

# Carlton County Public Health



Would like to join you in welcoming your  
new baby!

Contact a Public Health Nurse  
for an answer to your question or a home visit  
218-879-4511 or 1-888-818-4511

## A Home Visit Includes:

- Weighing Your Baby
- Assessing Your Baby  
From Head to Toe
- Information On:
  - \*Postpartum body changes
  - \*Secure Emotional Attachment
  - \*Infant Cues and Feeding
  - \*Community Resources
  - \*Parenting Support
  - \*Immunizations
  - \*Sleep Habits
  - \*Safety



## Don't Miss Out!

83% of families with newborns in  
Carlton County accept a home  
visit by a Public Health Nurse

## Coupon for a Home Visit

*Cost: Free to You*

Free resources & gift bag  
Information on care of infant and parenting

## FOLLOW ALONG PROGRAM

- A FUN AND EASY WAY TO LEARN MORE ABOUT YOUR CHILD'S DEVELOPMENT.
- PROVIDES YOU WITH IDEAS OF VARIOUS WAYS TO INTERACT WITH YOUR CHILD.
- AGES AND STAGES QUESTIONNAIRES ARE DESIGNED TO ASSIST WITH MONITORING THE PHYSICAL & SOCIAL/EMOTIONAL DEVELOPMENT OF CHILDREN FROM BIRTH THROUGH THE PRESCHOOL YEARS.



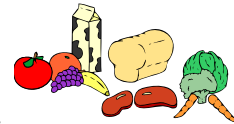
WIC (Women, Infants, and Children) provides nutrition education, access to health services, referrals to health and other social services and vouchers for supplemental foods.

### Who Is Eligible?

- A pregnant woman
- Women who have a baby less than 6 months old
- Breastfeeding women who have a baby less than 12 months old
- An infant up to 12 months of age or a child up to his/her fifth birthday

**And:** • Residing in Minnesota,

- Family income less than 185% of the national poverty level,
- An identifiable medical/nutritional risk determined by a qualified



The Child and Teen Checkup (C&TC) program is Minnesota's Early Periodic Screening, Diagnosis, and Treatment (EPSDT) program. It is a preventative health care program for children under 21 years of age who are enrolled in Medical Assistance or MinnesotaCare.

### When should checkups be done?

Between birth & 1 month,  
2 months, 4 months, 6 months, 9 months,  
12 months, 15 months, 18 months,  
2 years, 3 years, 4 years, 5 years, 6 years,  
Every 2 years after 6 years of age, up to age 21 years.

For information on any of these programs -

Contact:

CARLTON COUNTY PUBLIC HEALTH  
30 TENTH STREET N  
CLOQUET, MN 55720  
1(888)818-4511 OR (218)879-4511