



Childhood Nutrition

Infants

- *The American Academy of Pediatrics recommends that infants be fed human breast milk for the first year of life or more and that human breast milk be given exclusively for the first six months. Human breast milk contains the right balance of nutrients for your baby and boosts your baby's immune system. It's considered the gold standard for infant nutrition.
- *Iron-fortified formula is the only alternative to human breast milk.
- *At about six months most babies are ready to start solid foods like iron-fortified infant cereal and strained fruits, vegetables, and pureed meats. In general, you don't want to restrict fats under age two because a healthy amount of fat is important for babies' brain and nerve development.

Toddlers and older children

- *Offer a variety of healthy foods that focus on each of the food groups, including fruits and vegetables, dairy, proteins and grains.
- *Limit candy and sweets
- *Limit sugar sweetened beverages

A Healthy Place To Eat Is...

Caring, calm, and respectful...

- * Focus mealtime on eating and family talks that include your child.
- *Turn off the TV and cell phones.
- * Plan quiet time for eating so your child comes to the table relaxed.

Comfortable and safe from injury...

- * Always stay with a young child who is eating, even if you have to do other tasks.
- * Get a stable, comfortable, child-size chair. A counter stool without back support isn't safe.
- * Get easy-to-hold, unbreakable child-size utensils, plates, and cups.

Safe from choking...

- * For a child under age four, avoid hard, small, whole foods, like popcorn, nuts, seeds, and hard candy. Slice foods such as hot dogs, grapes, and raw carrots in small strips.
- * Teach your child to chew foods well before swallowing them so he or she won't choke.
- * Be careful with sticky foods like peanut butter. Spread a thin layer on bread, rather than a thick layer, to reduce risk of choking.



Sources: mayoclinic.org,
healthychildren.org and Baylor
College of Medicine websites

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, 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 1-800-950-2142

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



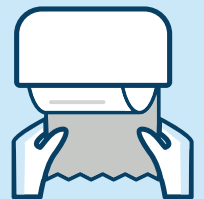
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

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