

Autumn



Fall is here! Learn what you can do to keep your child healthy this season.

Back to School

- Time for your yearly physical? Up to date on vaccines? Call to schedule an appointment.
- Stand up to bullies, ask your provider for more information if you are concerned about your child being bullied.

Halloween

- Safe trick or treating: walk safely, go with an adult, inspect candy before eating.
- Don't forget to brush your teeth after enjoying your treats!

Seasonal Allergies

- Fall is here and so are seasonal allergies! Remember to take your allergy medicines daily; call your provider if you need a refill.
- Remove rugs if possible, close windows and vacuum daily.

Bike Riding

- Set limits where child can ride. Supervise young children.
- Always wear a helmet! Wear bright colors! Don't ride at night!