

Child and Teen Checkups **CONNECTION**

May 2026



Why is Drinking Water so Important?

Simply, because your body needs water to survive. Water makes up 50-65% of your body weight. Water is in your cells, muscles and organs. It is in your bones and around your cells. Water is needed to make body fluids, and it helps regulate your body temperature. It helps lower infections and helps the brain and body work. A lack of water leads to dehydration. Dehydration can cause serious complications.

How much water do I need?

We have all heard the suggestion about drinking 8 cups or more of water and that is a good goal for most adolescents and adults but how much water you need depends on body type, activity level and the environment. A good goal for most 1-8-year-olds is to drink about 4 cups or more of water per day. About 20% of your water intake comes from foods like fruits and vegetables. A good indication that you or your child is getting enough is that you are not thirsty and that your urine is clear or light yellow in color. The amount you need can come from water, other beverages and foods. Carry a water bottle with you wherever you go.

WHAT ARE CHILD AND TEEN CHECK UPS?

A **FREE** preventative health care benefit for children under the age of 21 who are eligible for Medical Assistance.

Why are they important?

They can:

- Find & treat health problems early on.
- Encourage healthy habits.
- Give a chance to ask questions about your child's health & development.

When should my child get a checkup?

- Between birth & 1 month.
- At 2, 4, 6, 9, 12, 15, 18, 24, & 30 months.
- Every year starting at age 3 to 20.

Where can I get a checkup?

Your child's primary provider. Call or email Steele County Public Health for the local provider list.

Don't Forget to Get Your Eyes Checked!



The American Academy of Ophthalmology recommends vision screenings often performed by your primary physician, for all newborns, a second screening at 6-12 months, 12-36 months, 3-5 years of age and 5+ years. Seek out a Comprehensive Eye Exam by an Ophthalmologist if:

- Your child fails a vision screening
- The vision screening is inconclusive or cannot be done
- Your child was referred by your doctor or school nurse
- Your child has a vision complaint
- Your child is at risk for vision problems due to prematurity, Down syndrome, family history, congenital cataracts or glaucoma, or juvenile idiopathic arthritis
- Your child has a learning disability, developmental delay, neuropsychological condition or behavioral issues.

Encouraging Healthy Water Intake

- **Give your child a water bottle** to carry and use only for water.
- **Let your child pick out fun stickers** wherever you go to decorate his or her water bottle.
- **Create a sticker chart** for drinking your recommended amount of cups of water per day.
- **Lead by example.** Only order water at a restaurant or don't have sugary drinks in the house.
- **Set routines for drinking water.** For example, when you wake up or before bed or with meals.
- **Make it fun!** Set an alarm for "water time" and do a little dance or sing a little song with it.

DENTAL CHECKUPS

- Dental coverage is a part of your Medical Assistance.
- Dental checkups are due every 6 months.
- Your child's doctor will advise you to start dental checkups as soon as the first tooth appears, & no later than 12 months.
- Call or email Steele County Public Health for assistance in scheduling this appointment.



What is WIC?

A nutrition & breastfeeding program that helps families eat well & stay healthy.

Who is WIC for?

Pregnant or breastfeeding women, infants from birth to age 1, & children aged 1 to 5.

How do you qualify for WIC?

Scan for the WIC income guidelines & application or call (507) 444 - 7660 for more information.

