



## Mood-Boosting Tips for Families

Feeling connected to the people and world around us is a key part of good mental health.

### Lighten Up

Sunshine can help brighten mood. Try to spend 30 to 60 minutes outdoors daily with your children and other members of your family, whenever possible. Bright lights, especially in the early morning, can also help.

### Get Plenty of Sleep

Try to help your children stick to bedtime routines so they get enough sleep each night. Some ways to help promote relaxation and a good night's sleep:

- \* A shower or bath before bed
- \* A story, song, or relaxing music
- \* A back, hand, or foot rub
- \* A cool, dark room
- \* Using the bed just for sleep (not using your phone, watching TV or doing work or homework)

### Talk It Out

Talk with your children and teens regularly and be a good listener.

### Help Your Family Eat Wisely

Include protein-rich foods for breakfast and lunch. Protein helps keep your blood sugar stable and gives your brain the fuel it needs.

### Go For Gratitude

Focus on the positive.

### Manage Screen Time

Make a family media plan and limit your family's exposure to TV and internet ads suggesting that buying things can make people happy. This will help limit messages about happiness that are false or unrealistic. It will also help you manage your family's exposure to upsetting news. Consider instead: reading, playing cards or board games with family members, working a puzzle as a family, playing music or singing together, making a video to share, cooking together, or taking a family walk or bike ride.



### **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 physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Fluoride varnish application
11. Referral to the dentist

Child and Teen Checkups meet the health requirements for Head Start, WIC, school, sports or child care. Be sure to bring any forms you need filled out with you.

**Regular checkups help keep children healthy and health 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; **Olmsted Medical Center** in Pine Island, Wanamingo, Cannon Falls and Lake City. **Northfield Hospital & Clinics** in Kenyon.

# Tips to Stay Chill During the Hectic Holiday Season



Focus on spending time with your family.



Don't feel pressure to overspend on gifts.



Keep bedtimes & meals on a regular schedule.



Volunteer as a family to help others.



Concentrate on one task at a time.



Set a good example & take care of yourself.



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## Mental Health Resources:

Hiawatha Valley Mental Health Center: 2835 S Service Dr Ste 103, Red Wing, 651- 327-2270

Goodhue County Health & Human Services: 426 West Ave, Red Wing, 651-385-3200

Mayo Clinic Health System: 701 Hewitt Blvd, Red Wing, 651-267-5000

## When to seek help

If a child is struggling for more than two weeks, it might be time to get help. Here are a few [symptoms to watch for](#):

- \* An infant or young child clings to parents, has sleep problems, doesn't eat as much, or a preschooler starts thumb sucking or bed wetting.
- \* An older child or adolescent acts fearful, anxious, or withdrawn, argues more or seems to be more aggressive. They also might complain more about stomachaches or headaches.
- \* A teen or young adult gets into trouble, can't focus, hides problems because they are afraid, feels bad about the problems, or feels like they are a burden to their family.

