



Village InCK News



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October 2023



It takes a Village to Keep Children Healthy!

Upcoming Events

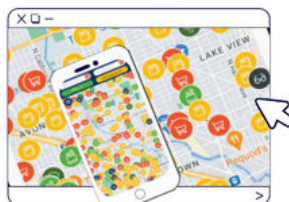
- Carmi Family Dental Free Dental Day**-October 6th at 6am-1pm
- Enfield Mule Days**- October 5th-7th, Parade, October 7th at 1:30pm
- Harrisburg Sasquatch Fest**-October 7th at 10am
- Fall into Fun Night, Little Chapel Church, Harrisburg**-October 8th at 4pm
- Carmi Corn Days**-October 13th -14th, Parade, October 14th at 4pm
- Family Movie Night, Ridgway**-October 14th at 5pm
- Fall Festival Karel Park**-October 19th at 4:30-6:30pm
- Fall Fest, Eldorado Grade School**-October 24th at 4-6pm
- Boo in the Burg, Harrisburg**-October 26th at 5-8pm
- Halloween on the Square, McLeansboro**-October 28th at 4-6pm
- Boo Bash Norris City**- October 28th at 10-2pm
- Trunk or Treat at Cornerstone, Fairfield**-October 29th at 5-7pm
- Trunk or Treat, Carmi**-October 31st at 5-7pm

The Benefits of Well-Child Visits:

- Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your pediatrician\doctor about nutrition and safety in the home and at school.
- Tracking growth & development.** See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors, and learning.
- Raising any concerns.** Make a list of topics you want to talk about with your child's doctor, such as development, behavior, sleep, eating, or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your doctor at the start of the visit.
- Team approach.** Regular visits create strong, trustworthy relationships among pediatrician\doctor, parent and child. The AAP recommends well-child visits as a way for doctors and parents to serve the needs of children. This team approach helps develop optimal physical, mental, and social health of a child.



When you're facing financial challenges, you need answers. To help Illinois residents and families meet their basic food needs, we've created the Find Food IL map that shows you places in your community offering free food or meals, including school and summer meal sites. This community food map also lists stores, retailers, and markets that accept SNAP/LINK or WIC coupons. Plus, it shows the DHS or WIC offices near you where you can sign up to receive benefits.



Find the map by scanning the QR code, or visiting go.illinois.edu/FindFoodIL



FIND FOOD IN YOUR COMMUNITY

Enter your city or zip code and choose a filter to get started!

- Food Pantries & Meal Sites
- School & Summer Meal Sites
- Grocery Stores
- Farmers Markets
- SNAP & WIC Offices
- Senior Food Resources



Illinois Extension
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