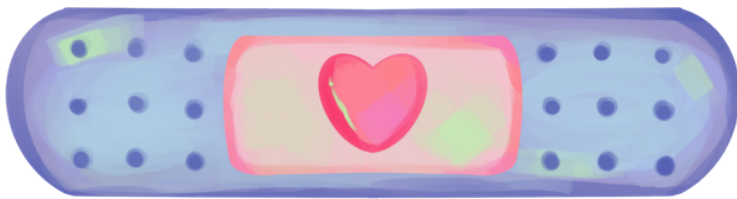


IMMUNIZATION AWARENESS MONTH

Are your children up to date on their vaccines? As your children head back to school this fall, it's particularly important for you to work with your child's provider to make sure they get caught up on missed well-child visits and recommended vaccines.



Did you know?

Vaccines are not only important for school aged children. There are also many vaccines that are important for adults to stay up to date on, talk to your provider about which vaccines you may need.

MENTAL HEALTH CORNER

5 Ways to Help your child have a healthy school year:

1. Prioritize sleep, nutrition, and exercise.
2. Stay up to date on checkups and immunizations.
3. Pay attention to their mental health and work towards keeping open communication.
4. Talk to them about kindness, bullying, and Trusted Adults.
5. Create or update standards and expectations for media use.

Find out more at: [HealthyChildren.org](https://www.HealthyChildren.org)

