



Everybody Gets Mad:

Helping Your Child Cope with Conflict

Everyone Gets Mad

Anger doesn't usually last a long time, but it is a very strong feeling when it happens.

Help Children Act Calm

Teach them that fights don't solve problems—they make new ones.
Teach your child how to deal with anger and stay out of trouble.

Teach Your Child to ACT CALM

Acknowledge

Acknowledge angry feelings.
Notice changes in their bodies.

Calm down

Breathe deeply, count to 10, or walk away.
Punch a pillow, run, or play music.

Think and talk

Think about the problem and ways to fix it. If someone doesn't know what children are trying to say or do, they need to explain themselves.
Talk with someone about being mad and ways to fix the problem without fighting. If there is nobody to talk to right away, stop and think, "This is why I'm mad and what I need to do is ..."

If someone tries to start a fight, your child can be the one to stay **CALM**:

Calm down

Keep a safe distance from the other person.
Take slow, deep breaths.
Stay alert and stand tall.

Avoid

Avoid name-calling or returning insults. It only makes things worse.
Avoid other kids who may want to fight. Try to talk in private with the kid who wants to fight.

Listen

Calmly listen to what the other kid says.
Ask, "What does this person really want?"

Move on

Find ways to solve the problem without fighting.
Use humor. "I wouldn't want you to catch my cold."
Give a reason. "We'll both get thrown off the team if we fight."
Walk away. If nothing else works, it's best to walk away.
Children do what they see others do. You are your child's most important role model.
If your child is still having trouble getting along with other kids, talk with your pediatrician.



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, 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 1-800-952-2142

May is Mental Health Awareness Month

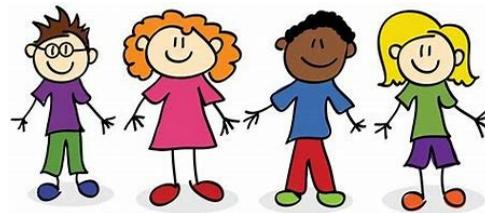
Mayo es el mes de conciencia de salud mental



Mental health in childhood means reaching developmental and emotional milestones, and learning healthy social skills and how to cope, when there are problems.

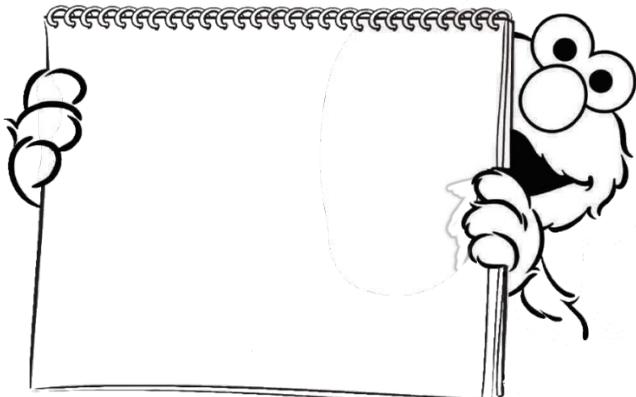
Tener salud mental en la infancia significa alcanzar los indicadores del desarrollo y los indicadores emocionales, así como también aprender habilidades sociales saludables y cómo enfrentar los problemas que puedan presentarse.

Someone Special Alguien especial



A picture of someone you care about can help you feel better. Draw a picture of a special person or people. You can take this picture with you wherever you go.

Una foto de alguien que te importe te puede hacer sentir mejor. Dibuja una imagen de esa persona o personas especiales. Puedes llevar este dibujo a todas partes.



Mental Health Resources: Recursos de salud mental:

Hiawatha Valley Mental Health Center:

2835 S Service Dr Ste 103, Red Wing · 651- 327-2270

Mayo Clinic Health System:

701 Hewitt Blvd, Red Wing, MN 55066, 651-267-5000

Goodhue County Health & Human Services

426 West Ave, Red Wing, MN 55066, 651-385-3200

MN Council on Latino Affairs/ Consejo de Minnesota para Asuntos Latinos: <https://mn.gov/mcla/>

Best websites for accurate COVID-19 information:

sitios web para obtener información precisa sobre COVID-19:

- www.mn.gov/covid19/ • Centros para el Control y la Prevención de Enfermedades, Coronavirus (COVID-19)
- www.health.state.mn.us/ • www.health.state.mn.us/diseases/coronavirus/materials/baicsspansh.pdf
- www.cdc.gov/coronavirus/ • Centros para el Control y la Prevención de Enfermedades, Coronavirus (COVID-19)
- www.who.int/health-topics/coronavirus/ • www.who.int/es/health-topics/coronavirus/coronavirus