



# Child Health Month Toolkit

## October 2019



The Tennessee Department of Health has proclaimed October 2019 Child Health Month in Tennessee. Child Health Month is a time to celebrate and raise awareness around what Tennessee is doing to promote the health of our most important resource—Tennessee’s children. October 2019 is Child Health Month in Tennessee! #TNchildhealthmonth2019

### How can you get involved?

- 1) Download the Child Health Month (CHM) graphic to add to your promotional material  
<https://www.tn.gov/health/health-program-areas/mch/child-health-month-2019/2019-child-health-month-graphic.html>
- 2) Add your CHM health-related event to our CHM website events calendar:
  - Add event at <https://is.gd/ChildHealthMonth2019>

- View calendar at <https://www.tn.gov/health/health-program-areas/mch/child-health-month-2019/chm-events-calendar.html>
- 3) Use #TNchildhealthmonth2019 to promote via social media
  - 4) Send in your CHM event pictures! [peju.makinde@tn.gov](mailto:peju.makinde@tn.gov)

## How will YOU celebrate #TNchildhealthmonth2019?

- Potential Event Planning Ideas
- PA Activity Drive
- Sample Social Media Messages
- CHW Graphic
- CHW Flyer
- CHW Email Banner
- Sample Newsletter Article
- Tennessee Department of Health Media Release
- Additional Resource Links

## Ideas

Below are some potential ideas to use in Child Health Week event planning.

Awareness Raising Event	Hold an awareness raising event in your community, such as a drive (food, sports equipment, clothing, books, etc.) and donate whatever is collected to a local school, child care center, after school program, Boys and Girls Club, other youth serving organization. Use the opportunity to promote healthy lifestyle choices. For example, collect sports equipment and work with the Boys and Girls Club or a local school to hold physical activity events with the equipment donated.
Physical Activity Events	<p>Work with your local school district to plan a Walk to School or Walking School Bus event.</p> <p><a href="http://guide.saferoutesinfo.org/encouragement/international_walk_to_school_events.cfm">http://guide.saferoutesinfo.org/encouragement/international_walk_to_school_events.cfm</a></p> <p><a href="http://www.walkbiketoschool.org/plan/event-ideas/">http://www.walkbiketoschool.org/plan/event-ideas/</a></p> <p><a href="http://www.walkingschoolbus.org/">http://www.walkingschoolbus.org/</a></p> <p>Promote, establish or hold an event with a Tennessee Physical Activity/Run Club</p> <p><a href="https://www.tn.gov/health/health-program-areas/fhw/run-clubs.html">https://www.tn.gov/health/health-program-areas/fhw/run-clubs.html</a></p>

	<p>Host a fund physical activity event like a Kids Dance Party Plan a Fun Run <a href="https://www.saferoutespartnership.org/sites/default/files/resource_files/fun_run_planning_checklist.pdf">https://www.saferoutespartnership.org/sites/default/files/resource_files/fun_run_planning_checklist.pdf</a></p> <p>Host a School or Community Physical Activity Fair <a href="https://www.acefitness.org/education-and-resources/professional/expert-articles/5648/fitness-games-for-kids">https://www.acefitness.org/education-and-resources/professional/expert-articles/5648/fitness-games-for-kids</a></p> <p><a href="https://www.rasmussen.edu/degrees/education/blog/fun-fitness-activities-for-kids/">https://www.rasmussen.edu/degrees/education/blog/fun-fitness-activities-for-kids/</a></p> <p><a href="https://www.cdc.gov/bam/activity/cards.html">https://www.cdc.gov/bam/activity/cards.html</a></p>
Promote Healthy Nutrition	<p>Promote the USDA’s MyPlate and other healthy nutrition guidelines through fun and interactive group based activities, in the classroom or during afterschool or youth group activities <a href="https://www.choosemyplate.gov/kids/">https://www.choosemyplate.gov/kids/</a></p> <p><a href="https://www.fns.usda.gov/tn/games-and-activities">https://www.fns.usda.gov/tn/games-and-activities</a></p> <p><a href="https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/Bingo_508.pdf">https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/Bingo_508.pdf</a></p> <p><a href="https://www.fsis.usda.gov/shared/PDF/Mobile_Coloring_Book.pdf">https://www.fsis.usda.gov/shared/PDF/Mobile_Coloring_Book.pdf</a></p> <p><a href="https://www.girlshealth.gov/nutrition/index.html">https://www.girlshealth.gov/nutrition/index.html</a></p> <p>Hold a school or farmers market veggie taste testing event for kids <a href="http://www.actionforhealthykids.org/what-we-do/703-fresh-fruit-a-vegetable-taste-test-ideas">http://www.actionforhealthykids.org/what-we-do/703-fresh-fruit-a-vegetable-taste-test-ideas</a></p> <p>Partner with a local school to hold a Bring Your Parent to Lunch Event <a href="https://schoolnutrition.org/AboutSchoolMeals/Parents/">https://schoolnutrition.org/AboutSchoolMeals/Parents/</a></p> <p>Hold a Fruit and Veggie educational event (day, week, month) <a href="https://healthy-kids.com.au/teachers/fruit-veg-month/">https://healthy-kids.com.au/teachers/fruit-veg-month/</a></p>
Childhood Dental Health	<p>Promote fun activities including activities around dental health <a href="https://www.mouthhealthykids.org/en/activity-sheets">https://www.mouthhealthykids.org/en/activity-sheets</a></p> <p>Play Eat This, Not That! And other fun games Cut out pictures of food from magazines. Ask the children to find healthy foods, such as fruits, vegetables and milk. Then look for unhealthy foods,</p>

	<p>such as candy and soda. Put all these pictures into a large pile. Take two small brown bags and draw a "happy tooth" on one bag and a "sad tooth" on the other. Together, sort out the pictures and place them in the correct bag. Talk about how to improve your diet for healthy teeth.</p> <p><a href="https://www.colgate.com/en-us/oral-health/life-stages/childrens-oral-care/4-fun-dental-activities-for-children-0513">https://www.colgate.com/en-us/oral-health/life-stages/childrens-oral-care/4-fun-dental-activities-for-children-0513</a></p> <p>Partner with local dentists and stores to host a <i>Brush Your Teeth</i> or <i>Floss Your Teeth Day</i> and give away new toothbrushes, toothpaste and dental floss.</p> <p><a href="https://www.colgate.com/en-us/oral-health/basics/brushing-and-flossing/ada-celebrate-national-brush-day-on-nov-1">https://www.colgate.com/en-us/oral-health/basics/brushing-and-flossing/ada-celebrate-national-brush-day-on-nov-1</a></p>
<p>Promote Childhood Mental Health and Wellness</p>	<p>Hold Fun Mental Wellness Events for kids and their families – educate parents and other adults about what every child needs for good mental health.</p> <p><a href="http://www.mentalhealthamerica.net/every-child-needs">http://www.mentalhealthamerica.net/every-child-needs</a></p> <p><a href="http://www.playgroupnsw.org.au/ParentResources/Health/promoting-children%E2%80%99s-mental-health">http://www.playgroupnsw.org.au/ParentResources/Health/promoting-children%E2%80%99s-mental-health</a></p> <p><a href="https://eclkc.ohs.acf.hhs.gov/parenting/article/fun-learning-parents-children-activities-handbook">https://eclkc.ohs.acf.hhs.gov/parenting/article/fun-learning-parents-children-activities-handbook</a></p> <p><a href="https://dmh.mo.gov/healthykids/parents/3to5years.html">https://dmh.mo.gov/healthykids/parents/3to5years.html</a></p> <p>Story Time (Libraries and Daycares) – Host a Story Time activity – share a favorite kids book!</p> <p><a href="https://library.com/toddler-storytime-plan/">https://library.com/toddler-storytime-plan/</a></p>
<p>Promote Safety, Health and Wellness</p>	<p>Health and Safety Fairs, Super Science Days or Fall Festivals - Share information and host fun activities</p> <p><a href="http://www.actionforhealthykids.org/tools-for-schools/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair">http://www.actionforhealthykids.org/tools-for-schools/find-challenges/gymnasium-challenges/1237-health-and-wellness-fair</a></p> <p><a href="https://www.usfa.fema.gov/prevention/outreach/children.html">https://www.usfa.fema.gov/prevention/outreach/children.html</a></p> <p><a href="https://www.safekids.org/fire">https://www.safekids.org/fire</a></p> <p>Germ and Flu Program – Flu Season is quickly approaching!</p>

	<p><a href="https://kidshealth.org/en/kids/flu-spread.html">https://kidshealth.org/en/kids/flu-spread.html</a></p> <p><a href="https://www.cdc.gov/flu/pdf/freeresources/updated/teachingchildrenflu.pdf">https://www.cdc.gov/flu/pdf/freeresources/updated/teachingchildrenflu.pdf</a></p> <p>Lead Poisoning Prevention  <a href="https://www.cdc.gov/features/leadpoisoning/index.html">https://www.cdc.gov/features/leadpoisoning/index.html</a></p>
	<p>Host a Child Health Month Informational Display Table at another event  – <a href="mailto:peju.makinde@tn.gov">peju.makinde@tn.gov</a></p> <p>Asthma Educators Reaching and Teaching the Asthma Community  <a href="http://www.aafa.org/page/asthma-in-schools.aspx">http://www.aafa.org/page/asthma-in-schools.aspx</a></p> <p><a href="https://www.cdc.gov/healthyyouth/asthma/creatingafs/toolkit_user_guide.pdf">https://www.cdc.gov/healthyyouth/asthma/creatingafs/toolkit_user_guide.pdf</a></p> <p>Promote Children’s Environmental Health Day  <a href="https://www.aspph.org/event/childrens-environmental-health-day-october-12/">https://www.aspph.org/event/childrens-environmental-health-day-october-12/</a></p> <p>Sponsor a Bike Safety Day  <a href="https://kidshealth.org/en/kids/bike-safety.html">https://kidshealth.org/en/kids/bike-safety.html</a></p>

## **Regional Kid-Friendly Recipe Competition**

Participating agencies will hold a "Kid Friendly Recipe Contest" at their agency. Encourage the use of in-season vegetables or fruits. Participants should provide samples of their recipe and submit the recipe electronically or on index cards. We suggest that you, the Child Health Committee representative at your agency, be one of the judges (3 judges would probably work best). Collect all written recipes submitted and send them to Peju Makinde at [peju.makinde@tn.gov](mailto:peju.makinde@tn.gov). Be sure to identify the Kid-friendly Recipe contest winner for Peju. Recipes will be compiled into a book and awarded to each regional competition winner.

## **PA Equipment Drive**

The *Physical Activity Equipment Drive* is designed to provide schools and/or daycares with PA equipment (jump ropes, balls, Frisbees) in order to increase physical activity for kids on a regular basis. Other Health Departments/Organizations that plan to participate in the PA Equipment Drive should select a school and/or daycare in their county that they would like to donate items to. Additionally, it is recommended that physical activity events be held in

conjunction with the drive to promote use of the equipment and to encourage students to continue to be physically active throughout the year.

## SafeSleepSnapTN Challenge

Join the Tennessee Department of Health as we prepare to celebrate **SIDS Awareness Month in October by promoting safe sleep!** In Tennessee, 1 in 4 infant deaths are due to an unsafe sleep environment. Unsafe bedding or toys in the sleeping area contributed to 87% of infant sleep related deaths from 2013-2017. It is essential that infants are always placed in a safe sleep environment: **Alone, on their Backs and in a Crib!**

We are kicking off **Sudden Infant Death Syndrome (SIDS) Awareness Month in October** by inviting you to participate in a fun and friendly photo activity challenge and competition called the Tennessee Department of Health's **#SafeSleepSnapTN** Competition between all the Tennessee Department of Health regions/metros including: West, Shelby, Jackson-Madison, Davidson, Mid-Cumberland, Upper-Cumberland, South Central, Southeast, Hamilton, East, Knox, Northeast, and Sullivan.

Join our social media storm for  
**Safe Sleep!**



Infants should be placed  
**Alone, on their Back and in a Crib.**  
**October 2019 #SafeSleepSnapTN**

Not sure what a safe sleep environment looks like? Check out <https://safetosleep.nichd.nih.gov/resources/caregivers/environment/look> for details.)

The winning region will receive a framed certificate from Health Commissioner Dr. Lisa Piercy and a social media shout out.

How You Can Participate:

1. Post a photo between October 1 - 31, 2019 of your baby, grandbaby, niece, nephew, etc. in a safe infant sleep environment on your own social media accounts (Facebook, Twitter, Instagram, and Pinterest), using the hashtag **#SafeSleepSnapTN** and tagging **@TNDeptofHealth** in the post.

2. Identify your region for taking part in Tennessee Department of Health's **#SafeSleepSnapTN** and helping us to raise awareness about safe infant sleep! In addition to #SafeSleepSnapTN, use the following hashtags for region identification:
  1. #West
  2. #Shelby
  3. #Jackson/Madison
  4. #Davidson
  5. #Mid-Cumberland
  6. #Upper Cumberland
  7. #South Central
  8. #Hamilton
  9. #Knox
  10. #Southeast
  11. #Northeast
  12. #Sullivan
  13. #East
  
3. Check for announcement of the winner. We will announce the **#SafeSleepSnapTN** winner of our Tennessee Department of Health's Facebook Page in early November. The winner will have bragging rights for a full year!

Be creative! Creativity and humor are encouraged in the photos and captions, as long as the baby's sleep environment follows safe sleep recommendations. Visit TDH's Safe Sleep Website for safe sleep guidelines at [safesleep.tn.gov](https://safesleep.tn.gov)

This is your opportunity to show off your cutie and raise awareness about safe infant sleep!

We will be accepting **#SafeSleepSnapTN** photos throughout October, so please like, share, and retweet with your friends and followers.

# Social Media (SM) Messages

Social Media is a great way to spread the word about community events and activities. Below are samples of social media messages your department or organization can use to promote Child Health Week and local events. Please feel free to adapt and use these messages on your own platform. Subjects include ACES, Physical Activity, Healthy Eating, Injury Prevention, and Safe Sleep.

**Use the tag #TNChildHealthMonth2019**

**Channels to follow and re-tweet or share**

Twitter: <https://twitter.com/TNDeptofHealth>

Facebook: <https://www.facebook.com/TNDeptofHealth/>

## **Adverse Childhood Experiences (ACEs)**

- Pediatrician Nadine Burke Harris breaks down ACEs and discusses the long-term effects of trauma on the developing brain. [https://www.ted.com/talks/nadine\\_burke\\_harris\\_how\\_childhood\\_trauma\\_affects\\_health\\_across\\_a\\_lifetime](https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime)
- Building Strong Brains Tennessee aims to educate the public on the prevalence of ACEs in Tennessee. <https://www.tn.gov/tccy/ace/tccy-ace-building-strong-brains.html>
- The Center for Disease Control has a list of resource that anyone can use to teach themselves and others about ACEs. Learn more at <https://www.cdc.gov/violenceprevention/childabuseandneglect/cestudy/resources.html>
- Understanding toxic stress can help you understand how ACEs can affect one's overall health. <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

## **Physical Activity**

- #Parents: Make sure your child gets at least 60 minutes of physical activity every day. Get tips: <https://bit.ly/2X1ovQ0>
- #Parents: When your family gets active together, everyone benefits! Tips for making a #PhysicalActivity plan for the whole family: <https://bit.ly/2pkjQrC>



## **Healthy Eating**

- Pass the apron! Encourage your kids to help cook the next meal. When you involve your kids in their nutrition decisions, you'll have a chance to talk about healthy food choices and empower them to make healthy decisions. <http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/top-5-tips-to-deal-with-picky-eaters-both-kids--adults>
- Healthy habits start early and last a lifetime. We have resources to help you raise a healthy family. <http://bit.ly/HealthyFamilyTips>
- #HealthEquity is a part of our mission to make each day healthier for all children. Get involved: <http://bit.ly/2r1CJQf> #HealthyKids
- It's time to #RethinkYourDrink. Let's make each day healthier by limiting sugary drinks. <http://bit.ly/1T1Hct2>

## **Injury Prevention**

- Football season is here! Remember to never let an athlete return to the game if they show signs or symptoms of head trauma or a concussion. Every athlete with a blow to the head should be cleared by a medical professional before returning to the game. Learn more at <http://bit.ly/2B8DZuS>
- Would you know if your child had a concussion? Learn more at <http://bit.ly/2B8hciR>
- Are your kids involved in Youth Sports Leagues? Find out how you can help make their season the safest one yet at <http://bit.ly/2MnGrBX>
- Each year an average of 68 children ages 15-19 die as a result of motor vehicle crashes. Avoid being another number by keeping your eyes and mind on the road, and your hands on the wheel. Learn more at <http://bit.ly/2MabYrT>
- Did you know the leading cause of death for teens is motor vehicle crashes? Distracted driving is deadly. Keep your eyes and mind on the road, and hands on the wheel at all times. Learn more at <http://bit.ly/2MabYrT>

## **Safe Sleep**

- Maternal smoking and secondhand smoke after the baby is born can impact the health of the baby. Learn ways to quit smoking through our Baby and Me Tobacco Free program. Learn more at <https://www.tn.gov/health/health-program-areas/fhw/baby-me-tobacco-free.html>

- Dads can help babies sleep safe too! Learn more at [https://safetosleep.nichd.nih.gov/resources/providers/downloadable/infographic\\_dads](https://safetosleep.nichd.nih.gov/resources/providers/downloadable/infographic_dads).
- Did you know that breastfeeding can help reduce a babies' risk of SIDs? Learn more at <https://www.tn.gov/health/health-program-areas/fhw/vipp/safe-sleep/safe-sleep-tips.html>.
- Mothers do you need support in breastfeeding, learn more about our Breastfeeding hotline at <https://www.tn.gov/health/health-program-areas/fhw/bf/breastfeeding-hotline.html>.
- Do you know what a safe sleep environment looks like? Learn more at <https://safetosleep.nichd.nih.gov/resources/caregivers/environment/look>.
- Do you know your ABC's? Alone, on their Back, and in their Crib is how babies should always be sleeping. Blankets, bumpers, and stuffed animals shouldn't accompany babies while they nap. Learn more at <https://www.tn.gov/health/topic/safe-sleep>.

## CHM Graphic

The Child Health Week graphic can be used to promote the campaign on a departments and/or organization's SM platform, placed on a flyer to promote a local Child Health week event, and it will be on a stickers to pass out to kids within the community.



# CHM Flyer

The flyer is another promotional item used to promote any local CHW event. The flier provides the link to the calendar, the hashtag, and partners involved in CHW.



What will you do during Child Health Month?

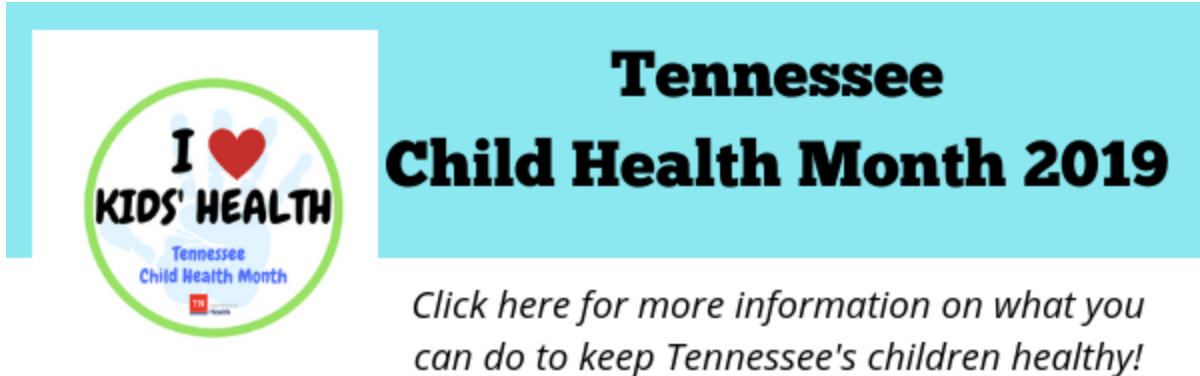
#TNchildhealthmonth2019

TO FIND ACTIVITIES IN YOUR AREA, VIEW THE CALENDAR AT  
<https://www.tn.gov/health/health-program-areas/mch/child-health-month-2019.html>



## CHM Email Banner

The email banner is used to place under your signature in emails in order to promote CHW. The banner also has the link to the website to learn more about CHW.



## Sample Newsletter Article

The newsletter article is also another great way to spread the word about Child Health Week. This can be shared with your local newspaper, schools' newsletter, local magazine, etc....

### **Support the health of children during #TNchildhealthmonth2019**

Child Health Day is Federally Observed the first Monday each October. The holiday was enacted by Congress in 1928, and was first celebrated on May 1, 1929 under President Calvin Coolidge. The Tennessee Department of Health has proclaimed the month of October Child Health Month in Tennessee. Child Health Month is a time to celebrate and raise awareness around what Tennessee is doing to promote the health of our most important resource - Tennessee's children.

To see how Tennesseans across the state are celebrating Child Health Month, and to include your own events, go to the Events Calendar at: <https://www.tn.gov/health/health-program-areas/mch/child-health-month-2019/chm-events-calendar.html>

To celebrate Child Health Month at (insert location) join us as we (insert event/campaign) on (date/time/specific location any other details).

(Insert quote from leader in your agency/community about the health of children)

# Tennessee Department of Health Media Release



**FOR IMMEDIATE RELEASE**

October 7, 2019

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## **TENNESSEE CELEBRATES CHILD HEALTH MONTH**

NASHVILLE, Tenn. – Governor Bill Lee has proclaimed October 2019 Child Health Month in Tennessee. Child Health Month is a time to celebrate and raise awareness around what Tennessee is doing to promote the health of our most important resource: Tennessee’s children.

“Our work has always included a focus on protecting, promoting and improving the wellbeing of Tennessee children and encouraging a lifelong pursuit of healthy living,” said Tennessee Health Commissioner Lisa Piercey, MD, MBA, FAAP. “TDH is active in many areas in supporting children’s health, but each of us has a role to play to help keep Tennessee children safe and thriving.”

### **Protecting Infant Health**

TDH data show there were 38 fewer infant deaths in the state in 2018 than in 2017. Infant mortality is defined as the death of a child before his or her first birthday, and is an important marker for population health. Top causes of infant death in Tennessee include prematurity, birth defects and unsafe sleep. TDH has partnered with hospitals and community organizations to reduce the risks of infant deaths through promotion of safe sleep practices, preconception health, prenatal care and reduction of early elective deliveries.

TDH data also show a reduction in cases of Neonatal Abstinence Syndrome, a condition in which a baby experiences withdrawal from a substance to which he or she was exposed during the mother’s pregnancy. Tennessee became the first state to require reporting of NAS when TDH made NAS a reportable condition in 2013. In 2018, Tennessee saw the first decline in NAS since surveillance began. NAS cases decreased from 1,096 in 2017 to 927 in 2018. Learn more in the [TDH NAS Surveillance Annual Report](#).

710 James Robertson Parkway • Andrew Johnson Tower, 5th Floor Nashville, TN 37243 • Tel: 615-741-3111 • [tn.gov/health](http://tn.gov/health)



### **Preventing Childhood Trauma**

TDH is increasing efforts to prevent and reduce the impact of adverse childhood experiences, or ACEs, traumatic events that occur before age 18. ACEs include all types of abuse and neglect, parental mental illness, substance use, divorce, incarceration and domestic violence. Studies show a significant relationship between the number of ACEs a person experiences and a variety of negative outcomes in adulthood including poor physical and mental health, substance abuse and risky behaviors.

Recognizing that ACEs are not fate, TDH is working with partners to develop programs to prevent and mitigate ACEs by promoting safe and supportive environments for families through home visiting, family planning, WIC and training to develop trauma-informed approaches to programs and policies. TDH recently rolled out its new care coordination program Community Health Access and Navigation in Tennessee, or CHANT available to families through all county health departments. Learn more at [www.tn.gov/health/health-program-areas/fhw/early-childhood-program/chant.html](http://www.tn.gov/health/health-program-areas/fhw/early-childhood-program/chant.html).

### **Supporting Healthy Habits**

A [new report](#) ranks Tennessee first in the nation for child care licensing regulations that support healthy weight practices. TDH partners with the Tennessee Department of Human Services on the **Gold Sneaker Initiative** to promote healthy nutrition and physical activity in early childhood by enhancing health and wellness policies for licensed childcare facilities across Tennessee. Gold Sneaker-recognized childcare facilities agree to provide increased physical activity and age-appropriate nutrition for the children in their care, as well as a tobacco-free campus. Learn more at [www.tn.gov/health/goldsneaker.html](http://www.tn.gov/health/goldsneaker.html).

### **Preventing Smoke Exposure**

Exposure to secondhand smoke is a serious threat to a child's health. Adults who use tobacco products are encouraged to call the **Tennessee Tobacco QuitLine**, a free service provided by the Tennessee Department of Health for personalized support for Tennesseans working to end their tobacco use. The QuitLine provides counseling and free nicotine replacement therapy to increase the chances of success. Get started by calling 1-800-QUIT-NOW (1-800-784-8669) or visiting [www.tnquitline.com](http://www.tnquitline.com).

Pregnant women can get specialized help in quitting smoking through the **Baby and Me Tobacco Free** program offered at all Tennessee county health departments. Participants earn vouchers for free diapers for each month they remain tobacco-free up to one year after their babies are born. Contact [your local health department](#) for information or visit [www.tn.gov/health/health-program-areas/fhw/baby-me-tobacco-free.html](http://www.tn.gov/health/health-program-areas/fhw/baby-me-tobacco-free.html) to find a location.

Join TDH in celebrating Child Health Month! Visit the event calendar at [www.tn.gov/health/health-program-areas/mch/child-health-month-2019/chm-events-calendar.html](http://www.tn.gov/health/health-program-areas/mch/child-health-month-2019/chm-events-calendar.html) to submit your event and find activities in your community.

*The mission of the Tennessee Department of Health is to protect, promote and improve the health and prosperity of people in Tennessee. Learn more about TDH services and programs at [www.tn.gov/health](http://www.tn.gov/health).*

###

This news release can be accessed online at [www.tn.gov/health/news.html](http://www.tn.gov/health/news.html).

**Connect with TDH on [Facebook](#), [Twitter](#) and [LinkedIn](#) @TNDeptofHealth!**

# Additional Resources

**KidcentralTN**

<https://www.kidcentraltn.com/>

**Tennessee Women, Infants and Children (WIC) Program**

<https://www.tn.gov/health/health-program-areas/fhw/wic.html>

**Healthy Parks Healthy Person**

<http://app.healthyparkstn.com>

**Breastfeeding Welcomed Here**

<https://www.tn.gov/health/health-program-areas/fhw/bf/breastfeeding-welcomed-here.html>

**Gold Sneaker**

<https://www.tn.gov/health/goldsneaker.html>

**Tobacco Quitline**

<http://www.tnquitline.org/>

1-800-QUIT-NOW

**Safe Sleep**

[safesleep.tn.gov](http://safesleep.tn.gov)

**Active Play (Diane Craft)**

<https://activeplaybooks.com/wp-content/uploads/2016/08/ActivePlaySampleContent.pdf>

## **We Want to Know**

Please let us know how you use the toolkit for Child Health Week. We would appreciate your feedback so future resources can be improved! **Please send your feedback to Yvette Mack at [yvette.mack@tn.gov](mailto:yvette.mack@tn.gov).**