



## Keep Kids Healthy and Safe this Summer

### How Can I Protect My Children from the Sun?



Seek Shade



Cover Up with light  
weight clothing



Get a hat



Wear sunglasses



Apply sunscreen

### Bug Safety

- Don't use scented soaps, perfumes or hair sprays on your child
- Avoid areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom
- Combination sunscreen/insect repellent products should be avoided because sunscreen needs to be reapplied every two hours, but the insect repellent should not be reapplied.
- The current AAP and CDC recommendation for children older than 2 months of age is to use 10% to 30% DEET. **DEET should not be used on children younger than 2 months of age and only used once per day.**
- Children should wash off repellents when they return indoors.
- As an alternative to DEET, picaridin has become available in the U.S. in concentrations of 5% to 10%.

### Water Safety

- Always supervise children when in or around water. A responsible adult should constantly watch young children
- Teach kids to swim. Formal swimming lessons can protect young children from drowning
- Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life

### Bicycle Safety

- Buy a bike that is the right size for your child
- A helmet protects your child from serious injury, and should always be worn so that it is level on the head and covers the forehead, not tipped forward or backwards

### 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, childcare, 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 and Lake City. **Northfield Hospital & Clinics** in Kenyon.

# **Talking to Children About Tragedies & Other News Events**

The American Academy of Pediatrics (AAP) encourages parents, teachers, child care providers, and others who work closely with children to filter information about the event and present it in a way that their child can understand, adjust to and cope with.

## **Where to start**

No matter what age or developmental stage your child is, you can start by asking what they've already heard. Most children will have heard something, no matter how old they are. After you ask them what they've heard, ask what questions they have.

## **Avoiding graphic details & exposure to media**

In general, it is best to share basic information with children, not graphic details, or unnecessary details about tragic circumstances.

Keep young children away from repetitive graphic images and sounds that may appear on television, radio, social media, computers, etc.

With older children, if you do want them to watch the news, record it ahead of time. That allows you to preview it and evaluate its contents before you sit down with them to watch it. Then, as you watch it with them, you can stop, pause and have a discussion when you need to.

Even the youngest child needs accurate information, but you don't want to be too vague.

Simply saying, *"Something happened in a faraway town and some people got hurt,"* doesn't tell the child enough about what happened. The child may not understand why this is so different from people getting hurt every day and why so much is being said about it. The underlying message for a parent to convey is, *"It's okay if these things bother you. We are here to support each other."*

## **Signs a child might not be coping well**

If your child doesn't have a chance to practice healthy coping, you may see signs that they're having difficulty adjusting. Some of things to look for are:

**Sleep problems**

**Physical complaints**

**Changes in behavior**

**Emotional problems**

Sometimes it can be hard to tell if a child is reacting in a typical way to an unusual event or whether they are having real problems coping, and might need extra support. If you are concerned, talk to your child's pediatrician or a mental health professional or counselor.

### **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](http://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

MN Council on Latino Affairs/ Consejo de Minnesota para Asuntos Latinos:

<https://mn.gov/mcla/>