

# WHAT THE HEALTH!?

## Back to School Safety

### School Bus Safety

Riding a school bus is the safest way for your child to get to school. Review when to approach the bus, how to behave on the bus, and bus stop safety.



### Walking to School

Whether your child walks alone or with a friend, make sure you discuss the route they take, how to cross the street, and what to do if someone they don't know approaches them.

### Bicycling to School

Make sure you review bike safety including wearing a helmet, the safest bike route, and rules of the road.

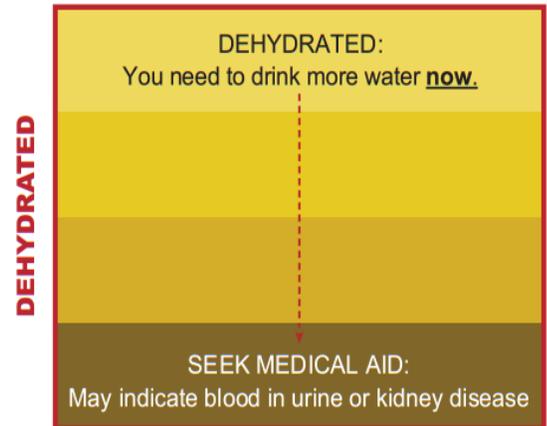
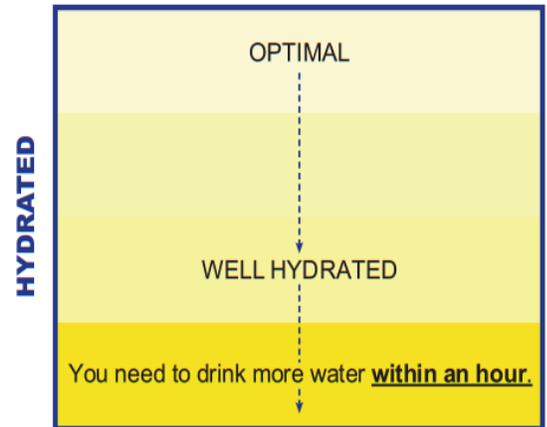
### Discussing Threatening Situations

Talk about being aware of what is around them, who to trust and what to do if someone approaches them. Teach your child how to identify a harmful situation, create a no-secret policy, and make sure your child memorizes your phone number!



## Are You Drinking Enough Water?

### Urine Color Chart\*



\*This color chart is not for clinical use.

August 2022

## August is Breastfeeding Awareness Month

### 5 Important Facts About Breast Milk

1. It affects a child's sleep patterns. Breast milk makes babies sleepy.
2. There are hormones in breast milk. Breast milk contains prolactin and oxytocin.
3. It reduces the risk of illnesses. It is thought that women who breastfeed are less likely to get breast cancer.
4. Certain risks are lowered. The risk of infant death syndrome is reduced.
5. Breast milk and the body. It consumes 25% of the body's energy.



## National Immunization Month

Immunizations are a safe and effective way to protect the public from communicable diseases! When you are vaccinated, it helps protect vulnerable populations from ever being exposed to harmful disease.

Don't forget to check with your child's healthcare provider to make sure they have all of their required vaccinations before they go back to school!

Make Sure They Are Up-To-Date Before They Go Back To School!

