



***Elkhart and St. Joseph Counties Head Start Consortium***

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Dr. Kathy L. Guajardo, Executive Director

***This institution is an equal opportunity provider***

Date: \_\_\_\_\_

Dear Parent/Guardian of \_\_\_\_\_ DOB: \_\_\_\_\_

**Hemoglobin Screening Results (Non-Invasive)**

Hemoglobin is a protein in red blood cells that carry oxygen to the brain and body. Low hemoglobin (sometimes called “low Iron”) levels in a child's blood can cause delayed growth and development, behavior problems, weakness, fatigue, headache, frequent colds and infections. Sometimes the only sign that something is wrong is low hemoglobin blood tests.

Your child’s most recent hemoglobin screening indicates your child’s hemoglobin is \_\_\_\_\_.  
A child needs further follow-up if the screening results are less than 11.0 g/gl.

It is important for your child to follow up with their doctor or other health care provider if the level is below 11.0 g/gl. Until then, you can improve the low hemoglobin level by serving foods that are high in iron and vitamin C. Talk with the staff at Head STart or the staff at Women, Infant and Children (WIC) for a list of iron rich specific foods.

Sincerely,

Yolanda Washington RN, BS, BNC, PNCC  
Health Consultant