

## Links and Resources: Preventative Care for Children

### **Preventative Health**

Your Texas Health Benefits

<https://www.yourtexasbenefits.com/Learn/Home>

My Children's Medicaid

<https://www.mychildrensmedicaid.org/>

Chip Medicaid

<https://chipmedicaid.org/>

### **Texas Health Steps**

<http://www.dshs.texas.gov/thsteps/default.shtm>

Periodicity Schedule

<http://www.dshs.texas.gov/thsteps/providers.shtm>

### **Immunizations**

CDC Immunization Schedule

<https://www.cdc.gov/vaccines/schedules/easy-to-read/child.html>

### **Lab Work**

Health and Safety at Home

Preventing Iron Deficiency Anemia for Preschool Children

[https://www.esc20.net/page/ci\\_hs.Courses.AnemiaEN](https://www.esc20.net/page/ci_hs.Courses.AnemiaEN)

## **Nutrition and Development**

Planning Healthy Meals on a Budget

[https://www.esc20.net/page/ci\\_hs.Courses.BudgetMealsEN](https://www.esc20.net/page/ci_hs.Courses.BudgetMealsEN)

ChooseMyPlate.gov

<https://www.choosemyplate.gov/health-and-nutrition-information>

Choose My Plate – Unsaturated Fats

<https://www.choosemyplate.gov/saturated-unsaturated-and-trans-fats>

## **A Dental Home**

American Academy of Pediatric Dentistry

<http://www.mychildrensteeth.org/>