



## 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

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, Kenyon and Lake City and **Olmsted Medical Center** in Pine Island, Wanamingo, Cannon Falls & Lake City.

**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**

# Stay with Me

In uncertain times, every moment feels fragile. Children can become more clingy and afraid of being apart from parents and caregivers. You may notice changes in your child's eating, sleeping, or toileting habits. To help, you might:

- » Remind your child that she will always be taken care of, no matter what.
- » Give your child a comfort item, such as a teddy bear or blanket. A towel or soft piece of cloth can do the job, especially if it's a piece of your clothing or that of a loved one!
- » Hug and hold hands—the more often the better!
- » Cut out paper heart shapes. Together, on each one, draw or write things you love about each other. Exchange them to keep in your pockets or bags when you're apart, or display them.
- » Develop an emergency plan (see below). Discuss this with friends and family who help keep your child safe. Explain it to your child and ask her to repeat it back to you.

## Far-Away Hugs

If your child is missing a family member far away, there are ways to feel closer:

- » Wish on the same star as that person wishes on (set a specific time and star!).
- » Wear a piece of that person's clothing.
- » On a windy day, send that person kisses on the breeze.
- » Close your eyes and hug yourself. Imagine you are hugging that person.



## Our Family Emergency Plan

Fill in the blank lines with the following important information for your child to remember:

These are our safe places:

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These are our safe people who can help you anytime I am not there:

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Here's where to go if we get separated:

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Draw these people and places on another piece of paper.