



**February is the month of Love...
How do you show love to your children?**



- **Play** with them
- Really **listen** to them
- Tell them when they are doing a good job...use more **positive** than negative words with them
- Use **non-violent** forms of discipline
- **Read** to them
- **Involve** them in household activities..let them help
- Provide **healthy food** choices for them
- Help them be **creative**
- **Limit** their TV & computer time
- Have them see their doctor regularly for **preventive health care**
- Provide a **healthy & safe home** environment for them
- **Hug** them
- Tell them you **LOVE** them

**February is also dental/oral health month...
How To Care For Your Child's Teeth**

Birth to 12 Months

- ✓ After feedings, gently brush your baby's gums using water on a baby toothbrush that has soft bristles, or wipe them with a clean washcloth.
- ✓ After the first tooth appears, ask your child's doctor if your baby is getting enough fluoride. Many experts recommend using fluoride-free toothpaste before the age of 2, but check with your child's doctor or dentist first.
- ✓ Take your baby to his/her doctor for well-child care.
- ✓ If your baby is at high risk for tooth decay, your child's doctor will recommend that your baby see a dentist.

12 To 24 Months

- ✓ Brush your child's teeth 2 times a day using water on a baby toothbrush that has soft bristles.
- ✓ Make sure your child doesn't drink more than 1 small cup of juice each day and only at mealtimes.
- ✓ **Take your child for a dental checkup if he/she has not had one.**

24 Months

- ✓ Help your child brush his/her teeth 2 times a day with a child-sized toothbrush that has soft bristles.
- ✓ Use fluoride toothpaste. Teach your child not to swallow it. Use a pea-sized amount or less and smear the paste into the bristles. If your child doesn't like the taste of the toothpaste, try another flavor or use plain water.
- ✓ Schedule a dental checkup.



Info from
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 and Lake City; **Olmsted Medical Center** in Pine Island, Wanamingo, Cannon Falls & Lake City and **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

The MN Dept of Health recommends that all homes in MN be tested for Radon.

Radon is a colorless & odorless radioactive gas. *Any home may have a radon problem.*

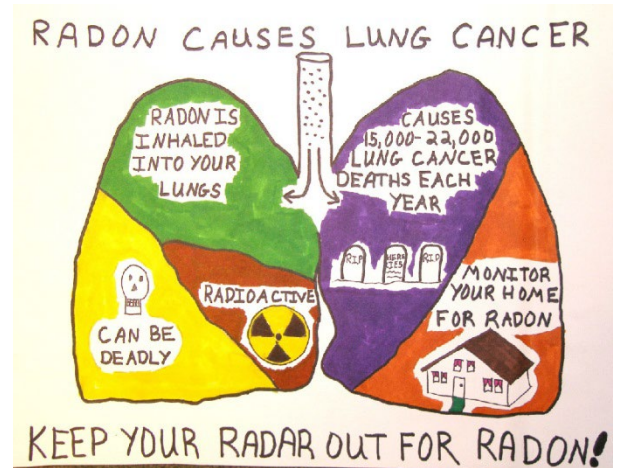
RADON GETS IN THROUGH:

1. Cracks in solid floors.
2. Construction joints.
3. Cracks in walls.
4. Gaps in suspended floors.
5. Gaps around service pipes.
6. Cavities inside walls.
7. The water supply.

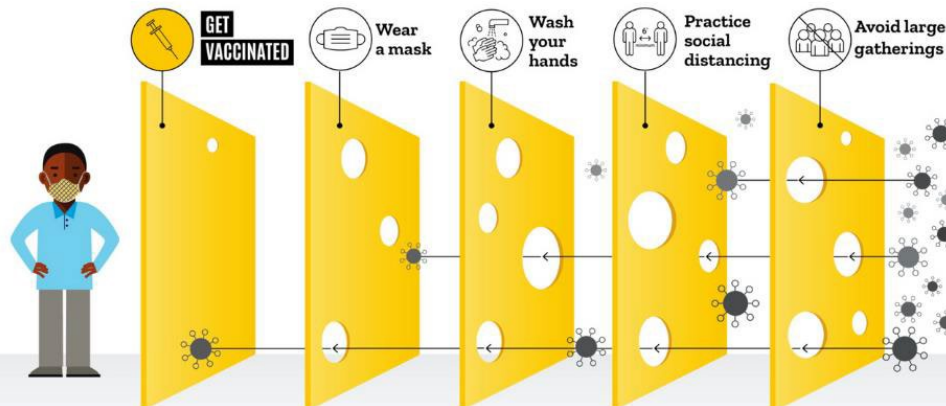
Only smoking causes more lung cancer deaths. **If you smoke and your home has high radon levels, your risk of lung cancer is especially high.**

Testing is the only way to know if you and your family are at risk from radon. Test kits are available at the Goodhue County Government Center for \$10.00. Kits can also be ordered online through MN Department of Health. For more information, call Goodhue County at 651-385-3104.

There are simple ways to fix a radon problem that are not too expensive.



THE SWISS CHEESE APPROACH TO PREVENTING COVID-19



Best websites for accurate COVID-19 information:

- www.mn.gov/covid19
- www.health.state.mn.us
- www.cdc.gov/coronavirus
- www.who.int/health-topics/coronavirus

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

***Goodhue County Health & Human**

Services: 426 West Ave, Red Wing,

651-385-3200

***Mayo Clinic Health System:** 701 Hewitt

Bldv, Red Wing, 651-267-5000

When to seek help:

If a child is struggling for more than two weeks, it might be time to get help. Here are a few symptoms to watch for:

* An infant or young child clings to parents, has sleep problems, doesn't eat as much, or a preschooler starts thumb sucking or bed wetting.

* An older child or adolescent acts fearful, anxious, or withdrawn, argues more or seems to be more aggressive. They also might complain more about stomachaches or headaches.

* A teen or young adult gets into trouble, can't focus, hides problems because they are afraid, feels bad about the problems, or feels like they are a burden to their family.