



Vaccines, Well-Child Visits and chronic care appointments are vital for your child's health!

Why is it so important for my kids to get caught up on their childhood immunizations?

Making sure your children are up-to-date on their shots is one of the best things you can do to protect them against some pretty serious but preventable diseases. When children are not vaccinated, they are at risk of getting diseases like measles, polio and hepatitis A and B that can cause lifelong disability or death. Falling vaccination rates can lead to new outbreaks of dangerous diseases. And that's the last thing anyone needs on top of COVID-19.

Should I keep my well-child/teen visits?

In addition to getting caught-up on routine immunizations, here are some other reasons to visit your primary care provider right now:

- Newborn visits
- Hearing and vision screenings
- To check on developmental milestones
- To check blood pressure and other vital signs
- To treat infections or injuries
- Adolescent health concerns, such as menstrual care and depression screening
- Routine lab tests
- For physical examinations before returning to sports or other activities.
- Regular dental care is also very important

What is the most important thing for families to know?

The biggest thing families should know is they should not put off health or dental care for their children!



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.

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

Media Use Guidelines for Families

Age	Description	Media Use Guidelines
<p>Younger than 2 years old</p>	<p>Children younger than 2 learn and grow when they explore the physical world around them. Their minds learn best when they interact and play with parents, siblings, caregivers, and other children and adults.</p> <p>Children younger than 2 have a hard time understanding what they see on screen media and how it relates to the world around them.</p> <p>However, children 18–24 months of age can learn from high-quality educational media, IF their parents play or view with them and reteach the lessons.</p>	<ul style="list-style-type: none"> • Media use should be very limited and only when an adult is standing by to co-view, talk, and teach (for example, video chatting with family along with parents). • For children 18–24 months, if you want to introduce digital media, <ul style="list-style-type: none"> ○ Choose high-quality programming. ○ Use media together with your child. ○ Avoid solo media use.
<p>2 to 5 years of age</p>	<p>At 2 years of age, many children can understand and learn words from live video chatting. Young children can listen to or join a conversation with their parents.</p> <p>Children 3–5 years of age have more mature minds, so a well-designed educational program such as Sesame Street (in moderation) can help children learn social, language, and reading skills.</p>	<ul style="list-style-type: none"> • Limit screen use to no more than 1 hour per day. • Find other activities for your children to do that are healthy for their bodies and minds. • Choose media that is interactive, nonviolent, educational, and pro-social. • Co-view or co-play with your children.
<p>5 years and older</p>	<p>Today’s grade-schoolers and teens are growing up immersed in digital media. They may even have their own mobile device and other devices to access digital media.</p>	<ul style="list-style-type: none"> • Make sure media use is not displacing other important activities, such as sleep, family time, and exercise. • Check your children’s media use for their health and safety.
<p>Tweens and teens</p>	<p>Tweens and teens are more likely to have some independence in what they choose and watch, and they may be consuming media without parental oversight.</p>	<p>Parents should engage tweens and teens in conversations about their media use, digital citizenship, what they’ve seen or read, who they are communicating with, and what they have learned from their media use.</p>