



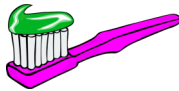
Back to School Checklist

With summer winding down, it can be a busy time of year getting kids ready for their first day of school. In addition to checking school supplies off your list, make sure your child receives:

- ✓ Dental Check Up
- ✓ Annual Well-Child Exam
- ✓ Updated Immunizations
- ✓ Healthy Breakfast
- ✓ Regular Sleep Routine



Dental Check Up



A dental check-up is just as important as a well-child exam. Tooth decay is the top chronic childhood disease. What most parents do not realize is that children who have dental problems could also have trouble learning. Tooth decay can lead to problems with eating, talking, and behavior. Children who are in pain have trouble concentrating. It is estimated that 51 million school hours are lost each year due to dental related illness. For additional information on the importance of dental check-ups for children, visit www.ada.org.

Well-Child Exams



Well-child exams are important to keep kids healthy. They allow your children to have regular check-ups, even if they are not sick. At these check-ups, the doctor is able to watch your children's health closely as they learn and grow. If the doctor sees a possible health or developmental problem, he/she is able to deal with the issue as soon as possible.

Well-child exams are not just for infants, preschoolers and elementary school children. They are important for teenagers too. With teenagers, this exam provides a good chance to address important questions, including adolescent issues of drinking, smoking, drugs, sexual activity and depression.

Updated Immunizations



School-age children, from preschoolers to college students, need vaccines. Making sure that children of all ages receive all their vaccinations on time is one of the most important things you can do as a parent to ensure your child's long-term health—as well as the health of friends, classmates, and others in your community.

Read more at www.idph.state.ia.us.

Breakfast for Learning



Did you know that nearly half of all American families regularly skip breakfast? When it comes to getting your child to school, a healthy breakfast is just as important as shoes and a backpack.

Breakfast helps your child with:

- Better memory and test scores
- Better attention span and decreased irritability
- Healthier body weights
- Improved overall nutrition

Learn more at www.aap.org.

Sleep Tips for Children



Poor or inadequate sleep can lead to mood swings, behavioral problems like ADHD, and cognitive problems that impact children's abilities to learn.

Follow these tips for a good night's rest:

- Maintain a consistent routine
- Make child's bedroom conducive to sleep—dark, cool and quiet
- Keep TV and computers out of room
- Avoid caffeine

Read more at sleepfoundation.org.

Immunization Awareness

August is National Immunization Awareness Month. We all need shots (also called vaccines or immunizations) to protect us from diseases, and to keep our friends and neighbors safe. When we receive shots on time, we prevent serious illnesses like flu and measles from spreading through the community. It is important to know which shots are needed and when to get them. Talk to your doctor or nurse to make sure everyone in your family gets the shots they need. Make sure your student is up to date with all recommended vaccines before school starts this fall!

For more information visit: <http://www.cdc.gov/vaccines/schedules/>.

BACK TO SCHOOL
*protect your student
at every age!*

national
IMMUNIZATION
awareness month



World Breastfeeding Week, August 1st–7th

The World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organizations concerned with the protection, promotion and support of breastfeeding worldwide. This World Breastfeeding Week, WABA calls for concerted global action to support women to combine breastfeeding and work. Whether a woman is working in the formal, non-formal or home setting, it is important that she feels encouraged and understands her right to breastfeed. For more information, visit <http://worldbreastfeedingweek.org>.

For local breastfeeding resources in the Quad Cities, check out the links below:

- www.iabreastfeeding.org
- www.qclactation.com
- www.llli.org/web/iowa.html
- <https://www.facebook.com/QuadCitiesBreastfeedingCoalition>
- <https://www.facebook.com/LLLQC>



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County— A safe and healthy community.

SCOTT COUNTY HEALTH DEPARTMENT

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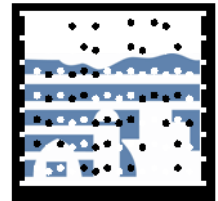
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