



SUPPLEMENTAL SUPPORT FOR CHILDREN

The proverb, “it takes a village to raise a child,” absolutely holds true.

This is undoubtedly the case when it comes to the care required to attain and sustain a child’s overall health. Some responsibilities are linked to the direct care of a child. We align the role of direct providers with parents, guardians, relatives, pediatricians, and teachers, most commonly, associating them with raising and caring for kids.

However, does well-being management stop there? I think we would all fundamentally agree; there are many variables and persons invested in raising a healthy and successful child. As the [U.S. Department of Health and Human Services](#) conveys, “promoting well-being involves understanding and addressing child, youth, and caregiver functioning in physical, behavioral, social, and cognitive areas.”

As one can tell, that goes beyond the scope of simply parental or direct care provider’s role. Let us consider how each of the following professionals may advance the health and well-being of your child.

For assistance with your health and wellness journey, contact [ConnectCare3](#) at 877-223-2350.



School Nurse

The [American Academy of Pediatrics \(AAP\)](#) affirms that, “school nurses perform a critical role within the school health program by addressing the major health problems experienced by children. This role includes providing preventive and screening services, health education and assistance with decision-making about health, and immunization against preventable diseases.” Therefore, an on-site caregiver can significantly improve a child’s well-being.

Mental Health Providers

Psychologist, Psychiatrist, or Counselor

These professionals are critical in enhancing and or maintaining holistic health and well-being, not just mental health. According to the [CDC](#), nearly 20% or 1 in 5 children have a mental, emotional, or behavioral disorder, from ADHD to anxiety and depression, intellectual disabilities (ID), and severe mental illness (SMI). This an important time and situation to remember provisions like a school counselor or parents employee assistance program (EAP), a great resource that complements traditional clinical interventions.

Therapist

Speech, Physical or Functional/Occupational Therapists

Regardless of specialty, by definition, these providers improve a child’s well-being based on their impairments, injury, disease or disorder. Understanding how and who can best enrich a child’s ability to learn and thrive is critical and where a therapist is invaluable.

Athletic Trainer’s and Coaches

Athletic Trainers (AT) and a variety of Coaches oversee physical ability, performance, education, and safety, especially for older children. According to the [National Association of Athletic Trainers](#), “athletic training encompasses the prevention, examination, diagnosis, treatment, and rehabilitation of emergent, acute or chronic injuries and medical conditions.” The AT plays a vital role in the child’s physical health and interjects between other school-based clinicians, a pediatrician, and associated specialists to help round out their care team. On a more preventive side, a qualified Coach or exercise professional, according to the [National Strength and Condition Association \(NSCA\)](#), are those “who apply scientific knowledge to train athletes for the primary goal of improving athletic performance” as a unique form of managing a child’s well-being.

Additional Providers

Finally, considering clinicians like dentists and eye doctors in a holistic role affirms their highly valuable involvement in our children’s health and well-being, their preventive and long-term care, and further defines the vastness of “the village.” Keeping in mind the diversity of care providers and support a child needs to thrive is an environment teeming with well-being potential. Take time to think through the children in your life, their care team, and make sure each provider’s category is appropriately represented. If you have questions, discuss these matters with other close family members, the child’s teachers, and their pediatrician.

Child Welfare Information Gateway. "Promoting Child & Family Well-Being"
Accessed at <https://www.childwelfare.gov/topics/preventing/promoting/>
Journal of the American Academy of Pediatrics. "School Nurse"
Accessed at <https://bit.ly/3bLkLdd>
The Center for Disease Control. "Improving Access to Children’s Mental Health Care"
Accessed at <https://www.cdc.gov/childrensmentalhealth/access.html>

National Athletic Trainers Association. "What is athletic training?"
Accessed at <https://www.nata.org/about/athletic-training>
National Strength and Conditioning Association. "Strength and Conditioning"
Accessed at <https://www.nsca.com/certification/cscs/>