



## Making Healthy Connections With Your Family

Good health starts with eating the right foods and getting plenty of physical activity. A healthier lifestyle will benefit your family with:

- ✦ Less stress, depression, and anxiety
- ✦ Better sleep and more energy
- ✦ Less disease and lower health-care costs

Do it together and make it fun!



### *Eating Well*

Children learn their future eating habits from watching you. Set a good example, and set the stage for a lifetime of good health. Consider the following tips:

- ✦ Family meals are an important time to connect with your children. Offer a variety of healthy foods.
- ✦ Allow children to decide how much to eat based on their hunger. Let go of "clean plate" expectations.
- ✦ Reward your children with attention and kind words instead of food. Comfort them with hugs, not sweets.
- ✦ Plan, shop, and cook more meals at home together. Involve children in choosing, washing, and (for older children) cutting and cooking fruits and vegetables.
- ✦ Consider applying for SNAP (supplemental nutrition assistance program) or WIC benefits, or check out local food shelves to ease your budget.



### *Physical Activity*

Children and teens need 60 minutes or more of physical activity each day. For adults, aim for at least 30 minutes per day, most days of the week. Try the following suggestions to increase your whole family's activity level:

- ✦ Find activities you enjoy and do them as a family. It doesn't matter what you do, as long as you are moving together.
- ✦ Help your children practice their sports. Kick soccer balls while your child plays goalie, or hit pop-ups for her to catch.
- ✦ Take a family walk/hike after dinner instead of turning on the TV. Use the time to ask how things are going at school or with friends.
- ✦ Walk or bike with your child to and from school.
- ✦ Local community centers often offer free or low-cost exercise classes, clubs, teams, and other activities for children and families. Many offer sliding-scale memberships.

Source:  
childwelfare.gov

### 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. Referral to the dentist

The result of this complete and age appropriate checkup is 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 and Zumbrota, Cannon Falls, Kenyon and Lake City and Olmsted Medical Center in Pine Island, Wanamingo and Cannon Falls.

**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**

# APRIL IS HEALTH AWARENESS MONTH

