



Why Does My Child Need To See A Doctor When He/She Is Not Sick?

The Benefits of Well-Child Visits:

- **Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your pediatrician about nutrition and safety in the home and at school.
- **Tracking growth and development.** See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning.
- **Raising concerns.** Make a list of topics you want to talk about with your child's pediatrician such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your pediatrician at the start of the visit.
- **Team approach.** Regular visits create strong, trustworthy relationships among pediatrician, parent and child. The American Academy of Pediatrics (AAP) recommends well-child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.

Why Does My Child Need To See A Dentist by One Year Of Age?

Tooth decay is the most common chronic disease among children in the United States.

- **Lifetime Health.** Teeth and gums stay healthier throughout life with early and regular dental checkups.
- **Prevent decay and pain.** Early checkups help prevent cavities and tooth decay, which can lead to pain, trouble concentrating and other medical issues.
- **Smiles.** Youngsters with healthy teeth chew food easily, learn to speak clearly and smile with confidence.

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.

Rock Your Smile Word Search

Help Flossy find the words listed below.

Be sure to look backwards, forwards, up, down and on the diagonal!

D A S X Q H T D V J J E G
B R A C E S B S N X E P A
F I A V I U E B R V C V J
G V B U L R D A Z I Q P R
P S Q P G B Y N L P L G L
A Q P K G H R L K A G M W
B A N D G T T R Q E N I I
L K E K U O E U G N O T P
A Q U B D O E U O A S L H
Y C D E N T I S T M X V E
L B K W R T M M N E F Q X
A Y O G A I X U U L H E V
K R V R L W S G O R P F J
C P Q E O S E S B E D N A
U R I K M D S P C S P J M

TONGUE
XRAYS
DENTIST
MOUTHGUARD
BRACES
FLOSS
MOLAR
GUMS
PLAQUE
SEALANT
CROWN
TOOTHBRUSH
ENAMEL
SMILE
GUITAR
DRUM
SONG
LYRICS
BAND

