



CHILD HEALTH DAY 2009

Messages for Kids

- ☀ Child Health Day was started more than 80 years ago by the President of the United States to remind Americans—kids and grown-ups—that doing the right things to stay healthy is very important.
- ☀ Eating the right food (the four food groups!), getting plenty of exercise and sleep and having regular check-ups with your doctor are just some of the things you can do to stay healthy.
- ☀ Kids deserve a **"MEDICAL HOME"**—a place where the doctors and nurses know you and care about your health!
 - On Child Health Day--and every day--the American Academy of Pediatrics believes that *"Every Child Deserves a Medical Home"*!
- ☀ Think about who is part of your **MEDICAL HOME** – the doctors and nurses you see when you go for a check-up or when you're sick.
 - What do you like best about them?
 - What do you like about their office?
 - Is there anyone else who is part of your **"MEDICAL HOME"**?
- ☀ You are part of the **MEDICAL HOME**, too! Talking with your parents and your doctor (and others!) about your health so you can learn more about it and working to stay healthy is how you can make your medical home the best one for you.



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**EVERY CHILD DESERVES A
MEDICAL HOME**
National Center for Medical Home Implementation

A cooperative agreement between the Maternal and Child Health Bureau/HRSA and the American Academy of Pediatrics