



Do Your Children Get Enough Sleep?

Kids aged 6-12 **need** 9-12 hours of sleep a night

Teens aged 13-18 **need** 8-10 hours of sleep a night

Sleep is critical to prevent:

- Illness
- Obesity
- Type 2 diabetes
- Poor Mental Health
- Attention or Behavior Problems
- Injuries

Tips for Good Sleep

Set bed and wake-up times at the same time each day, including weekends.

Remove electronic devices from the bedroom.



Avoid large meals and caffeine before bedtime.



Make sure kids are active during the day so they can fall asleep at night.

Keep the bedroom quiet and a comfortable temperature.

Model good sleep behaviors for kids.

Have a bedtime routine like taking a warm bath, brushing teeth, and reading a bedtime story.

Turn the lights out at bedtime.

What is C&TC?

C&TC stands for Child and Teen Checkups. C&TC offers health checks for children, teens and young adults, up to 21 years of age, who have Medical Assistance.

The C&TC Outreach program is the connection between the families who are eligible for these screenings and the clinics that provide the actual screenings.

C&TC screenings include the following services:

1. Information about good physical and mental health
2. Time to ask questions and get answers about your child's health, behavior, and development
3. Time to discuss thoughts, feelings, and relationships
4. Complete head to toe physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Fluoride varnish treatments for certain ages
11. Referral to the dentist

Use this health check for Head Start, WIC, school, child care, camp and sports physicals. Bring necessary forms to be completed to the appointment.

Regular checkups help keep children, teens and young adults healthy. Health and dental problems can be found and treated early.

Where Can I go for C&TC?

In Goodhue County, C&TC screenings are available through the **Mayo Health System** in Red Wing, Zumbrota, Cannon Falls and Lake City and **Olmsted Medical Center** in Pine Island, Wanamingo, Cannon Falls & Lake City. **Northfield Hospital & Clinics** in Kenyon.

Learn more about good sleep habits at www.cdc.gov/sleep

If you have needs with transportation, interpreters, or making a C&TC appointment, contact Goodhue County Health & Human Services/Public Health Division, 651-385-3200 or 1-800-952-2142

What Is Children's Mental Health?

Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.

Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, which cause distress and problems getting through the day. Many children occasionally experience fears and worries or display disruptive behaviors. If symptoms are serious and persistent and interfere with school, home, or play activities, the child may be diagnosed with a mental disorder.

Mental health is not simply the absence of a mental disorder. Children who don't have a mental disorder might differ in how well they are doing, and children who have the same diagnosed mental disorder might differ in their strengths and weaknesses in how they are developing and coping, and in their quality of life. Mental health as a continuum and the identification of specific mental disorders are both ways to understand how well children are doing.

Mental Health Resources: Recursos de salud mental:

Hiawatha Valley Mental Health Center:

2835 S Service Dr Ste 103, Red Wing · 651- 327-2270

Nystrom & Associates, Ltd:

124 Tyler Rd S, Red Wing · 651-977-5001 www.nystromcounseling.com

Mayo Clinic Health System:

701 Hewitt Blvd, Red Wing · 651-267-5000

Goodhue County Health & Human Services:

426 West Ave, Red Wing · 651-385-3200

<https://goodhuecountymn.gov/>