



Mood-Boosting Tips for Families During the COVID-19 Pandemic

Feeling connected to the people and world around us is a key part of good mental health. After months of physical or social distancing for COVID-19, families are still spending less time with others to help keep the virus from spreading. If spirits are sagging in your home, here are some simple steps that may help lift everyone's moods.

Lighten up

Sunshine can help brighten mood. Try to spend 30 to 60 minutes outdoors daily with your children and other members of your family, whenever possible. Bright lights, especially in the early morning, can also help.

Get plenty of sleep

Try to help your children stick to bedtime routines so they get enough sleep each night. Some ways to help promote relaxation and a good night's sleep:

- **A shower or bath before bed
- **A story, song, or relaxing music
- **A back, hand, or foot rub
- **A cool, dark room
- **Using the bed just for sleep (not using your phone, watching TV or doing work or homework)

Talk it out

Talk with your children and teens regularly and be a good listener.

Help your Family Eat Wisely

Include protein-rich foods for breakfast and lunch. Protein helps keep your blood sugar stable and gives your brain the fuel it needs.

Go for gratitude

Focus on the positive.

Manage screen time

Make a family media plan and limit your family's exposure to TV and internet ads suggesting that buying things can make people happy. This will help limit messages about happiness that are false or unrealistic. It will also help you manage your family's exposure to upsetting news. Consider instead: reading, playing cards or board games with family members, working a puzzle as a family, playing music or singing together, making a video to share, cooking together, or taking a family walk or bike ride.



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