



Welcome to Orange County Head Start!

At Orange County Head Start, we prioritize your child's health and safety by partnering with you and your medical provider to assure that your child is healthy. Based on your child's age we will ask for a copy of his/her up-to-date immunization record and well check/physical exam. We will provide reminders of your next doctor's visit and collect information as previously stated.

Along with healthcare, we also encourage our families to receive proper dental care. It is recommended that your child receive his/her first dental exam at age one (1) and every six (6) months after that. In addition we encourage you work with your child at home with tooth brushing at least two (2) times per day.

Attached with this letter you are receiving a well check or physical exam form and dental exam form to give to your provider. Please have them complete all sections of the forms, and turn them in to your home base educator or center staff.

The following are recommendations for doctor visits provided by the American Academy of Pediatrics (AAP) and Child Health & Disability Prevention Program (CHDP) of the State of California:

- 5 day Well Check
- 1 month Well Check
- 2 month Well Check
- 4 month Well Check
- 6 month Well Check
- 9 month Well Check
- 12 month Well Check
- 15 month Well Check
- 18 month Well Check
- 24 month Well Check
- 30 month Well Check
- 3 year Physical Exam
- 4 year Physical Exam
- 5 year Physical Exam

Thank you for your cooperation. If you have any questions, feel free to contact us at

(714) 241-8920.

Sincerely,

The OCHS Health Services Team

(714) 241-8920 (Office)

(949) 242-7279 (HS E-Fax)

(714) 640-2331 (EHS E-Fax)