



Recommendations and Guidelines:

2010 Child & Adolescent Immunization Schedules for persons aged 0-6 years, 7-18 years, and "catch-up schedule"

Are Your Child's Vaccinations Up to Date?

At a glance:

The Schedules lists the ages (birth through 6 years old and 7 through 18 years old) for when each vaccine or series of shots is to be given. If your child or adolescent has missed any shots, consult the catch-up schedule AND check with your doctor about getting back on track.

<http://www.cdc.gov/vaccines/recs/schedules/child-schedule.htm>



Breastfeeding: Guide to On-Line Resources

Currently, the *Head Start Program Performance Standards* require breastfeeding education for expectant families and accommodations for breastfeeding children. Why? Breastfeeding provides a true head start for the children Head Start programs serve. The research shows that breastfeeding has important long term impacts on the health and development of children and the health and well-being of mothers. The American Academy of Pediatrics recommends that babies breastfeed for at least six months. The Guide to On-Line Breastfeeding Resources offers a connection to resources that can offer families information and support and can help staff in their work.

On each page of this Guide, there is content for families and staff, and links to on-line materials with more information. Click on a link, and go to a page that includes the link and an abstract for the particular resource. Click again to go to the resource itself. These resources have been reviewed by members of the Expert Work Group on Breastfeeding, including certified lactation consultants. However, the materials cannot substitute for the expert support of a health provider or lactation consultant familiar with the child and family. To view the online breastfeeding resource visit <http://www.ehsnrc.org/Publications/Breastfeeding.html>

**HAPPY EASTER
EVERYONE**

The EHS Start-Up Planner Project

On behalf of the Office of Head Start (OHS), ZERO TO THREE is recruiting individuals to become trained start-up planners for new or expanding EHS programs. If you are interested in applying to participate in the EHS Start-Up Planner Project, [click here for further information.](#)

Our Pledge: The KY T/TA State Office pledges to provide timely, current, and interesting monthly newsletters for the Head Start and Early Head Start communities and others interested in the field. In keeping with our mission to be more "green," we will provide our easy to read newsletter via email. We would like to hear from you and encourage your suggestions for newsletter content. Contact the editor: **Joyce Roach**

Mailto: joyce.roach@stginternational.com

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