



## Vaccines, Well-Child Visits and chronic care appointments are vital for your child's health!

### Why is it so important for my kids to get caught up on their childhood immunizations?

Making sure your children are up-to-date on their shots is one of the best things you can do to protect them against some pretty serious but preventable diseases. When children are not vaccinated, they are at risk of getting diseases like measles, polio and hepatitis A and B that can cause lifelong disability or death. Falling vaccination rates can lead to new outbreaks of dangerous diseases. And that's the last thing anyone needs on top of COVID-19.

### Should I keep my well-child/teen visits?

In addition to getting caught-up on routine immunizations, here are some other reasons to visit your primary care provider right now:

- Newborn visits
- Hearing and vision screenings
- To check on developmental milestones
- To check blood pressure and other vital signs
- To treat infections or injuries
- Adolescent health concerns, such as menstrual care and depression screening
- Routine lab tests
- For physical examinations before returning to sports or other activities.
- Regular dental care is also very important

### What is the most important thing for families to know?

The biggest thing families should know is they should not put off health or dental care for their children!



### 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 and 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

## **Childhood Trauma: 3 Ways to Help Kids Cope**

There are many important ways parents and caregivers can help children who have had traumatic experiences. Some of the most important ones are helping them to feel safe, learn healthy routines, identify and manage their emotions and behavior, and build resilience. To help your child cope after troubling events, it helps to remember the **3 Rs: reassure, return to routine, and regulate**.

### **Reassure**

Remind your child that they are safe and loved.

Use words and touch (high fives, for example, or hugs if appropriate), and extra one-on-one time.

Reflect with the child and let them know that it's OK to feel what they're feeling. Try to see the world through their eyes.

Create safe spaces in the home. Let them make a tent in their bedroom or designate a "safe chair" just for them.

### **Return to routine**

Try to maintain regular daily routines. These can promote a sense of safety and normalcy for your child and let them know what to expect.

Keep dependable routines for meals, bedtime, and time for homework or chores. Depending on age, creating visual schedules and prompts can help. Try to build in time for relaxing activities, such as family walks.

Explain any changes in the schedule ahead of time. Consider having special routines before and after schedule changes, such as reading the same story, playing the same game, or eating the same meal.

### **Regulate**

Help your child learn "self-regulation" skills to calm themselves and manage their emotions and behaviors. This can include relaxation techniques such as belly breathing, stretching, and yoga poses, and tensing and releasing muscles.

In times of calm, play feeling charades—acting out being hungry, proud, or disappointed, for example.

Talk about where in the body your child feels the emotion, such as the chest, stomach, or head. Name different feelings with different colors.

Practice skills to use when they get upset or angry, deep breathing, seeking an adult, or taking a break for active play or exercise.

### **Remember**

It may take your child time to learn to identify and manage feelings after a scary or upsetting event. When they are having a hard time or strong reactions, try to talk with them at eye level. Stay calm and speak in a relaxed tone. Stay close until your child is calmer and able to connect. Remember not to take their actions personally.

Talk with your child's pediatrician for more parenting tips on helping your child cope after trauma.

**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/>