



## February is the month of Love...

### How do you show love to your children?

- **Play** with them
- Really **listen** to them
- Tell them when they are doing a good job...use more **positive** than negative words with them
- Use **non-violent** forms of discipline
- **Read** to them
- **Involve** them in household activities..let them help
- Provide **healthy food** choices for them
- Help them be **creative**
- **Limit** their TV & computer time
- Have them see their doctor regularly for **preventive health care**
- Provide a **healthy & safe home** environment for them
- **Hug** them
- Tell them you **LOVE** them



## February is also dental/oral health month...

### How To Care For Your Child's Teeth

#### Birth to 12 Months

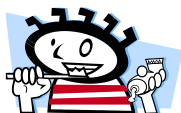
- ✓ After feedings, gently brush your baby's gums using water on a baby toothbrush that has soft bristles, or wipe them with a clean washcloth.
- ✓ After the first tooth appears, ask your child's doctor if your baby is getting enough fluoride. Many experts recommend using fluoride-free toothpaste before the age of 2, but check with your child's doctor or dentist first.
- ✓ Take your baby to his/her doctor for well-child care.
- ✓ If your baby is at high risk for tooth decay, your child's doctor will recommend that your baby see a dentist.

#### 12 To 24 Months

- ✓ Brush your child's teeth 2 times a day using water on a baby toothbrush that has soft bristles.
- ✓ Make sure your child doesn't drink more than 1 small cup of juice each day and only at mealtimes.
- ✓ **Take your child for a dental checkup if he/she has not had one.**

#### 24 Months

- ✓ Help your child brush his/her teeth 2 times a day with a child-sized toothbrush that has soft bristles.
- ✓ Use fluoride toothpaste. Teach your child not to swallow it. Use a pea-sized amount or less and smear the paste into the bristles. If your child doesn't like the taste of the toothpaste, try another flavor or use plain water.
- ✓ Schedule a dental checkup.



### 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, Lake City & Cannon Falls.

The MN Dept of Health recommends that all homes in MN be tested for Radon.

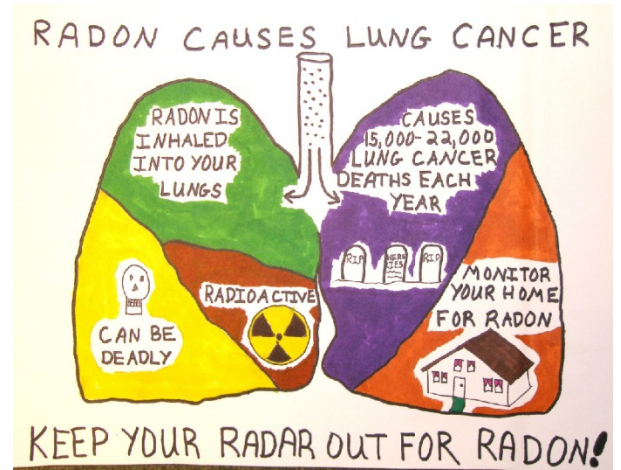
Radon is a colorless & odorless radioactive gas. *Any home may have a radon problem.*

**RADON GETS IN THROUGH:**

1. Cracks in solid floors.
2. Construction joints.
3. Cracks in walls.
4. Gaps in suspended floors.
5. Gaps around service pipes.
6. Cavities inside walls.
7. The water supply.

Only smoking causes more lung cancer deaths. **If you smoke and your home has high radon levels, your risk of lung cancer is especially high.**

Testing is the only way to know if you and your family are at risk from radon. Test kits are available at Goodhue County Health & Human Services for \$10.00. Kits can also be ordered online through MN Department of Health. For more information call Vicki at Goodhue County 651-385-6114. **There are simple ways to fix a radon problem that are not too expensive.**



**5 Ways to Prevent Kids' Tooth Decay**

**Care don't share**

Don't share utensils with your child or "clean" a pacifier by putting it in your mouth. You can transfer cavity-causing germs to your child.

**Eat healthy**  
and drink fluoridated water

**First dental visit**  
no later than age 1 year old

**Use fluoride toothpaste**

as soon as teeth come through the gums. When kids can brush their own teeth, have them brush

**2 minutes** **2 times per day**

**Seal out decay**

Ask your dentist about applying dental sealants to chewing surfaces of teeth.

**Mouth Healthy™** Brought to you by the **ADA American Dental Association®**

Learn more at [MouthHealthy.org](http://MouthHealthy.org).

**Another important issue for each of us and those we love.....**

**February is Dental/Oral Health Month**

FLOSSY AWARDS THIS **HEALTHY SMILE CERTIFICATE**

TO: \_\_\_\_\_

PRESENTED BY: \_\_\_\_\_

DATE: \_\_\_\_\_