

Raising Healthy Kids in Lee County

Free hugs for life are the greatest benefit of parenting, and at the Lee County Health Department hugs are encouraged before and after immunizations, healthy meals, and regular medical check ups. Hugs are also available for pregnant women in the form of early prenatal care, healthy eating and help avoiding unhealthy products like alcohol, drugs and tobacco.

Hugs symbolize love, compassion and understanding. Understanding is the key to good health and long life.

Referrals to primary care providers, food vouchers or education in the form of good questions to ask for good health are handed out daily. One of the most important offerings for parents is health literacy, proven as a key to long life.

Every time a parent talks with a doctor, nurse, or pharmacist she should use the Ask Me 3 questions to better understand hers and her child's health. Those three questions are:

1. What is my or my child's main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Those three questions are important because your doctor wants you to know:

1. All you can about your condition.
2. Why this is important for your health.
3. Steps to take to keep your condition under control.

Asking those first three questions can help parents:

1. Take care of their own and their children's health.
2. Prepare for medical tests.
3. Take all medications the correct way.

Through the programs, Women Infants and Children, Immunizations, and Healthy Start, clients at the Lee County Health Department can be certain to get the healthiest, most current scientifically based guidance for raising their babies from conception through 5 years of age.

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