



Brought to you by the Holy Family Health Ministry

August is Child Health Awareness Month

Every child deserves safe, quality health care from the very beginning. Even a single safety incident can have lifelong consequences for a child's health and development.

In 2022, 5.8% of children experienced chronic school absenteeism for health-related reasons in the past 12 months.

Chronic school absenteeism was higher among children with disabilities and those in fair or poor health.

Why is safe health care for children so important?



Children face higher risks – even small errors can cause lifelong harm.

Children need care that fits their age, weight and development.

Children can't speak up — they rely on adults to keep them safe.

Safety takes teamwork — families and health workers working together.



World Health Organization



World Patient Safety Day 17 September 2023



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6 Useful Tips to Improve Child's Health

- 1 Manage Their Sleep Routines
- 2 Make Healthy Lifestyle Choices
- 3 Develop Healthy Personal Hygiene
- 4 Don't Forget Their Regular Immunizations
- 5 Maintain Medical Records
- 6 Reduce Their Screen Time



"See what love the Father has bestowed on us that we may be called the children of God..." 1 John 3:1



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How to nurture a child's mental health



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Resources: <https://www.cdc.gov/nchs/data/databriefs/db498.pdf> ;
<https://www.cdc.gov/nchs/fastats/child-health.htm>

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