

OCTOBER IS CHILDREN'S HEALTH MONTH

Check out these tips for simple solutions to some of the everyday risks your children encounter.

REDUCE THE CHANCE OF SIDS

Place babies on their backs at night and naptime. Remind family and caregivers. For info, call 1-800-505-CRIB

PROTECT AGAINST THE SUN

Use hats, sunglasses, protective clothing and SPF 15+ sunscreen on kids over 6 months, and keep infants out of direct sunlight.

A HEALTHY START

Breastfeed 4 to 6 months after birth, and ideally through the first year of life, to benefit growth and immunity. For info, call 1-800-994-9662

BATH SAFETY

Never leave a baby or young child alone or in the care of another child in the bath, even for a moment. For info, call 1-800-638-2772

NATIONAL SCHOOL LUNCH WEEK

Join your kids Oct. 13-17 for a nutritious school lunch that includes calcium to build strong bones and teeth. For info, call 1-800-370-2943

PROTECT AGAINST LEAD POISONING

Have your kids tested for lead by your health care provider or local health department. If your home was built before 1978, test it for lead paint. For info, call 1-800-424-LEAD

PLAN FOR EMERGENCIES

Keep a list of healthcare provider, fire and ambulance service numbers next to every phone. For info, call 1-888-ASK-HRSA

REDUCE ASTHMA ATTACKS

Keep common areas clean, keep pets from sensitive children, and reduce mold-inducing moisture. For info, call 1-866-NO-ATTACKS

PROTECT AGAINST FIRE

Install smoke alarms on all levels of your home and near sleeping areas, and change the batteries every 6 months. For info, call 1-800-638-2772

PROMOTE GOOD HANDWASHING

Wash with soap and water for 20+ seconds after using the bathroom, changing diapers, playing with pets, and before eating or handling food.

For more information and tips, visit www.childrenshealth.gov