

October 2002

Is Children's Health Month
www.childrenshealth.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
<p>How many tips can you follow in 31 days?</p> <p>Check each one you complete!</p>	<p>Keep Children Healthy</p> <p>Make sure infants and small children follow a regular immunization schedule. Call 1-800-232-2522 for more information.</p>	<p>International Walk to School Day</p> <p>Encourage physical fitness, and reduce traffic and pollution. Walk, bicycle, join or form carpools, and take public transportation.</p>	<p>Get to School Safely</p> <p>Make sure children arrive at the bus stop on time. Children should wait five giant steps away from the road and avoid rough play.</p>	<p>Keep Children Safe in the Car</p> <p>Set an example by always wearing your seat belt. Place kids age 12 and under in the back seat. Secure children who are shorter than 4' 9" in a booster seat with a lap-shoulder belt and never use just a lap belt.</p>	<p>Help Children Breathe Easier</p> <p>Don't smoke and don't let others smoke in your home or car. Pledge to keep your home smoke free. Call 1-800-513-1157 for more information.</p>	<p>Protect Children from Too Much Sun</p> <p>Wear hats, sunglasses, and protective clothing. Use sunscreen with SPF 15+ on kids over six months and keep infants out of direct sunlight.</p>	<p>Child Health Day</p> <p>Make time for regular physical activity with your children. Provide healthy foods that include five to nine daily servings of fruits and vegetables.</p>	<p>Help Children Breathe Easier</p> <p>Keep homes, schools, and child care centers clean. To reduce asthma triggers, use dust-proof, zippered bedding covers, keep pets away from sensitive children, and reduce mold-inducing moisture. Call 1-866-NO-ATTACKS for more information.</p>	<p>Help Children Breathe Easier</p> <p>Limit outdoor activity on ozone alert days when air pollution is especially harmful. Limit motor vehicle idling.</p>	<p>Give Children a Healthy Start</p> <p>Breastfeed for four to six months after birth, and ideally through the first year of life, to provide a range of benefits for your baby's growth, immunity, and development.</p>	<p>Keep Lines of Communication Open</p> <p>Talk with your children every day and know what is going on in their lives. Teach them about the dangers of smoking, drugs, and alcohol.</p>	<p>Keep Children Safe in the Bath</p> <p>Always keep your child within arm's reach in the bath. Never leave a baby or child alone in the bath or in the care of another young child. Call 1-800-638-2772 for more information.</p>
<p>Keep Children Safe on Bikes, Scooters, and Skateboards</p> <p>Always have your children wear bicycle helmets (and wear them yourself, too), even when riding in your own neighborhood. For scooters and skateboards, wear knee and elbow pads. Call 1-800-638-2772 for more information.</p>	<p>National School Lunch Week October 14-18</p> <p>Parents, have lunch with your kids!</p>	<p>Promote Good Hygiene</p> <p>After using the bathroom, changing diapers, or playing with pets, always wash your hands with soap and water for at least 20 seconds (sing Happy Birthday twice).</p>	<p>Promote a Safe and Healthy Diet</p> <p>Wash fruits and vegetables under running water before eating and peel them whenever possible.</p>	<p>Keep Pesticides Away from Children</p> <p>Read product labels and follow directions. Store pesticides and chemicals out of kids' reach and never use containers that kids can mistake for food or drink. Call 1-800-858-7378 for more information.</p>	<p>Protect Children from Contaminated Fish</p> <p>Eat a balanced diet but avoid fish with high levels of mercury. Be aware of local fish advisories. Contact your local health department for more information.</p>	<p>Protect Children from Carbon Monoxide Poisoning</p> <p>Check fuel-burning appliances, furnace flues, and chimneys yearly. Never use gas ovens or burners as heaters. Never use barbecues or grills indoors, and don't run cars or mowers in the garage. Call 1-800-638-2772 for more information.</p>						
<p>National Lead Poisoning Prevention Week October 20-26</p> <p>Have your kids tested for lead by their health care provider. If your home was built before 1978, test it for lead paint hazards. Call 1-800-424-LEAD for more information.</p>	<p>Protect Children from Carbon Monoxide Poisoning</p> <p>Never use non-vented gas or kerosene space heaters in closed rooms or in rooms where you sleep. Install carbon monoxide alarms that meet current standards in your home. Call 1-800-638-2772 for more information.</p>	<p>Protect Children from Lead Poisoning</p> <p>Wash floors and windowsills to protect kids from dust and peeling lead-based paint, especially in older homes. Repair peeling and chipping paint in older houses. Call 1-800-424-LEAD for more information.</p>	<p>Protect Children from Lead Poisoning</p> <p>Don't try to remove lead-based paint yourself — let a professional do it. Call 1-888-LEAD-LIST for certified inspectors and workers in your area. Call 1-800-424-LEAD for more information.</p>	<p>Safeguard Children from Radon</p> <p>Test your home for radon with a home test kit. Fix your home if your radon level is 4pCi/L or higher. For help, call your state radon office or 1-800-SOS-RADON.</p>	<p>Keep Infants Safe While Sleeping</p> <p>Ensure your baby's crib meets current safety standards and has a firm, tight-fitting mattress and tight-fitting bottom sheet. Remove soft bedding such as pillows, thick quilts, and comforters. Call 1-800-638-2772 for more information.</p>	<p>Reduce the Risk of Sudden Infant Death Syndrome (SIDS)</p> <p>Talk to childcare providers, grandparents, babysitters, and all caregivers about SIDS risk. Always place your baby to sleep on his or her back to reduce the risk of SIDS.</p>						
<p>Prevent Fire</p> <p>Install smoke alarms outside bedrooms and on every level of the home. Change the battery in your smoke alarm every six months. Keep lighters out of reach of children. Call 1-800-638-2772 for more information.</p>	<p>Keep Children and Mercury Apart</p> <p>Replace mercury thermometers with digital ones. Don't let kids handle or play with mercury.</p>	<p>Prevent Poisoning</p> <p>Use child-resistant packaging. To get help for anyone who has been exposed to poison or for information on how to prevent poisonings, call the National Poison Helpline at 1-800-222-1222.</p>	<p>Plan for Emergencies</p> <p>Keep an emergency list of health care provider and ambulance service numbers next to every phone. For a brochure, call 1-888-ASK-HRSA.</p>	<p>Keep Children Safe on Halloween</p> <p>Trick-or-treat with your child and carry a flashlight. Buy flame-resistant Halloween costumes instead of using loose-fitting 100% cotton costumes. Call 1-800-638-2772 for more information.</p>	<p>CHILDREN'S HEALTH MONTH</p> <p>Discover the Rewards!</p>							



The President's Task Force
 on Environmental Health
 Risks and Safety Risks
 to Children Celebrates
 Children's Health Month



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