

Join us this October as we take on healthy living choices with **Tampa General Hospital's Children's Medical Center**. Throughout the month our daily programs will feature key events sponsored by TGH's Children's Medical Center that cover important topics like poison control and ways to introduce dental hygiene to your little one. For more information visit: <http://glazermuseum.org/healthwellnessmonth>

Did you know that 51% of calls to poison centers involve children aged five and below? Come join us as we kick things off with **Poison Prevention** and share tips on how to keep your little ones safe!

Check out this link from the American Association of Poison Control, showing the surprising places poisons may be hiding in your home: <https://www.pinterest.com/pin/528258231264085221/>

Want to test your knowledge? Have a go at this child friendly, interactive game and see how well you can tell the difference between medicine and candy: <http://www.pillsvscandy.org/>

Here's an easy experiment! - Drink orange juice, brush your teeth, then drink it again. Taste different? That's because the four main ingredients of toothpastes inhibit certain taste receptors, making things taste bitter or unusual after brushing. Watch this easy-to-understand, quick video (<http://thekidshouldseethis.com/post/50932028783>) created by the American Chemical Society to discover the different ways toothpaste effects our bodies, and why it's important to use it to keep your kiddos health in check!

Calling all children! - Whether it's through sports teams or on the playground your little one is a bundle of energy and always moving! It is important for them to be aware of head health and to recognize the signs when something is not quite right. Here's a great video (<https://www.youtube.com/watch?v=zCCD52Pty4A>) to watch with your little ones by Doctor Mike Evans, dad of three. Join him as he explains the how's and why's of concussions, their symptoms, and the road to recovery!

Healthy is Happy! - Healthy eating is one of the most important lessons your youngsters can learn and it will benefit them for a lifetime! Foods rich in nutrients are important to facilitate the rapid growth in children. Expand and explore food options together through these seven, great printable games, and show how healthy eating is fun!

<http://www.sunnydayfamily.com/2015/08/free-printables-healthy-eating.html?m=1>