

NEED MORE SPECIFIC IDEAS?

The “DIRECTIONS” manual, created by the Massachusetts Department of Public Health, can help families plan and coordinate care for their children. The book summarizes various topics of importance: family life, medical services, insurance questions, the educational process, and so much more. You will also find a helpful blank calendar page (to get you started) and information forms that can help you to keep important details of your child’s life in one place (for the many times you will be asked certain questions).



The manual is available online in English, Spanish, and Portuguese. To view the book and its helpful tips and form letters or print select pages, visit the website:

www.mass.gov/dph/fch/directions



DIRECTIONS

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DOWNLOAD ANY OR ALL CHAPTERS – FREE OF CHARGE

www.mass.gov/dph/fch/directions