

Bright Futures: Family Matters

Individuals with disabilities are newborn infants, children, teens, working-age adults, and older adults of all races and ethnicities. They live in towns, cities, and rural areas. They attend schools and places of worship, vote, marry, have children, work, and play. They also need health care and health promotion programs for the same reasons we all do: to stay well, to be active, and to participate in community life.



~ Michael O. Leavitt, Secretary, U.S. Department of Health and Human Services

Happy 10th Anniversary, NCBDDD!

April 2011 marked the tenth anniversary of the National Center on Birth Defects and Developmental Disabilities (NCBDDD) (English and Spanish at www.cdc.gov/ncbddd/index.html or www.cdc.gov/ncbddd/Spanish/index.html) as a program at the U.S. Centers for Disease Control and Prevention (CDC). NCBDDD's mission is to "promote the health of babies, children, and adults and enhance the potential for full, productive living." From the Center's website:



Much of our work focuses on protecting people who are especially vulnerable to health risk—including children. The early years of life (birth to 5 years of age) are critical to a child's cognitive, social, and emotional development. CDC works ... to ... give all children the opportunity to reach their full potential.

The NCBDDD is part of a long history of protecting all people's rights to lead healthy, productive lives, beginning with the establishment of the Communicable Disease Center (now the Centers for Disease Control and Prevention, or CDC) in 1946.

In 2011, special events will highlight the Center's work, including autism and sickle cell awareness. The calendar of upcoming events throughout the country is at: www.cdc.gov/ncbddd/tenyears/index.html

Resources for Parents

The NCBDDD website has a wealth of resources for families and professionals. Here are just a few:

5 Steps to Get Ready for a Healthy

Pregnancy: Improving the health and well-being of children begins before birth—and before conception. Find tips for promoting a healthy pregnancy, including taking a daily dose of folic acid, and maintaining good oral health, at: www.cdc.gov/ncbddd/pregnancy_gateway/before.html



Positive Parenting Tips: Learn age-specific tips for raising healthy children, including safety information at: www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html

Hearing Loss: Get fact sheets, brochures, and parent guides on the importance of early screening and treatment of newborn hearing loss at: www.cdc.gov/ncbddd/hearingloss/index.html

Learn the Signs, Act Early: Healthy growth is about more than just height and weight. Learning about the developmental milestones for each age helps parents know what to expect, identify problems, including autism, earlier, and get needed help and services sooner. Learn more at www.cdc.gov/ncbddd/actearly/index.html



Sickle Cell Fact Sheets: Find tips for living well with Sickle Cell Disease at: www.cdc.gov/ncbddd/sicklecell/freematerials.html

Topical Index: See an A-to-Z list of all the NCBDDD topics at www.cdc.gov/ncbddd/sitemap.html

Family Voices is a national network working to keep families at the center of children's health care. With an Improving Understanding of MCH grant, Family Voices works to encourage partnerships between families and professionals for children's good health. **Bright Futures: Family Matters** is a publication to share with your networks. Visit Family Voices at www.familyvoices.org & www.brightfuturesforfamilies.org.

Partners... F2F HICs



"Where can I find a support group for families whose children have the same diagnosis as my child?" "My baby is being released from the NICU. What happens next?" "How will the Affordable Care Act affect children with special needs?" "Can you help us develop a Family Advisory Committee at our hospital?"

These are some of the questions that parents and professionals ask the Family-to-Family Health Information Centers (F2F HICs). The Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB), funds the F2F HICs. The funding was made available through the Affordable Care Act (national health reform). The National Center for Family and Professional Partnerships, a project of Family Voices, provides technical assistance for the Centers.

These Centers, one in each of the 50 states and the District of Columbia, are staffed by family members with first-hand knowledge of the maze of health care services and programs for children and youth with special health care needs (CYSHCN). This intimate understanding of the issues that families face makes F2F staff exceptionally qualified to help families navigate health systems and make informed decisions.

While each F2F HIC is unique, they all provide free, confidential information, education, training, support and referral services, and outreach to underserved/underrepresented populations. They collaborate with other F2Fs, family groups, professionals, and agencies within their states.

Read more about F2F HICs and locate the one in your state at: www.fv-ncfpp.org/f2fhic/about_f2fhic

IT'S [ALMOST] HERE! The newly revised *Bright Futures Family Pocket Guide: Raising Healthy Infants, Children, and Adolescents* is just about to go to print! Based on the American Academy of Pediatrics' Bright Futures program, the Family Guide is family-friendly and full of tips and resources to promote health and wellness. To order copies, contact Adelita Martinez at the National Family Voices office in New Mexico: 505-872-4774, ext. 3; AMartinez@familyvoices.org

Family Resource Corner

Healthy Lifestyles Grants from PTA!

To promote healthy weight and prevent childhood obesity, the National PTA encourages local PTAs to apply for a \$1000 grant. These grants will help PTAs develop programs to limit sugar-sweetened beverages, promote consumption of fruits and vegetables, teach about moderate portion size, and increase physical activity and/or reduce screen time. The application deadline is September 2, 2011. Learn more at www.pta.org/healthylifestyles.

How do you help children understand what it is like to have a disability? How do you help children with a disability explain their needs to others?

Kids Quest, a feature of the NCBDDD website, helps children understand what it is like to have autism, ADHD, hearing impairment, and other disabilities: www.cdc.gov/ncbddd/kids/index.html

Looking for excellent suggestions for *disability-related children's books*, or have you found a great book to share? Visit www.ucando.org/books.html

Tidbits for the Summer



Protecting Children from the Sun: Ten to fifteen minutes of sun is a natural way to get Vitamin D. More than that, however, requires sun protection: www.cdc.gov/cancer/skin/basic_info/children.htm

Travel Recommendations for the Nursing Mother:



Planning a trip this summer? Find tips to make traveling easy for the breastfeeding mother and baby at: www.cdc.gov/breastfeeding/recommendations/travel_recommendations.htm

Comings and Goings!

We would like to wish Betsy Anderson best wishes as she makes transitions in her life. Thanks for all you've done, Betsy! And "Welcome!" to Leslie Carroll, newly appointed IMPACT Project Director. Contact Leslie at lcarroll@familyvoices.org.

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