

# An Ounce of Prevention . . .

**October 3rd is National Child Health Day**

Regular check-ups are important! We all know we should take our kids to the doctor if they get sick or injured but well-child visits are important too. The goal of well-child visits is to spot issues before they become problems and make sure kids stay healthy. Pediatricians advise that you bring your child in for a well-child visit on a regular basis.

The visits will help you, too, not just your child. Every parent could use some helpful advice when it comes to infant sleep patterns or when to start feeding your baby solid foods.

Kids will be healthier adults if they get regular checkups while they are growing. Celebrate National Child Health Day!



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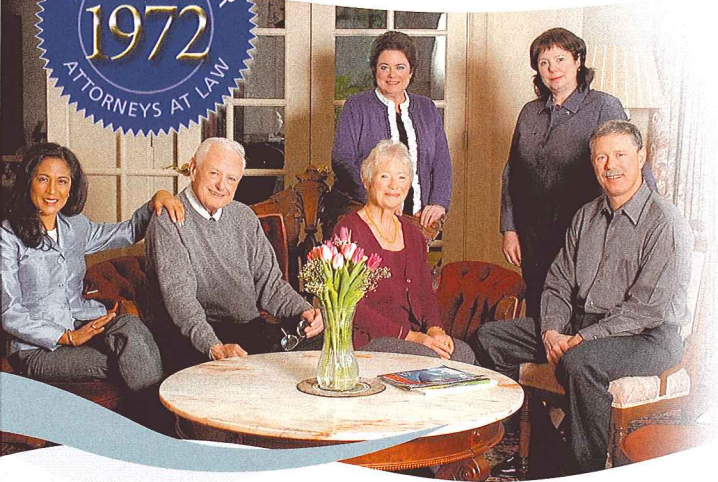
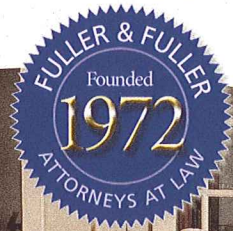
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