

Children's Health Home Newsletter

Children's Health Home of Western New York/Kaleida Health

July 2016

Back to School!

As the school year approaches, it is very important to begin to get your children back in the habit of waking up early. Getting into a routine of going to bed earlier and waking up earlier will help to transition them and not make it such a shock of waking up early on the first day of school. Below are some tips on helping your children make this transition as well as a link for some fun alarm clocks to make waking up a little bit easier!

- [Tips to Get Kids Out of Bed in the Morning](#)
- [Fun Alarm Clocks for Kids](#)

Weekly Webinars

[Click here](#) to register for weekly Home Health Implementation webinars on Wednesdays at 1 p.m.

[Click here](#) to register for a new weekly one-hour webinar series scheduled to begin on July 26, 2016 and will run through December 6, 2016.

August is Children's Eye Health & Safety Month

- Your child's eyes should be examined during regular pediatric appointments and vision testing should be conducted around age three.
- Children should wear protective eyewear while participating in sports or recreational activities and play with age-appropriate toys. Avoid toys with sharp or protruding parts.
- To learn more visit www.preventblindness.org
- [Children's Eye Health & Safety](#)