



Do Your Children Get Enough Sleep?

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

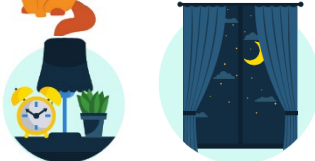
Teens aged 13-18 **need** 8-10 hours of sleep a night

Sleep is critical to prevent:

- Type 2 diabetes
- Obesity
- Cardiovascular disease
- Depression
- Injuries
- Attention or Behavior Problems



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



Remove electronic devices from the bedroom.



Keep the bedroom quiet and a comfortable temperature.

Avoid large meals and caffeine before bedtime.

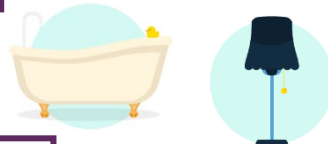


Model good sleep behaviors for kids.

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



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.

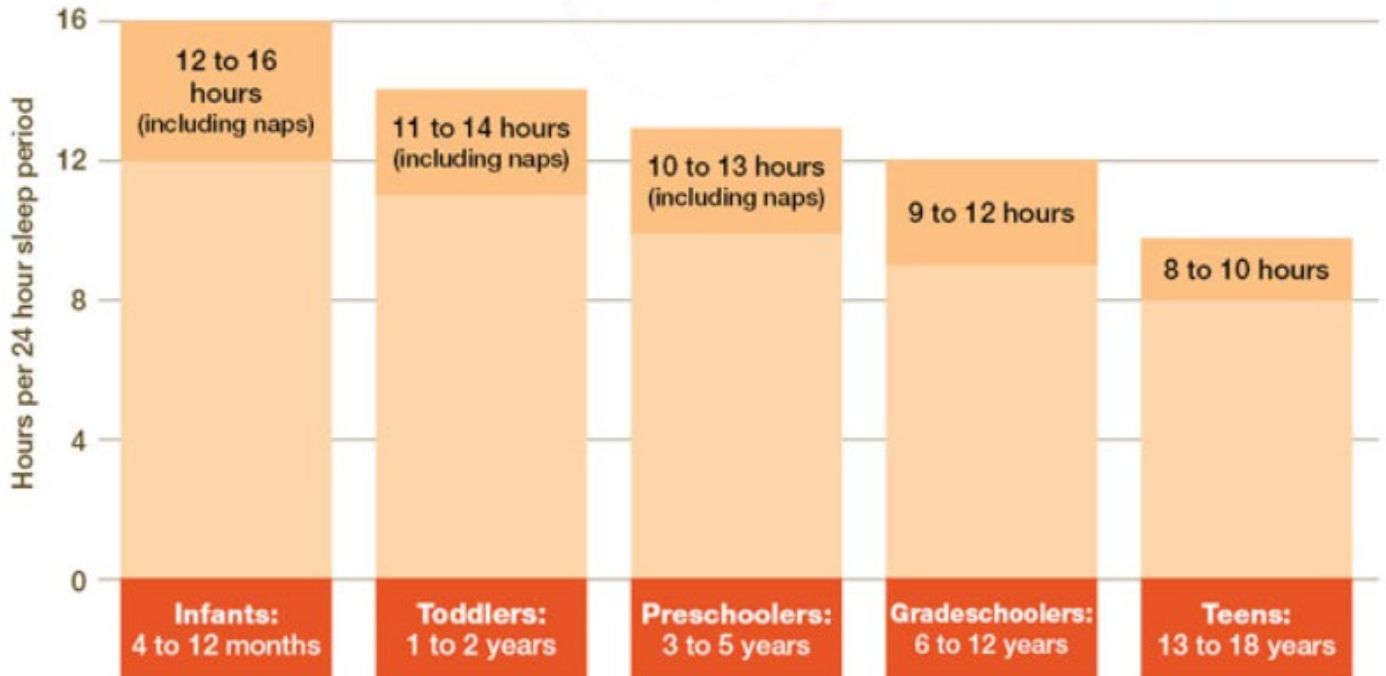
Where Can I go for C&TC?

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 Brooke at Goodhue County Health & Human Services/Public Health Division, 651-385-3200 or 1-800-952-2142

How much sleep do kids need?



Do those numbers surprise you?

So, are you sending your child off to bed early enough? If those numbers are surprising to you, you're not alone. Working and single parents, especially, are often forced to get by on 5, 6, or even fewer hours of sleep each night. This is likely impacting your own social and mental functioning, as well as increasing your risk for other health problems. It might be tempting to think that your children can also get by with less sleep than they need, or that they should be able to cope fairly well with a few skipped hours here and there. However, **all children thrive on a regular bedtime routine.** Regular sleep deprivation often leads to some pretty difficult behaviors and health problems—irritability, difficulty concentrating, hypertension, obesity, headaches, and depression. **Children who get enough sleep have a healthier immune system, and better school performance, behavior, memory, and mental health.**

For more information on healthy sleep habits go to [Healthy Sleep Habits: How Many Hours Does Your Child Need? - HealthyChildren.org](https://www.healthychildren.org/healthy-sleep-habits-how-many-hours-does-your-child-need/)