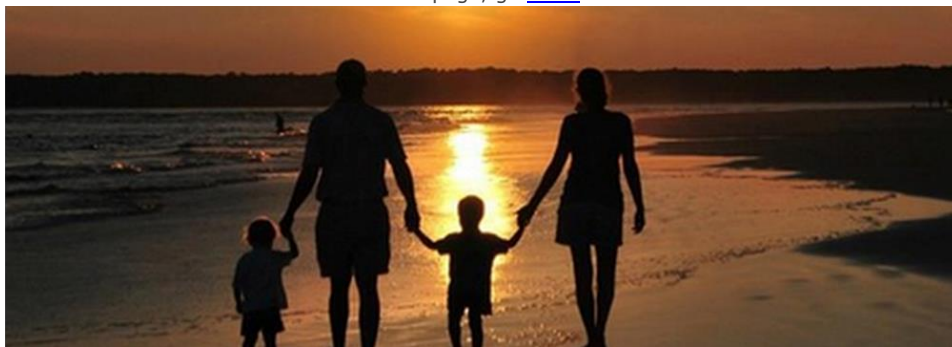


To view this email as a web page, go [here](#).



## Division of Healthcare Financing

Summer 2021

# Health Check

The following is an article originally published on the American Academy of Pediatrics [HealthyChildren.org](https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Helping-Children-Handle-Stress.aspx) and can be found in full at <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Helping-Children-Handle-Stress.aspx>.

## Helping Children Handle Stress



As children reach their school-age years, they may experience pressure from a number of sources. These may be from within children themselves, as well as from parents, teachers, peers and the larger society.

This pressure can take many forms, to which children must respond and adapt. Whether these are events are lasting, like the divorce of their parents, or merely a minor hassle like losing their homework, these demands or stresses are a part of children's daily lives.

There is a silver lining is that when children get the chance to practice setbacks at younger ages. They develop resilience and the tools needed to be an independent adult and handle future challenges.

## Dealing with stress in daily life

Children welcome some events and are able to adapt to them with relative ease. Other events may feel to them like threats to their own or the family's daily routines or general sense of well-being. These stresses can be more troublesome. Most stress faced by children is somewhere in the middle: neither welcomed nor seriously harmful, but rather a part of accomplishing the tasks of childhood and learning about themselves.

Children may have to cope with a bully on the playground, a move to a new neighborhood, a parent's serious illness or the disappointment of a poor sports performance. They might feel a constant, nagging pressure to dress the

"right" way, or to achieve the high grades that can put them on track toward the "right" college. Children may also worry about making friends, dealing with peer pressure, or overcoming a physical injury or disability.

Children are sensitive not only to the changes around them, but also to the feelings and reactions of their parents. This is true even if those feelings are not communicated directly in words. If a parent loses a job, children will have to adjust to their family's financial crisis; they must deal not only with the obvious family budgetary changes but also with the changes in their parents' emotional states.

## Good and bad stress

Not all stress is a bad thing. Moderate amounts of pressure from a teacher or a coach, for example, can motivate a child to keep her grades up in school or to participate more fully in athletic activities. Successfully managing stressful situations or events enhances a child's ability to cope in the future.

Children are future adults, and through these experiences, they develop resilience and learn how to deal with life's inevitable bumps and hurdles. However, when the stress is continuous or particularly intense, it can take a toll on both the psyche and the body.

Major events, especially those that forever change a child's family, such as the death of a parent can have lasting effects on children's psychological health and well-being. Minor daily stresses can also have consequences.

Sudden stressful events will accelerate your child's breathing and heartbeat, constrict blood vessels, increase blood pressure and muscle tension, and perhaps cause stomach upset and headaches. As stress persists, it can make a child more susceptible to illness and experience fatigue, loss of sleep, nightmares teeth-grinding, poor appetite, tantrums, or depression. Children may become irritable or their school grades may suffer. Their behavior and their willingness to cooperate may change.

## How stress can affect children

A child's age and development will help determine how stressful a given situation may be. Changing teachers at midyear may be a major event for a child in the first grade and merely an annoyance for a sixth-grader. How a child perceives and responds to stress depends in part on development, in part on experience, and in part on a child's individual temperament.

Children who have a clear sense of personal competence, and who feel loved and supported, generally do well.

## How different children cope with stress

Children's temperaments vary, and so can their ability to cope with stress and daily hassles. Some are easygoing by nature and adjust easily to events and new situations. Others are thrown off balance by changes in their lives. All children improve in their ability to handle stress if they:

- previously succeeded in managing challenges and feel able to do so
- have a strong sense of self-esteem
- have emotional support from family and friends.

## Remember

Talk with your pediatrician about ways to help your child manage stress

## More information

[Helping Children Build Resilience in Uncertain Times](#)

[Creating Positive Experiences for School-Age Children](#)

[Creating Positive Experiences for Teens](#)

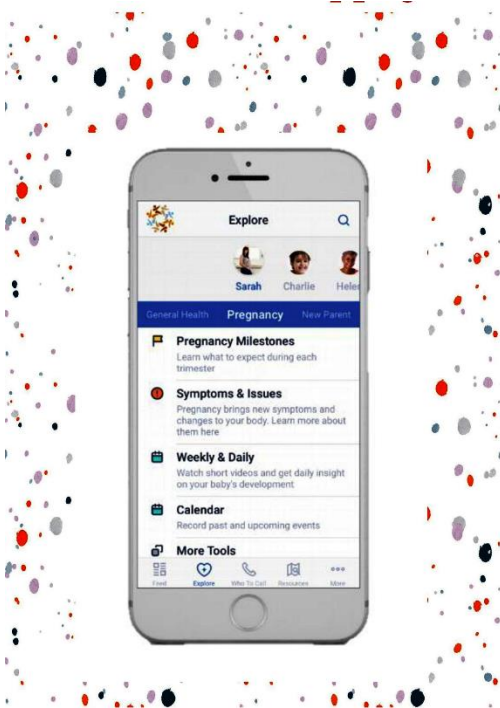
**Last Updated** 12/29/2020

**Source** Adapted from Caring for Your School-Age Child: Ages 5 to 12, 3rd edition (Copyright © 2018 American Academy of

# My 307 Wellness

A free app – just for Wyoming Families!

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My 307 Wellness is free and easy-to-use.

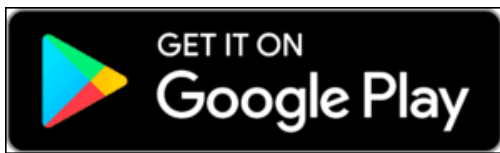
- My 307 Wellness is provided at no charge by the Wyoming Department of Health. Use the app to connect with:
  - State of Wyoming resources and phone numbers.
  - Programs such as Wyoming Quit Tobacco Program, WIC, Wyoming Cancer Resource Services and WY Quality Counts.

Your entire family's health at your fingertips

- My 307 Wellness helps you track your entire family's doctor appointments, immunizations (shots), and more right on your phone.
- Add each family member to the app to keep track of their health. Add yourself, your children, spouse, parents, grandparents, and other loved ones.
- Daily and weekly personalized health content.
- Tools for general health like a growth tracker, immunizations (shots) tracker, weight tracker, diaper tracker, feeding tracker.
- Shared family checklists for questions at the doctor's, notes and reminders.



Your pregnancy with My 307 Wellness



- The pregnancy tracker included on My Wellness 307 helps you chart your milestones, get weekly pregnancy updates just for your pregnancy, and even more tools:
  - Weight gain calculator
  - Due date calculator
  - Kick counter
  - Daily and weekly updates and tips




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# Maternal Child Health Unit Annual Public Survey

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The Maternal and Child Health Unit is asking for help spreading the word about its annual public input survey. Survey respondents who are not public employees may be eligible for a \$10 Walmart gift card as thanks for their time.

Take the survey [here](#) to share your thoughts on how Maternal and Child Health can help improve health and medical care in your community!

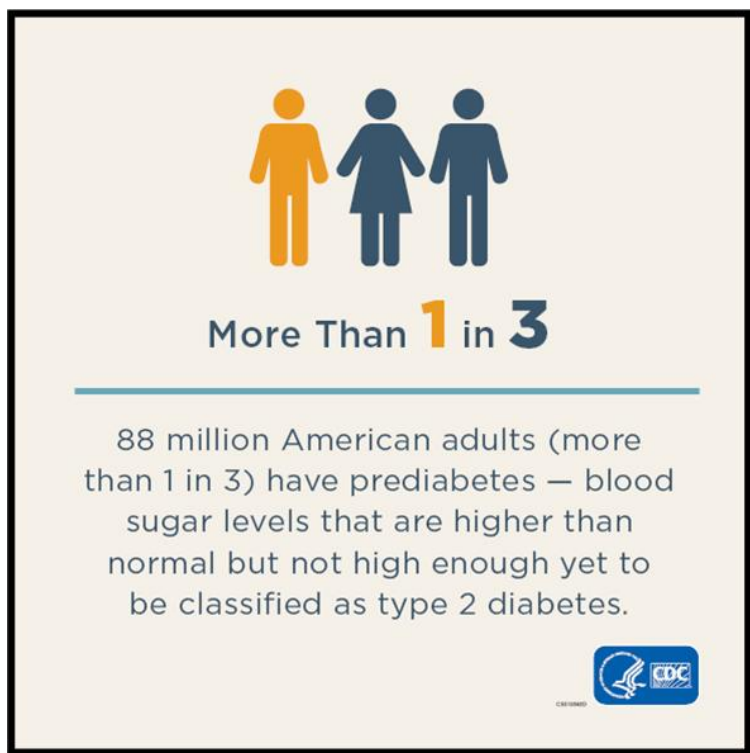
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## Introducing the Wyoming Diabetes Prevention Program for Adults

When a person's blood sugar levels remain higher over a period of time a condition referred to as prediabetes occurs. Prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes.

Prediabetes increases your risk of developing type 2 diabetes, heart disease, and, or stroke. The good news is that when you know you have prediabetes you can take steps to reverse it through lifestyle changes such as getting regular physical activity and eating more healthfully.

Your doctor can refer you to a National Diabetes Prevention Program



(National DPP) in your community or you can join a class yourself. These evidence-based lifestyle change programs provide tools and support to help you:

- make healthier food choices,
- increase physical activity,
- manage stress,
- stay motivated day to day and over the long term.

For those who need to lose weight, the program teaches you how to both lose weight and keep it off. In fact, modest weight loss—just 5% to 7% of your body weight—significantly reduces your risk of developing type 2 diabetes.

The program lasts one year, with the first 16 sessions taking place about once a week, and the remaining six to eight sessions meeting once a month. By going through the program with others who have pre-diabetes, you can celebrate each other's successes and work together to overcome challenges. In this program, a trained coach will guide and encourage you to develop skills to help you eat more healthfully, increase physical activity, manage stress, and lose weight through an evidence-based curriculum. The time to act is now!

Click the link below to find the nearest DPP to you.

<https://health.wyo.gov/publichealth/prevention/chronicdisease/program-map/>

# Unsure if you should seek medical attention?

Call Medicaid's **24 Hour Nurseline!**

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Call toll-free, 24/7/365:  
**1-888-545-1710 (TTY:711)**

**There's more!** Nurses can answer questions and give you information to help you:

- Understand care options for symptoms and conditions
- Prepare for doctor visits
- Make decisions about tests, medications and treatments
- Learn about ways to improve your health
- Understand your medications
- Learn more about a diagnosis received from your doctor



Wyoming  
Department  
of Health



Introducing **Return to Health**<sup>®</sup>  
With over 300 health conditions to look up, we will get you on the best path to better health!

Easy to use - no login required! Just answer some quick questions about your symptoms and review possible treatment options.

[CLICK HERE](#) to access **Return to Health**<sup>®</sup>

### Why Return to Health?

#### Knowledge is power!

Return to Health<sup>®</sup> has treatment information for over 300 health conditions. Find yours quickly and easily and start learning about your personalized healthcare options.



#### Decisions made easy!

Return to Health<sup>®</sup> provides sources, clinical evidence, patient ratings, potential cost, & time to recovery data in a way that's easy to understand, allowing you to make decisions more easily.

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#### Contact Wyoming Department of Health

For eligibility questions or to enroll call 855-294-2127 or visit <https://www.wesystem.wyo.gov/>

On October 1, 2020, for information on Kid Care CHIP services and limitations contact Client Relations at 800-251-1269.

To find a Wyoming Medicaid Provider visit [wymedicaid.portal.conduent.com/wy/client/general/providerLocator.do](http://wymedicaid.portal.conduent.com/wy/client/general/providerLocator.do)

[Unsubscribe](#)

Be sure to add [wycustomersvc@conduent.com](mailto:wycustomersvc@conduent.com) to your address book to ensure the proper delivery of your Wyoming Medicaid updates.

Wyoming Medicaid, Client Relations, PO Box 667, Cheyenne, WY 82003

Please do not reply to this email with any customer service issues. Specific account inquiries will not be read. For assistance, contact Client Relations at 1-800-251-1269

<https://wymedicaid.portal.conduent.com/>

#### Deployment Information:

- Deployment Date: 6/1/2021
- Deployment Time: 2:00 PM
- Audience: All Clients