

Older kids (adolescents, preteens, tweens, and teens) need vaccinations too, including Tdap, Meningococcal, HPV, and flu.

Ask your child's doctor or nurse if your child needs immunizations to protect against serious diseases.

7:30 Sophia's softball game
5:30 Sophia's soccer practice

dinner, birthday cake

5:30 Alex's soccer practice

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Wash football and soccer uniforms
7:30 Tigers Football game
-Pizza Party (bring)

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11:00 Alex and Sophia to doctor for physicals

Ask about shots!

grocery store

4:00 band & football practice

5:00 Sophia's piano

6:30 Middle school Parent-Teacher night

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10:00-12:00 Sophia - school

5:30 Alex's soccer practice

more kids

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4:00 Alex and Sophia's dentist appointment



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

<http://www.cdc.gov/vaccines/teens>

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