

FOUR LOCATIONS



BURLINGTON

425 E 5th St, Ste B I
Burlington, IN 46915

(765) 566-5055

HOURS | 8:30am – 5:30pm Mon-
day -Thursday | 7am – 3pm Friday

DELPHI

901 Prince William Road I Delphi,
IN 46923

(765) 564-3016

HOURS | 7:00am – 7:00pm
Monday – Thursday | 8am – 5pm
Friday |
8am – 12pm Saturday

MONON

420 N. Market St I Monon, IN
47959

(877) 797-2404

HOURS | 8:30am – 5pm Monday,
Wednesday, Friday | 8:00am –
7pm Tuesday, Thursday

WOLCOTT

128 W Market I Wolcott, IN 47995

(219) 747-2067

HOURS | 8am – 5pm Monday –
Thursday | 7am – 3pm Friday



A GUIDE TO KINDERGARTEN





family
HEALTH CLINIC

(800) 321-5043

www.familyhconline.com

[Facebook.com/familyhealthcliniconline](https://www.facebook.com/familyhealthcliniconline)

WHO WE ARE ABOUT THE FAMILY HEALTH CLINIC

The Family Health Clinic is a community-based, full service primary care medical facility offering a patient centered medical home for the entire family. Everyone is welcome to become a patient at the clinic. The clinic does accept all insurance types, but also welcomes those without health insurance.

The Family Health Clinic offers services for routine medical care, physical exams, disease management, immunizations, laboratory testing and mental health management.

A twenty-four hour call service allows patients the peace of mind and ability to reach a medical provider after regular business hours.

The Family Health Clinic is not an urgent care facility and does not offer emergency care for chest pain, bleeding, premature labor or trauma. For emergencies call 911 or visit your nearest emergency room.

Spanish translation is available at all times.

FAMILY HEALTH CLINIC WEBSITE & BLOG

Visit our website at www.familyhconline.com for information about our services, locations, providers, and more.

Read the latest health and community information at www.familyhconline.com/blog

FAMILY HEALTH CLINIC FACEBOOK

Connect with us on social media by liking our page at www.facebook.com/familyhealthcliniconline

Our Providers



Jennifer Coddington DNP, MSN, RN, CPNP - Pediatric Nurse Practitioner

Jenny received her Bachelor of Science in Nursing in 1990 from St. Francis College of Nursing. Then she got her Master of Science in Nursing and Pediatric Nurse Practitioner from Duke in 1997. She then got her Doctor of Nursing Practice from Purdue University in 2009. She has been working in pediatrics for 28 years.



Kayla Hamstra - Pediatric Nurse Practitioner

Kayla began her nursing journey with her Bachelor of Science in Nursing from Mount Carmel College of Nursing in Columbus, Ohio. She then graduated from Purdue University with a Master of Science in Nursing. She has worked as a pediatric intensive care unit nurse as well as a Registered Nurse.



Analei Whitlock - Pediatric Nurse Practitioner

Analei attended St. Elizabeth's School of Nursing where she received her Diploma of Nursing. Then she went on to get her Master of Science in Nursing, Pediatric Nurse Practitioner in 2004. She began her nursing career working as a Registered Nurse in Pediatrics and then moved on to her role now as a Pediatric Nurse Practitioner.

Behavioral Health Services

TYPES OF COUNSELING AVAILABLE AT THE FAMILY HEALTH CLINIC:

- o Individual therapy
- o Family therapy
- o Couples therapy
- o Grief counseling
- o Stress management
- o Crisis assessment
- o Telehealth
- o Interpretation services are available for Spanish-speaking patients at our Delphi and Monon locations

WHAT CAN I EXPECT FROM COUNSELING?

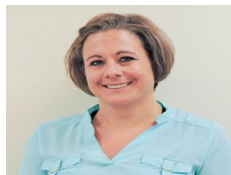
Counseling is a place where you can discuss concerns you have about your health, relationships, job, school, and other important issues. Just like your primary care provider, your behavioral health provider will work with you to develop goals and strategies to address problems you may be experiencing

NOW OFFERING TELEHEALTH:

Telehealth utilizes HIPAA-compliant technology to electronically connect patients with a behavioral health provider. To participate in a Telehealth session, simply schedule your appointment at the most convenient clinic location. On the date and time of your appointment, clinic staff will log you in and your behavioral health provider will conduct your session electronically



Allison Mendoza



Kim O'Leary



Jessica Skinner

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AFFILIATIONS



The Family Health Clinic is affiliated with the Purdue University School of Nursing and is an accredited Federally Qualified Health Center.

Kindergarten Checklist

1. Be able to write first and last name
2. Recite Address and phone number
3. Know basic colors
4. Be able to count to 30
5. Go to the bathroom independently
6. Sit still for a short 5-10 minute story
7. Share with others
8. Identify basic shapes
9. Recite alphabet
10. Know how to use scissors and hold a pencil properly



References

- Ben-Joseph, E. P. (Ed.). (2015, September). Why Is Hand Washing So Important? Retrieved February 10, 2018, from <http://kidshealth.org/en/parents/hand-washing.html>
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- Evans, L. (2014, August 29). 25 Ways to Ask Your Kids ‘So How Was School Today?’ Without Asking Them ‘So How Was School Today?’ Retrieved February 09, 2018, from https://www.huffingtonpost.com/liz-evans/25-ways-to-ask-your-kids-so-how-was-school-today-without-asking-them-so-how-was-school-today_b_5738338.html
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- Hirsch, K. H. (Ed.). (2015, July). Taking Care of Your Teeth. Retrieved February 18, 2018, from <https://kidshealth.org/en/kids/teeth-care.html>
- INDIANA 2018–19 Required and Recommended School Immunizations. (n.d.). Retrieved from <https://www.in.gov/isdh/files/2018-2019%20School%20Immunization%20Requirements.pdf>
- K., Says, J. S., & Says, J. (2017, August 11). Prepare Your Child for Kindergarten with these 16 steps. Retrieved February 11, 2018, from <http://forevergreenmom.com/prepare-your-child-for-kindergarten/>
- K. (2016, March 17). What To Do When Your Toddler Throws A Tantrum: 4 Tips To Keep You Calm, Cool And Collected. Retrieved February 12, 2018, from <https://www.huffingtonpost.com/kidsinthehousecom/what-to-do-when-your-tod>

Resources for Parents

Delphi School Resources:

<http://www.delphi.k12.in.us>

Camden Early Childhood Center:

205 E Cumberland,

Camden, IN 46917

Ph: 574-686-2362

Library Resources:

Delphi Public Library:

<http://www.delphilibrary.org>

222 E. Main Street,

Delphi, IN, 46923

Ph: 765-564-2929

Websites:

- Puzzles and educational games:

www.readwritethink.org

<http://www.abcya.com>

<https://www.abcmouse.com>

- Fun reading games:

<http://pbskids.org/games/reading/>

- Worksheets, games and activities:

<https://www.education.com/resources/kindergarten/>

- Parental tips:

<http://www.scholastic.com/parents/>

- Parental toolkit:

<http://www.parenttoolkit.com>

Handwashing

Step 1: Turn on warm water and wet hands

Step 2: Apply soap

Step 3: Scrub hands together for about 20 seconds

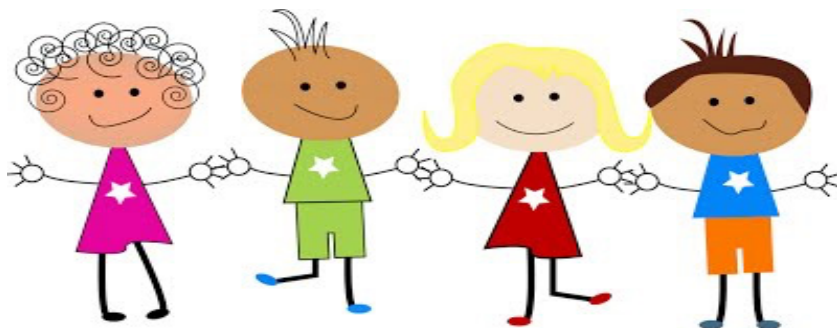
Step 4: Make sure to get in between fingers and then rinse hands

Step 5: Turn water off

Step 6: Dry hands with a clean towel

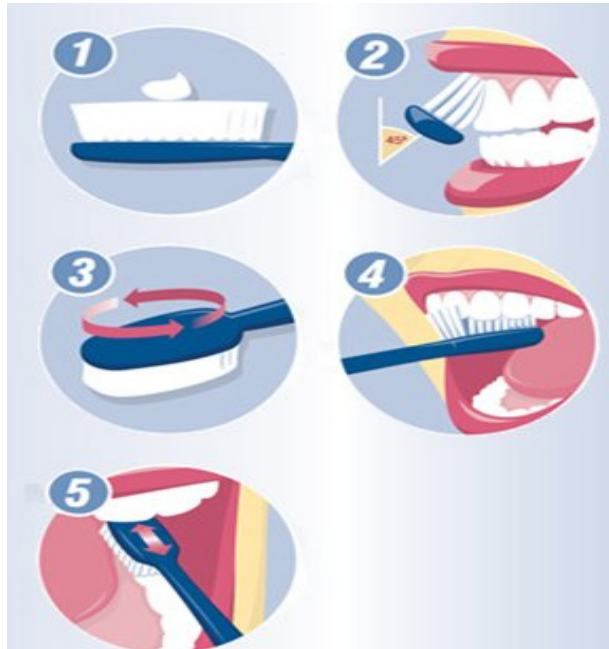
Why it is important:

→ Washing hands is one of the best ways to reduce the spread of disease/illness and kill germs.



Dental Health

- Brush teeth morning and at night
- Choose the right toothbrush, one that has a small oval head, softbristles, and cushioned handle
- Use pea sized amount of flouride toothpaste
- Inspect childs teeth after/supervise brushing to make sure it is done correctly
- Replace toothbrush every 3-4 months



How to Deal With Tantrums

- Slow down
- Listen
- Get down to eye level
- Keep your own emotions in check
- Acknowledge your childs feelings
- Gently talk to your child
- Reassure what your child finds difficult
- Allow your child to continue tantrum to get feelings out
- Allow child to soothe themselves
- Wait until after tantrum for punishment
- Be patient
- Provide support



10 Questions to Ask Your Kids After School

1. What did you learn today?
2. what did you eat for lunch today?
3. Who did you sit with at lunch?
4. What games did you play today?
5. What was something that made you laugh today?
6. What was the best thing that happened today?
7. What was the worst part of school today?
8. What was the hardest rule to follow?
9. If you could choose, who would you sit by in class and why?
10. How did you help someone today?



Vaccinations

Vaccines required by start of kindergarten:

- 1.) 3 rounds of Hepatitis B
- 2.) 5 rounds of Diphtheria, Tetanus, Pertussis (DTaP)
- 3.) 4 rounds of Polio
- 4.) 2 rounds of Measles, Mumps, Rubella (MMR)
- 5.) 2 rounds Varicella
- 6.) 2 rounds of Hepatitis A



How to Establish New Routines



- Consistency: do the same thing every time
- Predictability: allow your child to know and expect what is going to happen
- Follow through: enforce rules and consequences
- Respond to your child's behavior the same way every time
- Reward and praise your child for following rules
- Do the same routine every morning and every night
- Establish a bedtime and be firm with it
- Provide a countdown until next activity

Why it is important:

1. Routines help children feel safe and secure in their everyday lives
2. Predictability and trust
3. Provides order and organization to life
4. Helps children understand before and after concepts

Importance of Playtime

1. Play builds confidence and imagination
2. Play develops key motor skills
3. Playing with others encourages teamwork and good sportsmanship
4. Playtime is a carefree and happy time for kids
5. Play expands new skills while also learning about themselves
6. Play enforces a happy and healthy lifestyle
7. Play is a break from technology

