



Childhood Nutrition

Infants

During this stage of life, it's almost all about the milk — whether it's breast milk, formula, or a combination of the two. Breast milk or formula will provide practically every nutrient a baby needs for the first year of life.

At about six months most babies are ready to start solid foods like iron-fortified infant cereal and strained fruits, vegetables, and pureed meats. Because breast milk may not provide enough iron and zinc when babies are around six to nine months, fortified cereals and meats can help breastfed babies in particular.

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 veggies, 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.

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

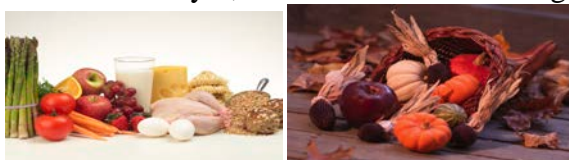
Child and Teen Checkups meet the health requirements for Head Start, WIC, school, sports or child care. Be sure to bring any forms you need filled out with you.

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 and Zumbrota, Cannon Falls, Kenyon and Lake City and **Olmsted Medical Center** in Pine Island, Wanamingo, Cannon Falls and Lake City.

Sources:
healthychildren.org and
Baylor College of
Medicine websites



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

DANGER!

CARBON MONOXIDE (CO) POISONING



**CAN'T BE
SEEN**



**CAN'T BE
SMELLED**



**CAN'T BE
HEARD**



**CAN BE
STOPPED**

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas. Following these important steps can keep your family safe.

CO DETECTORS

- Install battery-operated CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

OIL & GAS FURNACES

- Have your furnace inspected every year.

PORTABLE GENERATORS

- Never use a generator inside your home or garage, even if doors and windows are open.
- Only use generators outside, more than 20 feet away from your home, doors, and windows.



**U.S. Department of
Health and Human Services**
Centers for Disease
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PROTECT YOUR FAMILY