

Child and Teen Checkups **CONNECTION**

July 2026



Swim Safely this Summer

Water activities can create lasting memories for families, especially during the summer months. However, water can also be dangerous, making constant supervision essential. Drowning remains a leading cause of injury-related death among children and is often quick and silent.

Unintentional drowning is the leading cause of death among children ages 1–4. For children ages 5–14, drowning is the second leading cause of unintentional injury death. Approximately 900 children and adolescents ages 0–19 die from unintentional drowning each year in the United States—an average of about three drowning deaths every day. Among infants younger than one year old, nearly two-thirds of all drownings occur in bathtubs.

Fortunately, many drowning incidents can be prevented by taking simple safety precautions:

- Stay within arm's reach of young children near water.
- Designate a distraction-free adult "water watcher."
- Drain bathtubs, buckets, and kiddie pools after use.
- Wear a properly fitted life jacket while boating.
- Use only U.S. Coast Guard-approved life jackets and flotation devices.
- Enroll children in swimming lessons.
- Learn CPR and basic water rescue skills.

For teens:

- Never swim alone.
- Swim in designated, supervised areas.
- Avoid swimming after using alcohol or other substances.

By staying vigilant and practicing water safety, families can help prevent drowning and enjoy a safe summer around the water.

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.



Protect Your Child's Skin from the Sunshine

With summer and warm weather comes bright and strong sunshine. Though, the presence of the sun improves mood and mental health - it's strength can be harmful to the skin if not protected properly.

If you are spending time outside between the hours of 10AM to 4PM, it is important to wear sunscreen with at

least 30 SPF. It is recommended to reapply sunscreen every two hours and more often when playing in water or sweating. Be generous when applying sunscreen, you want to use at least an ounce to cover the arms, legs, neck, and face.

Babies under the age of six months should not use sunscreen and should be kept out of direct sunlight at all times.

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.

