

## Social Media Toolkit June 2021

### Well Care Visits + Sports Physicals, Keeping Your Family Active This Summer, Summer Safety Tips

#### FACEBOOK

##### **Well Care Visits + Sports Physicals**

Does your child need a sports physical this summer? These can be scheduled at the same time as your yearly well check. The sports physical is an opportunity to address exercise-specific issues, like injuries, nutrition, and training programs. Learn more: <https://bit.ly/3wCxbVY>

You don't have to play an organized sport to be an athlete. Here's why all middle-school through college-aged kids benefit from a sports physical during their well-child visit: <https://bit.ly/347LPjQ>

Parents know who they should go to when their child is sick. But pediatrician visits are just as important for healthy children. Find out more about the benefits of well care visits include prevention, tracking growth and development, raising concerns and using a team approach to care for your child: <https://bit.ly/3v8wYSk>

##### **Keeping Your Family Active This Summer**

How much physical activity do kids need each day? Check out some of the different ways to keep your child active. <https://bit.ly/3uazhTk>

Parents play an important role in helping their kids be more physically active. Exercise along with a balanced diet provides the foundation for a healthy, active life. Here are 11 ways to get started: <https://bit.ly/2SdgDgr>

Is your child getting enough physical activity each day? The American Academy of Pediatrics recommends that kids 6 years and older get 60 minutes of moderate to vigorous physical activity on most days of the week. This Physical Activity Checker is here to help! Check it out: <https://bit.ly/3ffQLJD>

How much physical activity do children need? This depends on how old your child is. Preschool-aged children should be physically active throughout the day for growth and development. Children and adolescents ages 6-17 years should do 60 minutes or more of moderate-to-vigorous intensity physical activity each day. Find out what is recommended for your child: <https://bit.ly/2T9boip>

##### **Summer Safety Tips: Campfire, Fireworks, & Grilling Safety**

Is your family going camping this summer? In the United States, nearly nine out of 10 wildfires are caused by people not being careful. Help Smokey prevent these types of fires by learning to be careful and helping others do the same. <https://bit.ly/2RBVVH9>

Summer time is here! Warmer weather means an increased use of outdoor grills. According to the National Fire Protection Association, each year an average of 9,600 home fires are caused by grilling, and close to half of all injuries involving grills are due to thermal burns. Here are 6 ways to keep your family safe around the grill: <https://bit.ly/3hK5636>

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**Social Media Toolkit**  
**June 2021**

**Well Care Visits + Sports Physicals, Keeping Your Family Active This  
Summer, Summer Safety Tips**

Summer weather means it's time for your family to get outside and play! Keep your family safe this summer by following these tips from the American Academy of Pediatrics: <https://bit.ly/3sLpGBN>

Stay Safe this 4th of July! On any other day of the year, would you hand your child matches or a flaming candle to play with? No! There are safe ways to celebrate this year, like viewing fireworks from a distance, waving a flag instead of a sparkler and more. Check out this list of safe ways to celebrate: <https://bit.ly/3oDO4F3>

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#### TWITTER

##### **Well Care Visits + Sports Physicals**

Does your child need a sports physical this summer? These can be scheduled at the same time as your yearly well check. Find out why sports physical are important. <https://bit.ly/3wCxxVV> #ParentingTips

Here's why all middle-school through college-aged kids benefit from a sports physical during their well-child visit. <https://bit.ly/347LPjQ> #ParentingTips

Parents know who they should go to when their child is sick. But pediatrician visits are just as important for healthy children. Find out why. <https://bit.ly/3v8wYSk> #ParentingTips

##### **Keeping Your Family Active This Summer**

How much physical activity do kids need each day? Check out some of the different ways to keep your child active. <https://bit.ly/3uazhTk> #ParentingTips #Play60

Parents play an important role in helping their kids be more physically active. Here are 11 ways to get started: <https://bit.ly/2SdgDgr> #ParentingTips

Are your children getting enough physical activity each day? This Physical Activity Checker is here to help! <https://bit.ly/3ffQLID> #ParentingTips

How much physical activity does your child need? Find out. <https://bit.ly/2T9boip> #ParentingTips

##### **Summer Safety Tips: Campfire, Fireworks, & Grilling Safety**

Is your family going camping this summer? Help @smokey\_bear prevent these types of #fires by learning to be careful and helping others do the same. <https://bit.ly/2RBVVH9>

Summer time is here! Warmer weather means an increased use of outdoor grills. Here are 6 ways to keep your family safe around the grill: <https://bit.ly/3hK5636> #SummerSafety

Summer weather means it's time for your family to get outside and play! Keep your family safe this summer by following these tips from the @AmerAcadPeds. <https://bit.ly/3sLpGBN> #SummerSafety

Stay Safe this 4th of July! There are safe ways to celebrate this year, like viewing fireworks from a distance and waving a flag instead of a sparkler. <https://bit.ly/3oDO4F3> #SummerSafety #4thOfJuly

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