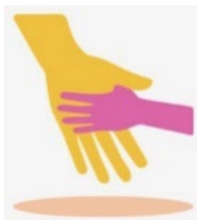


## Helping Kids: Strong & Healthy Parents

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

# Keep Up to Date On Immunizations

**Vaccines are available through your local health care provider. Call to schedule an appointment today! Visit [connectwithctc.com](https://connectwithctc.com) for a list of local providers.**

## Why Vaccinate?

- Vaccines are the best way to protect yourself and your loved ones from preventable diseases.
- The vaccines you receive are safe.
- Vaccines may be required at work, school, for travel or more activities.
- Vaccines reduce risks of getting a disease by working with your body's natural defenses to build protection. When you get a vaccine, your immune system responds.

## Vaccine Schedules

- Vaccines are given at certain ages when a child's immune system provides optimal protection after vaccination
- Timing of vaccines are balanced with the earliest time to provide protection and when the child is at the highest risk for disease
- The vaccine schedule developed by the CDC and AAP (American Academy of Pediatrics) is considered the ideal schedule for healthy children. Staying on schedule is the best way to keep your child healthy. Any length of time without a immunization is a time without protection. Speak with your pediatrician if you have missed a shot or have a chronic condition.

## Are Vaccines Safe

- Vaccines are safe and effective.
- Vaccines do not cause disease. They use inactive or very weak strains of a virus or bacteria. These active ingredients give your child's immune system information to create its own antibodies. This teaches your child's immune system what to do if it sees the virus or bacteria again.
- Vaccines do not cause Autism. There are several vaccines given between the ages of 1 and 2 which is also about the time children start to show signs of Autism. Medical researchers have confirmed that they are not related. Autism is a neurodevelopmental condition that is caused by differences in the brain. Scientists believe there are genetic, biological, and environmental factors that can contribute to Autism.