

## Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) Health Education Literature List

The following health education literature is available through the Department of Health and Senior Services (DHSS). Literature can be ordered at **NO COST** to you. For a complete list of titles, visit the DHSS Literature Warehouse website at:

<http://www.dhss.mo.gov/warehouse/e-literature.html>.

### Child Development

Child Development From Birth to 3 Years Old (English and Spanish)

Child Development From 3 to 6 Years Old (English and Spanish)

Child Development From 6 to 9 Years Old (English and Spanish)

Child Development from 9 to 12 Years Old (English and Spanish)

### Nutrition and Weight

Breastfeeding: Getting Started in 5 Easy Steps (English and Spanish)

Foods to Grow On: Birth to 12 Months

Want Tips for Healthy Eating for Your Family?

Fruit and Veggie “More Matters Guide”

What You Should Know about a Healthy Weight for Your Child

### Safety

50 Things You Can Do to Keep Your Baby Safe and Healthy (English and Spanish)

Secondhand Smoke and Your New Baby (English and Spanish)

### Lead Poisoning

Preventing Lead Poisoning – Prevention Tips for Families

Preventing Lead Poisoning: Food Safety & Good Nutrition (Spanish)

### Oral Health

A Toothy Tale

To Brush is Not Enough

### Teens

From Boy to Man: What Boys Should Know about Growing Up (English and Spanish)

From Girl to Woman: What Girls Should Know about Growing Up (English and Spanish)

What Every Teenager Needs to Know about Good Nutrition

About Dealing with Sexual Pressure

Saying “No” If You’ve Had Sex Before (English and Spanish)

About Condoms and Safer Sex

Teens and Self-Injury: What Parents and Teachers Need to Know