating, after using the bathroom, after playing outdoors or after touching an animal. If your child coughs or sneezes into his hands, that especially calls for a trip to the sink.

How long is long enough? Once your child’s hands are wet and soapy, spend at least 10 to 15 seconds washing every surface thoroughly. Pick a short, fun song to help and it’ll be done in no time.

If you’re on the go and a sink isn’t available, antibacterial gel can be a good option.

What should be wiped down?

Focus on sanitizing and disinfecting the most likely places to harbor illness-causing bacteria, germs and viruses (like influenza), such as the kitchen and the bathroom. In the kitchen, before preparing meals, make sure anything that comes in contact with raw meat is cleaned immediately (including your hands). After preparing meals, wipe down surfaces with hot, soapy water followed by a disinfectant. Dry the surfaces with a clean cloth or paper towels. And of course wash your own hands when you’re done.

In the bathroom, disinfect the toilet, sink and other surfaces, especially when someone in the family is sick. Changing tables and other areas where you change diapers also need to be routinely disinfected.

Just be sure to keep disinfectants, sanitizers and any other cleaning products out of reach of curious little hands, and that children are kept away while they’re being used.

Using these steps, you can help cut down on sick days not only for your child, but everyone in the family.

Source: Healthy Kids Magazine, Summer 2017
Preventative and Primary Care

Screening for Depression

Depression is a deep feeling of sadness and loss of interest in things. It affects all of your health, life, work, school, and relationships with family and friends. If depression is not treated, it may affect many areas of your life.

General

Everyone feels sad or upset at some time. Most often, these feelings last only for a few days. With depression, the signs may last much longer and be more severe. They can get in the way of how you normally live and be a problem for you and your family.

People with depression have some signs that are the same. Your doctor may ask you about some of these things. Even if the doctor doesn't ask, talk to your doctor if you see or feel things like:

- Deep sadness that doesn't go away after a few days.
- You do not care or feel happy doing the things that used to make you feel good.
- You have low energy or are tired all the time.
- Problems with your sleep. You may sleep too much, not sleep much at all, or have trouble staying asleep.
- Problems with your eating. You may eat too much or you may not eat much at all.
- Trouble thinking about things or making decisions.
- Thoughts that you are a failure, guilt, or feeling bad about yourself.
- Thoughts that you would be better off dead or thoughts of suicide.
- You feel hopeless.

What follow-up care is needed?

Depression needs to be watched closely. Your doctor may ask you to make visits to the office to check on your progress. Be sure to keep these visits.

What can be done to prevent this health problem?

- Exercise each day.
- Try to spend time outside each day. Sunshine can make you feel better.
- Go to bed at the same time every night so you get 6 to 8 hours of sleep each night.
- Learn how to cope with stress. Try talking with friends or family that you trust.
- Guided imagery, yoga, tai chi, or deep breathing may help lower your signs.
- Learn about depression and its signs. Then, you can get help early.
- Join a support group. Learn how others are living well with depression.

When do I need to call the doctor?

- If you have any thoughts of hurting yourself or someone else
- If your depression gets worse or is not getting better
- If your problems with eating or sleeping do not get better
- If you have any questions about the drugs you are taking

What drugs may be needed?

The doctor may order drugs to:

- Treat low mood
- Help you to sleep better
- Lower your worry

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Weight Control

How Can I Lose Weight Safely?

Finding a Healthy Weight. Being healthy is really about being at a weight that is right for you. Talk to a doctor or dietitian, who can help you set realistic goals. If it turns out that you can benefit from weight loss, then you can follow a few of the simple suggestions listed below to get started.

Tips for Success. The best weight-management strategies are those that you can maintain for a lifetime. That's a long time, so we'll try to keep these suggestions as easy as possible!

Make it a family affair. Ask your mom or dad to lend help and support. The goal is to make diet or lifestyle changes that will benefit the whole family. Teens who have the support of their families tend to have better results.

Watch your drinks. It's amazing how many calories are in the sodas, juices, and other drinks that you take in every day. Drink water or other sugar-free drinks to quench your thirst and stay away from sugary juices and sodas. Choosing nonfat or low-fat milk is also a good idea.

Start small. Small changes are a lot easier to stick with than drastic ones.

Stop eating when you're full. Pay attention as you eat and stop when you're comfortably full. Try not to eat when you feel upset or bored — find something else to do instead (a walk around the block or a trip to the gym are good alternatives).

Schedule regular meals and snacks. You can better manage your hunger when you have a predictable meal schedule. Skipping meals may lead to overeating at the next meal.

5 a day keeps the pounds away. Ditch the junk food and dig out the fruits and veggies! Five servings of fruits and veggies aren't just a good idea to help you lose weight—they'll help you feel full and keep your heart and the rest of your body healthy.

Source: © 1995-2019 KidsHealth
Nutrition

Savor, Slowly

You’ve seen it often: It’s time for dinner, but as soon as the meal is served, the food seems to disappear. Mealtime too often blurs into other activities, like play and homework. These days, the whole family tens to eat what’s in front of them so quickly there’s barely time to actually taste it.

Practicing mindful eating is one way to create make a healthy relationship with your food. Mindfulness is the practice of taking time to be aware of what’s happening inside you and what’s happening in your environment. It offers tips that are very easy to put into everyday use.

Early studies suggest that practicing mindful eating might improve compulsive eating behavior and encourage healthier food choices.

Try these tips during your next meal to make eating an experience, not just a necessity:

Breathe
Before taking your first bite, take a few calming breaths. Make your environments as calm as possible and avoid distractions like television or mobile devices. Put your fork down and take a deep breath between small bites.

Appreciate
Take a moment to think about the effort it took for the meal to get to you. If you’re sharing your meal with others, be grateful for the time you’re spending with them.

Observe
Think about what the food looks like, how it smells, and all of its flavors and textures as you eat. After a few minutes of this, talk to your child about the meal’s ingredients and how it was prepared. Reflect on how you’re eating. Are you chewing quickly? Slow down and enjoy.

Source: Healthy Kids Magazine, Winter 2019
Nutrition

How to Reduce Added Sugar in Your Child’s Diet

On average, sugar makes up 17% of what children consume each day. That’s a lot of sugar—and half of that comes from drinks with added sugar!

What’s Added Sugar?

Many foods or beverages have extra sugar and syrups added to them when they are processed or prepared. These added sugar has many different names, such as brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, and sucrose.

In a joint policy statement, the American Academy of Pediatrics and the American Heart Association explain the health consequences of this added sugar problem and what can be done to reduce kids’ consumption of sugary drinks.

Here are ideas for how you can help your family reduce their added sugar intake:

Read nutrition facts labels carefully.
Many foods now list added sugar separately. You also can find added sugar by reading the ingredients. Aim for less than 25 grams (about 6 teaspoons) of added sugar per day for children 2 years of age and older. Avoid serving foods and drinks with added sugar to children under 2 years of age. Learn more about nutrition facts labels here.

Serve water and milk.
Avoid soda, sports drinks, sweet tea, sweetened coffee, and fruit drinks. Milk contains natural sugar (lactose) and provides calcium, protein, vitamin D, and other nutrients children need.

Limit fruit juice.
It has more sugar per serving than whole fruit. The AAP recommends no more than 4 ounces of 100% fruit juice a day for children ages 1 through 3 years; 4 to 6 ounces for children ages 4 through 6; and 8 ounces for children ages 7 through 14. Do not give fruit juice to infants under 1 year old.

Go fresh and limit processed, pre-packed food and drinks.
Sugar is often added to them while they are being made or at the table. For example, there are hidden sources of added sugar in processed foods like ketchup, dried cranberries, salad dressing, and baked beans.

Satisfy your child’s sweet tooth with whole fruit.

Source: American Academy of Pediatrics (Copyright © 2019)
Hypertension (High Blood Pressure)

What is High Blood Pressure?
High blood pressure means a person's heart and arteries must work harder than they normally would. Over time, the added stress can damage them. When the heart and arteries don't work as well as they should, other body parts (like the kidneys, eyes, and brain) may suffer.

Having high blood pressure makes people more likely to have strokes, heart attacks, heart failure, kidney failure, or loss of vision.

What Is Hypertension?
For adults (people 18 and older), blood pressure that's lower than 120 over 80 is normal. High blood pressure is 140 over 90 or higher. If someone's systolic pressure is 120 to 139, or if their diastolic pressure is 80 to 89, it's called elevated blood pressure or prehypertension.

It’s a little different for kids and teens: People younger than 18 have hypertension if 95% of kids or teens of the same age, height, and gender have lower blood pressure. Blood pressure between 90% and 95% of the normal range is considered prehypertension.

If a doctor or nurse thinks your blood pressure is too high, he or she will take at least three readings at different times before calling it hypertension. Teens with prehypertension or hypertension are more likely to have high blood pressure as adults.

What Are the Signs of High Blood Pressure?
People can have high blood pressure for years and not have any signs. In rare cases, severe high blood pressure can cause problems like these:
- headaches
- vision changes
- dizziness
- nosebleeds
- nausea (feeling sick)
A person with high blood pressure who has any of these problems should see a doctor right away.

What Causes High Blood Pressure?
Most of the time, there's no specific reason why someone has high blood pressure. Some causes of high blood pressure include:
- being obese
- stress
- lack of exercise
- too much salt in the diet
- using alcohol, tobacco, or illegal drugs
- some medicines (like steroids or birth control pills)
- premature birth or low birth weight

Can I Prevent Hypertension?
Here are ways to help prevent hypertension and keep yourself healthy:
- Stay at a normal weight for your height.
- Exercise for about an hour a day. This can help you control your weight and keep your blood pressure from going up as you get older.
- Eat a healthy diet that includes mostly whole grains, low-fat dairy products, fruits, and vegetables, particularly green leafy vegetables.
- Don’t use alcohol, tobacco products, or illegal drugs.
- Keep your stress levels in check. It may help to practice relaxation techniques such as breathing exercises.
- Add less salt to your food and avoid fast food and other foods that are high in salt.
- Know your blood pressure and have it checked regularly.

Source: © 1995-2019 KidsHealth
Health Education Services

Transitioning to Adult Care

What is Transition Readiness?
Transition readiness is the process that you are getting ready to handle your own health care as an adult. You will make your appointments, fill out forms and will be responsible for keeping track of your medications. There are lots of steps you can take to make sure the transition to adult health care goes smoothly. We want to work with you on your skills to prepare you.

Are You Ready to Transition to Adult Care?
Transitioning to adult care is a big step for a youth or young adult. Like going to college, getting a job, or going to live in your own. Health care transition takes preparation and self-advocacy.

Health Care Transition
Transitioning from childhood to adulthood is exciting and challenging—both as a young person and as a parent of a young person. We’re here to help you know everything you need to about self-management of your health.

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<td>We will be calling you to make sure you were able to make it to your first visit. Please let us know if there is anything we do to help others with this process.</td>
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- discovering
- tracking
- preparing
- planning
- transferring
- completing
Complementary and Alternative Care

What is Alternative Medicine?

Other medicine is any treatment or way that is thought to help with health but is not part of mainstream medicine. People sometimes call other medicine as "complementary medicine." Other related terms include:

- "Holistic care" – This means looking at the whole person’s spiritual and emotional state, when treating a health problem.
- "Integrative medicine" – This means including other treatments as part of normal medical practice, based on evidence.

Examples of alternative medicine include:

- **Acupuncture** – People having acupuncture have thin needles inserted into their skin in different places. The needles do not hurt.
- **Herbal remedies** – Herbal remedies are usually pills or liquids that have substances found in plants. Herbal remedies are "natural" but are not always safe. Plants sometimes have chemicals that can hurt the body.
- **Homeopathy** – People who use homeopathy take small amounts of substances that would make them sick if they took them in large amounts.
- **Mind-body techniques** – Mind-body techniques include hypnosis and guided imagery. These techniques are should calm you and help you change the way you think about your symptoms.
- **Massage therapy** – During massage therapy the person giving the massage rubs, kneads, and presses on the other person's body.
- **Reiki and other "energy therapies"** – People who believe in energy therapies such as Reiki think that energy flows throughout the body. In a Reiki treatment, the person giving the treatment "directs" energy toward the person having treatment.
- **Special diets** – People with cancer and other health problems sometimes hear that their ailment could improve if they ate a special diet. These diets might contain no meat, or require people to take special supplements.
Complementary and Alternative Care

Alternative Medicine Continued...

Is it safe to try alternative medicine?

Many forms of alternative and holistic care are safe. And some can be helpful. But it’s important to be cautious, especially if you are trying supplements or herbal treatments. In some countries, including the United States, these products are not regulated by the government the way standard medicines are. In some cases they contain ingredients that can cause harm. They can also be expensive. Be careful about any non-prescription product that claims to be a "miracle pill," or says it cures cancer or another serious disease.

If you use or are thinking about using alternative medicine, be sure to talk with your doctor or nurse. He or she can tell you if there are any risks involved with the alternative medicine you have in mind.

It is important to talk with your doctor or nurse, because:

- Some herbal medicines, such as the herbal antidepressant Saint John's Wort, can interact with prescription medicines and keep them from working.
- Some herbal medicines are toxic and dangerous. For example, kava kava (which people take for anxiety) can damage the liver and might not be safe.
- Some special diets cause people to lose weight very quickly. And that can cause health problems. Plus, special diets can be very expensive even though they might not help people get better.

Your doctor or nurse might suggest other resources, too.
**Tobacco Use and Cessation**

**For Teens: Let’s Talk About Nicotine!**

Nicotine causes people to become addicted much sooner than they expect after they start using. Signs of addiction:

- You crave your cigarettes or other tobacco.
- You feel nervous without your cigarettes.
- You try to quit using and have trouble doing it.

**Other Nicotine Products**

People believe other forms of tobacco, such as e-cigarettes or chewing tobacco, are safer than smoking because they are not inhaling smoke but this is simply not true. These products still contain many dangerous chemicals and ingredients that can cause harm to the body.

- If you use smokeless tobacco you are at increased risk for illnesses harming your mouth, such as cancer and gum disease
- Electronic cigarettes are very addictive
- Smoking cigars, bidis, clove, or menthol cigarettes is not any safer.
- If you use smokeless tobacco you are at increased risk for illnesses harming your mouth, such as cancer and gum disease. You could lose some teeth, part of your face, or your life. Also, you probably won't be able to taste or smell things very well.

**Quitting is Possible**

If you smoke, quitting is the best thing you can do for yourself, your friends, and your family. As you continue to smoke, your body will change. You won't cough or feel sick every time you puff on a cigarette, yet the damage to your body will continue to worsen, and you won't even notice...for a while.

If you decide you want to quit, get support from your family and friends

*Source: © 1995-2019 KidsHealth*
Alcohol and Drug Use

Why Shouldn't I Drink?

The punishment is severe.
Teens who drink put themselves at risk for obvious problems with the law (it's illegal; you can get arrested). Teens who drink are also more likely to get into fights and commit crimes than those who don't.

People who drink regularly also often have problems with school. Drinking can damage a student's ability to study well and get decent grades, as well as affect sports performance (the coordination thing).

Alcohol puts your health at risk.

The risk of injuring yourself, maybe even fatally, is higher when you're under the influence. One half of all drowning deaths among teen guys are related to alcohol use. Use of alcohol greatly increases the chance that a teen will be involved in a car crash, homicide, or suicide.

Teen drinkers are more likely to get fat or have health problems. One study by the University of Washington found that people who regularly had five or more drinks in a row starting at age 13 were much more likely to be overweight or have high blood pressure by age 24 than their nondrinking peers. People who continue drinking heavily well into adulthood risk damaging their organs, such as the liver, heart, and brain.

How can I Avoid Drinking?

If all your friends drink and you don't want to, it can be hard to say "no, thanks." No one wants to risk feeling rejected or left out. Different strategies for turning down alcohol work for different people. Some people find it helps to say no without giving an explanation, others think offering their reasons works better ("I'm not into drinking," "I have a game tomorrow," or "my uncle died from drinking," for example).

Continued...
Alcohol and Drug Use

Why Shouldn’t I Drink? Continued...

If saying no to alcohol makes you feel uncomfortable in front of people you know, blame your parents or another adult for your refusal. Saying, "My parents are coming to pick me up soon," "I already got in major trouble for drinking once, I can't do it again," or "my coach would kill me," can make saying no a bit easier for some.

If you're going to a party and you know there will be alcohol, plan your strategy in advance. You and a friend can develop a signal for when it's time to leave, for example. You can also make sure that you have plans to do something besides just hanging out in someone's basement drinking beer all night. Plan a trip to the movies, the mall, a concert, or a sports event. You might also organize your friends into volleyball, bowling, or start a softball team. Any activity that gets you moving.

Girls or guys who have strong self-esteem are less likely to become problem drinkers than people with low self-esteem.

Where Can I Get Help?

If you think you have a drinking problem, get help as soon as possible. The best approach is to talk to an adult you trust. If you can't approach your parents, talk to your doctor, school counselor, clergy member, aunt, or uncle. It can be hard for some people to talk to adults about these issues, but a supportive person in a position to help can refer students to a drug and alcohol counselor for evaluation and treatment.

In some states, this treatment is completely confidential. After assessing a teen's problem, a counselor may recommend a brief stay in rehab or outpatient treatment. These treatment centers help a person gradually overcome the physical and psychological dependence on alcohol.

Source: © 1995-2019 KidsHealth
Injury Prevention

Fun in the Sun
Don’t let common bummers get in the way of your summer fun.

Sun Safety: It’s easy to lose track of time while running around outside. Slather on SPF 30 or higher at least 15 minutes before you head out and remember to reapply every couple hours, or more often if you’ve been swimming or sweating. Pay special attention to commonly forgotten areas like the tops of your ears, the back of your neck, the part in your hair and the tops of your feet. Cover up with clothes, a hat and UV-blocking shades, too, when possible.

Beat the Heat: As temperatures rise, so does the incidence of heat exhaustion—and its more serious cousin, heat stroke. Kids get heat exhaustion when their bodies can’t self-cool fast enough, leaving them overheated, tired and weak. Make sure kids know to take breaks often when the weather heats up and tell an adult if they start to get a headache or feel dizzy or nauseous.

Drink Up: Drink water, even before you feel thirsty. Your body loses water through sweating, so it’s even more important when you’re playing outside. Carry a water bottle just in case.

Buddy System: Hanging out by the pool is a great way for kids to spend a hot summer day, but accidents can happen if they don’t pay attention. Kids should learn how to swim, and swim with a buddy. Buddies can watch out for each other. Be careful about diving, too. Stick to areas known to be safe.

Safe at Sea: When you’re swimming in the ocean, keep in mind that it’s different from the pool. It takes a significant amount of energy, and even strong swimmers get worn out easily. Stay in view of a lifeguard. Watch out for rip currents, too. If you get caught in one, swim parallel to the shore, then gradually make your way back.

Source: Healthy Kids Magazine, Summer 2019
Parenting

Nine Steps to More Effective Parenting

Raising kids is one of the toughest and most fulfilling jobs in the world — and the one for which you might feel the least prepared.

Here are nine child-rearing tips that can help you feel more fulfilled as a parent.

1. Boosting Your Child's Self-Esteem
Praising accomplishments, however small, will make them feel proud; letting kids do things independently will make them feel capable and strong.

Avoid using words as weapons. Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don't love their behavior.

2. Catch Kids Being Good
A more effective approach to catch kids doing something right: "You made your bed without being asked — that's terrific!" or "I was watching you play with your sister and you were very patient." These statements will do more to encourage good behavior over the long run than repeated scoldings.

Make a point of finding something to praise every day. Be generous with rewards — your love, hugs, and compliments can work wonders and are often reward enough. Soon you will find you are "growing" more of the behavior you would like to see.

3. Set Limits and Be Consistent With Your Discipline
Discipline is necessary in every household. The goal of discipline is to help kids choose acceptable behaviors and learn self-control. They may test the limits you establish for them, but they need those limits to grow into responsible adults.

Establishing house rules helps kids understand your expectations and develop self-control. Some rules might include: no TV until homework is done, and no hitting, name-calling, or hurtful teasing allowed.

You might want to have a system in place: one warning, followed by consequences such as a "time out" or loss of privileges. A common mistake parents make is failure to follow through with the consequences. You can't discipline kids for talking back one day and ignore it the next. Being consistent teaches what you expect.

4. Make Time for Your Kids
It's often difficult for parents and kids to get together for a family meal, let alone spend quality time together. Kids who aren't getting the attention they want from their parents often act out or misbehave because they're sure to be noticed that way.

Adolescents seem to need less undivided attention from their parents than younger kids. Because there are fewer windows of opportunity for parents and teens to get together, parents should do their best to be available when their teen does express a desire to talk or participate in family activities. Attending concerts, games, and other events with your teen communicates caring and lets you get to know more about your child and his or her friends in important ways.

Don't feel guilty if you're a working parent. It is the many little things you do — making popcorn, playing cards, window shopping — that kids will remember.
Parenting

Continued...

5. Be a Good Role Model
Young kids learn a lot about how to act by watching their parents. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: Is that how you want your child to behave when angry? Be aware that you’re constantly being watched by your kids. Studies have shown that children who hit usually have a role model for aggression at home.

Model the traits you wish to see in your kids: respect, friendliness, honesty, kindness, tolerance. Exhibit unselfish behavior. Do things for other people without expecting a reward. Express thanks and offer compliments. Above all, treat your kids the way you expect other people to treat you.

6. Make Communication a Priority
You can't expect kids to do everything simply because you, as a parent, "say so." They want and deserve explanations as much as adults do. If we don't take time to explain, kids will begin to wonder about our values and motives and whether they have any basis. Parents who reason with their kids allow them to understand and learn in a nonjudgmental way.

Make your expectations clear. If there is a problem, describe it, express your feelings, and invite your child to work on a solution with you. Be sure to include consequences. Make suggestions and offer choices. Be open to your child's suggestions as well. Negotiate. Kids who participate in decisions are more motivated to carry them out.

7. Be Flexible and Willing to Adjust Your Parenting Style
Kids' environments have an effect on their behavior, so you might be able to change that behavior by changing the environment. If you find yourself constantly saying "no" to your 2-year-old, look for ways to alter your surroundings so that fewer things are off-limits. This will cause less frustration for both of you.

As your child changes, you'll gradually have to change your parenting style. Chances are, what works with your child now won't work as well in a year or two.

 Teens tend to look less to their parents and more to their peers for role models. But continue to provide guidance, encouragement, and appropriate discipline while allowing your teen to earn more independence. And seize every available moment to make a connection!

8. Show That Your Love Is Unconditional
When you have to confront your child, avoid blaming, criticizing or fault-finding, which undermines self-esteem and can lead to resentment. Instead, strive to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better next time, your love is there no matter what.

9. Know Your Own Needs and Limitations as a Parent
Try to have realistic expectations for yourself, your spouse, and your kids. You don’t have to have all the answers — be forgiving of yourself.

And try to make parenting a manageable job. Focus on the areas that need the most attention rather than trying to address everything all at once. Admit it when you're burned out. Take time out from parenting to do things that will make you happy as a person (or as a couple).

Focusing on your needs does not make you selfish. It simply means you care about your own well-being, which is another important value to model for your children.

Source: © 1995-2019 KidsHealth
Physical Activity

Motivating Kids to Be Active

Benefits of Being Active: When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- healthy weight
- decreased risk of developing type 2 diabetes
- better sleep
- a better outlook on life

Physically active kids also are more likely to be motivated, focused, and successful in school. Mastering physical skills builds confidence at every age.

What Motivates Kids? So there's a lot to gain from regular physical activity, but how do you encourage kids to do it? The three keys are:

- **Choosing the right activities for a child's age:** If you don't, the child may be bored or frustrated.
- **Giving kids plenty of opportunity to be active:** Kids need parents to make activity easy by providing equipment, signing them up for classes or sports teams, and taking them to playgrounds and other active spots.
- **Keeping the focus on fun:** Kids won't do something they don't enjoy. When kids enjoy an activity, they want to do more of it. Practicing a skill — whether it’s swimming or riding a tricycle — improves their abilities and helps them feel accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

Age-Appropriate Activities: The best way for kids to get physical activity is by incorporating physical activity into their daily routine. Toddlers and preschoolers should play actively several times a day. Children 6 to 17 years should do 60 minutes or more physical activity daily. This can include free play at home, active time at school, and participation in classes or organized sports.

Preschoolers: Preschoolers need play and exercise that helps them continue to develop important motor skills like kicking or throwing a ball, playing tag or follow the leader, hopping on one foot, riding a trike or bike with training wheels, or running obstacle courses.

School-age: With school-age kids spending more time in front of screens, the challenge for parents is to help them find physical activities they enjoy and feel successful doing. These can range from traditional sports like baseball and basketball to martial arts, biking, hiking, and playing outside.

Teens: Teens have many choices when it comes to being active — from school sports to after-school interests, such as yoga or skateboarding. It's a good idea to have an exercise plan since it often has to be sandwiched between school and other commitments.

Source: © 1995-2019 KidsHealth
Asthma

What is Asthma?

Asthma is a life-long breathing problem that affects nearly 7 million children in the United States. Asthma cannot be cured, but it can be controlled. Your child can live a normal life and do the things that they want to do. The two most important things that can help control their asthma are taking medications as directed and knowing when they are having an asthma attack.

Asthma affects the airways in the lungs. People with asthma have airways that are extra sensitive to different things in the environment. When people with asthma breathe in these things, the airways react to them and become inflamed and swollen. The airways produce more mucus and the muscles around the airways tighten. Air can’t get through the airways and it is harder to breathe.

Important facts about Asthma

• Asthma is not contagious
• Asthma often runs in families that have a history of allergies and asthma
• Asthma can also be triggered by things in the environment such as pollens, dust mites, pet dander, mold, tobacco smoke, and cold air

How can I tell if my child has asthma?

Some of the symptoms related to asthma include:

• Dry cough, often worse at night
• Wheezing (a whistling sound when breathing in or out)
• Shortness of breath
• Feeling of tightness in chest
• Breathing faster than normal for age

Source: © 1995-2019 KidsHealth
Diabetes

School and Diabetes

Are you on your own at school when you're dealing with diabetes? Not at all. Your teachers, coaches, school nurse, and even your friends can help you out. But they can't help if they don't know what you need — or if they don't know that you have diabetes. So how can you let them know? Let's find out.

Do People at School Know? The best way to get started is for your mom or dad to meet with teachers and others at your school to talk about helping you manage diabetes. That way, teachers and other school staff will know you have diabetes. They will know you need to check your blood sugar, take medicine, or maybe visit the nurse sometimes. Your parents can bring a copy of your diabetes management plan to school so people there will know how to handle any problems that come up.

Of course, you'll need to do your part to take care of yourself at school. These steps will help:

• **Be prepared.** The things you need to take care of your diabetes at home, you'll also need to have at school. Your parent can help you pack your diabetes stuff, like medicines, testing supplies, lunch, snacks, water, and any other things that your doctor recommends. Make sure to wear your medical identification necklace or bracelet.

• **Speak up.** You need to do certain things to manage your diabetes, like test your blood, have a snack, or take medicine. Sometimes you'll be in a situation that's hard to interrupt (like taking a test). But speak up anyway. When you can, let your teacher know in advance that you'll need to step out. If a new teacher or coach doesn't know about your diabetes, tell the person or have your mom or dad write a note.

• **Know what to do if you have a problem.** Find out who can help you if you have a question or health emergency. If the school nurse isn't in, is there someone else who can help? Should you or the school call your doctor or your parent? Which kinds of problems can wait until after school and which ones need to be handled right away?

• **Keep your parents informed.** Let parents know about any changes, problems, or issues that you noticed during the day at school. They might decide to call your doctor about it.

Should You Tell Other Kids? You don't have to announce to the world you have diabetes, but you'll probably feel better if people close to you understand. Your mom or dad might be able to help you come up with a way of explaining it. You might say something simple like: "I have diabetes, which means I have to check the sugar in my blood and take medicine. If I don't do it, I'll get sick." Some kids will tease anyone who is the slightest bit different from anyone else. Diabetes makes you a little different, so someone might tease you about it. If this happens, you might just tell the kid you have diabetes and give your short explanation. If that doesn't work, feel free to ask for help from a parent, teacher, or counselor. Your friends can also help. For instance, they could say: "Knock it off. Diabetes is no big deal." But sometimes diabetes can feel like a big deal. If you feel that way, be sure to talk with a parent, counselor, or another person who can help. Just talking it out can help you feel better — at school, home, or wherever you are.

Source: © 1995-2019 KidsHealth
Translation Services

English
ATTENTION: If you speak another language, language assistance services, free of charge, are available to you. Call 1-844-225-5430 (TTY 711).

Español (Spanish)
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-225-5430 (TTY 711).

Tiếng Việt (Vietnamese)
CHỨ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-844-225-5430 (TTY). (711)

Tagalog (Tagalog – Filipino)
PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-844-225-5430 (TTY 711).

한국어 (Korean)
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-844-225-5430 (TTY 711) 번으로 전화해 주십시오.

繁體中文 (Chinese)
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-844-225-5430 (TTY 711)。

Հայերեն (Armenian)
ՈՒՇԱԴՐՈՒԹՅՈՒՆ՝ Եթե խոսում եք հայերեն, ապա ձեզ անվճար կարող են տրամադրվել լեզվական աջակցություններ: Զանգահարեք 1-844-225-5430 (TTY (հեռախոսով)՝ 711:(/

Русский (Russian)
ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-844-225-5430) телетайп: 711.(

فارسی (Farsi)
توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشند. با 1-844-225-5430 (TTY: 711) تماس بگیرید.

日本語 (Japanese)
注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。1-844-225-5430（TTY: 711）まで、お電話にてご連絡ください。
Translation Services

Hmoob (Hmong)

Punjabi (Punjabi)

ترجمة: إن كنت تتحدث باللغة البنجابية، يمكنك الحصول على المساعدة للغوية مجانًا. اتصل برقم 1-844-225-5430 (TTY 711).

Arabic)

ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-844-225-844-1 (TTY 711).

Hindi (Hindi)

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-844-225-5430 (TTY 711) पर कॉल करें।

Thai (Thai)

เน้น: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 1-844-225-844-1 (TTY 711).

Cambodian (Cambodian)

ប្រយោគ: ប្រឈមសារជាតិភាសាខ្មែរ អាចអាចរួមមាត់ជាតិភាសាល់ដែលមានសារជាតិភាសាប្រយោគ។ ត្រូវបានក្លាយនូវការបង្កើតរឺថ្មីនូវការបង្កើត។ សូមទូរស័ព្ទ 1-844-225-5430 (TTY 711)។

Lao (Lao)

โปรดทราบ: ท่านอยู่ท่านถือว่าภาษาวาน, ท่านถือว่าภาษาก่อนอยู่ดีกว่าท่านมี, โยนบุญให้, ละบุญให้ ท่าน. โทร 1-844-225-5430 (TTY 711).
Don’t Forget to Renew Your Medi-Cal!
It is needed to keep your California Kids Care Coverage!

Medi-Cal members must renew their coverage each year to keep their health care benefits.

Counties will be able to renew coverage for most members automatically. To do this, the county will try to renew your Medi-Cal coverage using information that they already have about where you live, your immigration status and your income. If the county is able to verify all of your information, your coverage will be renewed and you will receive a notice with this information.

If the county is unable to verify your information, it will send you a renewal form that you must review and return to the county human services agency, along with any additional required information. You may return your information by mail, by fax, or over the phone, or you may deliver it to the county human services agency.

Once you complete and return the form and required information, the county will send you a letter to let you know if you still qualify for coverage. If you do not return the renewal form on time, you will lose your Medi-Cal coverage. If you lose your Medi-Cal coverage, you will receive a notice and will have 90 days to contact your county human services agency and provide them with the information needed to continue your coverage.

If you do not know how to contact your county human services agency please contact CKC Customer Service at 1-844-225-5430 and ask to speak to a Care Navigator or Patient Care Coordinator

https://www.coveredca.com/medi-cal/renewing-medi-cal-coverage/
**Community Resources**

**Food**

**Feeding San Diego**

[https://feedingsandiego.org/need-help/food-distributions/](https://feedingsandiego.org/need-help/food-distributions/)
(858) 452-3663
Partners with 150 non-profit groups across San Diego County. Has mobile pantry for rural areas. Provides backpack of food for kids on weekends and holidays. Free

**San Diego Food Bank**

[https://sandiegofoodbank.org/programs/emergency-food-assistance-program/](https://sandiegofoodbank.org/programs/emergency-food-assistance-program/)
(858) 527-1319
Person must be qualified. Free

**Friendships for Hope, Inc.**

[https://my211.force.com/s/service/a1j41000000f9xfAAA/food-distribution](https://my211.force.com/s/service/a1j41000000f9xfAAA/food-distribution)
(619) 267-8990
Services zip codes 91950, 92139, 92114, 92113 and 92102
Provides bags of food and offers emergency food as needed through the week by contacting the office. Free

**Interfaith Community Services,**

[https://www.interfaithservices.org/program/self-sufficiency-supportive-services/](https://www.interfaithservices.org/program/self-sufficiency-supportive-services/)
(760) 489-6380
Provides food, showers, laundry, mailing address, phone use, hygiene packets, day bus passes or gas vouchers for confirmed medical or job needs. Help pay for some drugs, paying for driver's license, ID cards and birth certificate (when available), clothing voucher and social service crisis matters. Diapers and formula are provided when available. Staff can provide help to find other community help. Free

**Rent Assistance**

**San Diego Housing Commission**

[https://www.sdhc.org/about-us/contact-us/](https://www.sdhc.org/about-us/contact-us/)
(619) 267-8990
Help with rent, loan servicing, housing rehab and homelessness problems. Free

**California National City Housing Authority**

(619) 336-4254
Income help Free
Community Resources

Housing
San Diego Housing Commission
www.sdhc.org/homelessness-solutions/housing-first-san-diego/
(619) 578-7768
Fast rehousing, will work with landlord, homelessness diversion and prevention.
Free

San Diego Housing Commission
www.sdhc.org/homelessness-solutions/city-homeless-shelters-services/
Short-term housing for homeless.
Different sites across the city of San Diego City.
Free

San Diego Board and Care
https://docs.google.com/spreadsheets/d/1JcLRSqPBL2n3hFHUNvSRLpbUrqLrO0xIU40TAa3HTU/edit#gid=0
Housing and care for mental illness across San Diego County.

2-1-1 San Diego
https://my211.force.com/s/service-directory?code=BH-8600
Permanent housing for the homeless.
Free and paid, low cost options.

Counseling
Affordable Quality Counseling (AQC)
https://affordablequalitycounseling.com/feeinsurance/
(858) 775-1501
General advise.
$65—$175, sliding scale fees

Youth Programs—Mentors
Big Brothers Big Sisters of San Diego County
http://sdbigs.org/
(858) 536-4900
Mentoring (ages 7 through 17).
Free

Girls Rising Mentor Program—San Diego
https://girlsrisingsd.org/
(619) 297-1135
Mentoring (ages 6 through 17).
Community Resources

Youth Programs—Mentors (Continued)

San Diego Youth Services
https://sdyouthservices.org/
(619) 221-8600
Provides safe, places for high-risk youths in San Diego County. Provide workshops, classes, support groups, leadership and youth development activities, psycho-educational groups and coaching to at least 200 youths (ages 14 through 25). They are sensitive to the trauma in their lives. Everyone is welcome.

Parent Services

County of San Diego Health and Human Services Agency
http://sandiego.networkofcare.org/aging/services/index.aspx
(619) 787-0807
Offers court approved parenting and co-parenting classes to any parent that is interested. Classes are at least six hours. All classes are based on the Systematic Training for Effective Parenting (STEP) curriculum. Staff will work with parents to schedule and provide classes on weekends or after hours.
Free

Metro Community Ministries
https://metrocommunityministries.org/
(619) 387-8238
Offers classes for ex-offender fathers, high-risk young fathers and absent fathers. These are employment, education and supportive programs.

Exceptional Family Resource Center (EFRC)
http://efrconline.org/
(619) 594-7416
Provides parenting classes and referral for special need services and disabilities.
Offers support for disabilities resource and lending library
Community Resources

Childcare and Resources
Child Development Associates
https://cdasd.org/families/ap-program/
(619) 427-4411
Helps with child care (ages birth to 12). Allows parents to choose the type of care they feel best meets the needs of their family. CDA will pays the child care providers. Parents may select a licensed child care center, a licensed family child care home, a before/after school program, a legally licensed-exempt provider such as a relative (i.e. grandparent, aunt or uncle) or a friend or neighbor.

County of San Diego Health and Human Services Agency
http://sandiego.networkofcare.org/aging/services/index.aspx
(858) 278-2571 (two years to five years of age)
(858) 278-2457 (18 months through three years of age)
Helps with childcare and education for low-income families with children (ages 3 to 5 years). The preschool operates 10 months of the year. Families with a monthly gross income below the listed maximum amounts may be eligible for free or reduced tuition fees. Call for details/more information.

Social Advocates for Youth (SAY) San Diego
https://www.saysandiego.org/
(858) 565-4148
Provides a safe place for school age children (5 to 15 years) through education and recreational activities before/after the regular school day. The programs includes tutoring, physical activity and snacks.

Development Disabilities
San Diego Regional Center and Early Start Programs
http://www.sdrc.org/
(858) 576-2873
The San Diego Regional Center provides a variety of services to persons with developmental disabilities and their families. The Early Start Program brings together resources and services to help infants and toddlers grow and learn and provides support to families to enhance their child’s development. Services are based on the client's individual needs and intended to maximize their independence and full potential. Any resident of San Diego or Imperial County believed to have a developmental disability may apply for services.

Employment
San Diego Workforce Partnership
https://workforce.org/job-seekers/
(619) 228-2900
Helps with job searching in San Diego County (18 years and over). Everyone welcome.—Free

Goodwill of San Diego County
https://sdgoodwill.org/jobs/employment-centers/
(619) 225-2200
Helps with job searching paid training program, job readiness program and workshops.
Community Resources

Transportation
Metropolitan Transit System
https://www.sdmts.com/fares-passes/reduced-fares-and-passes
(619) 223-3004
Reduced fares for youth and seniors.

2-1-1 San Diego
https://211sandiego.org/resources/basic-needs/transportation/
(760) 798-9595
Rides for people with developmental disabilities for regional centers, pursuant to Chapter 5 (commencing with Section 4620) of Division 4.5 of the Welfare and Institutions Code. Rides are for visits to and from a doctor, dentist, hospitals or clinics. Rides are available to everyone.
$7 minimum, plus $2.50 per mile

Miracle Flights
http://miracleflights.org/
(800) 359-1711
Provide flights to children and adults in need of specialized distant medical care and or second opinions. Also provides service dogs.
Free
Disease Management Resources

Cystic Fibrosis, CF Foundation.
https://www.cff.org/
1-800-344-4823
Offers care centers, informational blog and Compass program. Compass assists patients, their family, and care team with issues relating to insurance, legal, financial, etc. for those with CF.

Diabetes
My Diabetes Self-Management Support Plan
American Diabetes Association (ADA)
www.diabetes.org
1-800-342-2383
Resources, camps, safe to school

Juvenile Diabetes Research Foundation
www.jdrf.org
1-800-533-2813
Contact local chapter for local events, exercise, support group

Taking Care of Your Diabetes (TCOYD)
www.TCOYD.org
1-800-998-2693
Annual education conference

Counseling Resource List
https://www.rchsd.org/programs-services/endocrinology-diabetes/resources/

Useful website & apps
www.ymca.org
www.diabtribe.org
www.beyondtype1.org
www.childrenwithdiabetes.com
www.5210SanDiego.org
Figwee - nutrition app
Calorie King - nutrition app
MyFitnessPal - exercise app

Hemophilia Association of SD County
https://hasdc.org/
619-325-3570
Supports bleeding disorder research, offers training and meetings for families, and tutoring for children who are behind in school due to a bleeding disorder.

Leukemia and Lymphoma Society SD
https://www.lls.org/