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QUICK TIPS *for parents* of school-age kids

It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.



Pedestrian Safety

1

As fall approaches and daylight hours grow shorter, it is important to keep pedestrian safety in mind. Keep children and teens safe as a pedestrian. All children and teens learn by watching adults. Be a positive role model by following the rules and seeking opportunities to teach youth about pedestrian safety. Here are some pedestrian safety tips from NYS's See! Be Seen! campaign.

To learn more, visit NYSDOH's injury prevention website.

MOBILE HEALTH

2

Stay up-to-date on required immunizations

Make a plan for your child to receive required immunizations on time so they can stay healthy and in school. The Chautauqua County Health Department can help! Vaccines can be administered at our office in Mayville or on our Mobile Health Vehicle. **Schedule your child's appointment by calling 716-753-4491.** Walk-ins are welcome, but appointments are encouraged.



View our Mobile Clinic calendar [HERE](#)



Back to School Mental Health



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Back to school season is an exciting time, but it can also be nerve-racking. Being mindful about how to support mental wellbeing at this time of year can go a long way to make the experience smoother for both kids and parents. The Kids Mental Health Foundation can help you learn more about mental stress during back-to-school season, and to get tips for increasing wellbeing in both your child and yourself. A new school year doesn't have to be so scary.

[Back to School Checklist](#)

