

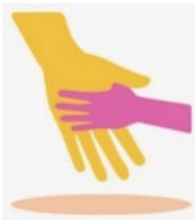


## Helping Kids: Strong & Healthy Parents

Parents and other loving adults are very important in helping children practice resiliency. Parents need to take care of themselves before they will be able to help their children, similar to the instructions heard on an airplane—*"Put on your own oxygen mask before assisting others."*

### Once parents have found ways to stay healthy even in stressful times, they can provide support to their children. What does this support look like?

- Be a positive influence in your children's lives. Your children need to know that you love them and believe in them. Ordinary things like playing together and spending time together can help with this.
- Learn about what you can and cannot expect from your children at different ages. Use this knowledge to plan your activities. For example, a 2-year-old is not going to be able to sit still for long. When you need to bring your children to the grocery store, involve them:
  - *"Do you see anything red?" "Please help me put the cans into the cart."* Or, if possible, consider going to the grocery store on your own, without your children, or going with a friend who can help.
- Model good behavior for your children. They look up to you and will try to do what you do.
- A good parenting practice is to stay as positive as possible. For example, give your children praise; try to notice the good things you see them doing each day.
- Be aware of what Adverse Childhood Experiences (ACEs) and other hard times can do to your children's brain development and overall health. If something traumatic happens to your children or family, share that information with your pediatrician. Medical professionals can help you and your children get the support you need. The earlier you get support for your children, the easier it will be for them to heal quickly and continue living healthy and less stressful lives.



Source:  
healthychildren.org

### 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

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

# CATCH UP ON CHECKUPS AND ROUTINE VACCINES

As your family gets back to routines, it's important for your child to catch up on checkups and recommended vaccines to help protect their health now and in the future.

The Centers for Disease Control and Prevention (CDC) recommends children stay on track with routine vaccinations to help protect them from serious diseases like measles and whooping cough.

## WELL-CHILD CHECKUPS ARE ESSENTIAL



## VACCINATION HELPS PROTECT YOUR CHILD'S HEALTH



- The doctor tracks your child's growth and development
- You can ask the doctor questions about your child's health
- Your child gets recommended vaccinations

- Routine vaccinations during childhood help prevent 14 diseases
- Among children born from 1994-2018, vaccinations will prevent an estimated 936,000 early deaths, 8 million hospitalizations, and 419 million illnesses

**Help protect your child's health by keeping them on track with recommended vaccinations.**

Have questions about vaccines? Talk to your child's doctor.

[www.cdc.gov/vaccines/routine](http://www.cdc.gov/vaccines/routine)



You *encourage*  
a lifetime of healthy choices,  
from bike helmets to exercise.

Simply getting the HPV vaccine at ages 11 or 12 can help protect your child against certain cancers later in life.

Ask your child's doctor or nurse about the HPV vaccine.

[www.cdc.gov/HPV](http://www.cdc.gov/HPV)



**HPV VACCINE**  
IS CANCER PREVENTION

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### Mental Health Resources:

**\*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)

**\*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

### Best websites for accurate COVID-19 information:

- [www.mn.gov/covid19](http://www.mn.gov/covid19)
- [www.health.state.mn.us](http://www.health.state.mn.us)
- [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- [www.who.int/health-topics/coronavirus](http://www.who.int/health-topics/coronavirus)