

Join us in celebrating National Child Health Day!

Show your support #ForKidsHealth on Monday, Oct. 2

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.

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

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. 2, 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.

Thank you for your partnership and support!

Visit CHAWisconsin.org to learn how the Alliance supports children and families.



I will...



#ForKidsHealth