

# Join us in celebrating National Child Health Day!

Show your support #ForKidsHealth on Monday, Oct. 5

In 1928, Congress established National Child Health Day to raise awareness for the importance of children's health. We all have the power to improve the health of children in Wisconsin, whether it's influencing statewide policy or serving your kids a healthy dinner.

Please show your support by posting a photo on social media for National Child Health Day.

## 1 **WRITE** One thing you will do to improve child health.

Use one of the ideas below or make up your own.

### Ideas for individuals

- Unplug and read aloud
- Hug my kids
- Call my representative
- Volunteer for a local program
- Follow AAP guidelines

### Ideas for groups

- Educate families
- Work to prevent injuries
- Support legislation
- Catalyze community members
- Provide quality care

## 2 **POSE** Take a picture with your sign. Don't forget to smile!

## 3 **SHARE** On Oct. 5, post your photo on social media with the hashtag #ForKidsHealth. Tag @CHAWisconsin and follow throughout the day to see other child health advocates from around the state.

### Child Health Did you know?

- *Asthma is the leading cause of school absenteeism.*
- *80% of brain development happens before age 3.*
- *Just 35% of Wisconsin hospital disaster plans include care of children.*
- *More than 1 infant dies suddenly and unexpectedly each week in Wisconsin.*
- *Only 30% of children who have disabilities are identified before they start school.*
- *More than half of Wisconsin children experience dental disease by age 9.*



Visit [CHAWisconsin.org](http://CHAWisconsin.org) to learn how the Alliance supports children and families.



Thank you for your partnership and support!

I will...



#ForKidsHealth