



## Making Healthy Connections With Your Family

**Good health starts with eating the right foods and getting plenty of physical activity. A healthier lifestyle will benefit your family with:**

- ✦ Less stress, depression, and anxiety
- ✦ Better sleep and more energy
- ✦ Less disease and lower health-care costs

**Do it together and make it fun!**

### *Eating Well*

Children learn their future eating habits from watching you. Set a good example, and set the stage for a lifetime of good health. Consider the following tips:

- ✦ Family meals are an important time to connect with your children. Offer a variety of healthy foods.
- ✦ Allow children to decide how much to eat based on their hunger. Let go of "clean plate" expectations.
- ✦ Reward your children with attention and kind words instead of food. Comfort them with hugs, not sweets.
- ✦ Plan, shop, and cook more meals at home together. Involve children in choosing, washing, and (for older children) cutting and cooking fruits and vegetables.
- ✦ Consider applying for SNAP (supplemental nutrition assistance program) or WIC benefits, or check out local food shelves to ease your budget.



### *Physical Activity*

Children and teens need 60 minutes or more of physical activity each day. For adults, aim for at least 30 minutes per day, most days of the week. Try the following suggestions to increase your whole family's activity level:

- ✦ Find activities you enjoy and do them as a family. It doesn't matter what you do, as long as you are moving together.
- ✦ Help your children practice their sports. Kick soccer balls while your child plays goalie, or hit pop-ups for him/her to catch.
- ✦ Take a family walk/hike after dinner instead of turning on the TV. Use the time to ask how things are going at school or with friends.
- ✦ Walk or bike with your child to and from school.
- ✦ Local community centers often offer free or low-cost exercise classes, clubs, teams, and other activities for children and families. Many offer sliding-scale memberships.

### **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, Cannon Falls, Wanamingo and Lake City. **Northfield Hospital & Clinics** in Kenyon.

**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**

## Kindness: How a Simple Act Can Make a Big Difference



We've all been that kid at one time or another: the new kid in class, the shy or uneasy child reaching out to make new friends, the new kid in the neighborhood. And as parents, we all hope our child will be the one to offer up a smile and welcoming hello to break the ice.

Teaching and modeling kindness gives children a life skill they will take with them forever.

In a world where media bombard kids with talk of dislike, impatience and intolerance, teaching kindness is key. Learning the value of being kind to others is an important part of their healthy development—and their role in our communities. And the first lessons on this skill start at home.

### Be a good role model

- Children learn to be kind by watching, so be sure you are setting a good example on how to treat others.
- Create a culture of kindness in your home.

**Get involved:** Kindness comes out of respect for others.

**Step up:** Give your children some ideas for how simple acts of kindness can really make a difference.

**Parents: Your kids are looking to you for what acceptable behavior is regarding people who look or act different.**

Now more than ever, learning to be kind to others is an important lesson and an ongoing process that should take place throughout your child's life.

Teaching children to be kind creates a supportive, positive environment, making children—and those around them—feel better about themselves and others.