

Puberty

Dear Parents, INVEST in your middle schooler's health!
Here are some helpful tips to keep them healthy:



PUBERTY

Puberty is a time of many physical and emotional changes for your middle schooler. Parents--you can support your middle schooler by

- Making time for open discussions
- Letting your middle schooler know their body changes are normal
- Reassuring your middle schooler that puberty changes happen at different paces for different children
- Seeking out resources to help you have ongoing conversations with your middle schooler about the changes they are experiencing

Learn more:

For girls



bit.ly/3i5T8R5

For boys



bit.ly/3x6xXCD



HPV VACCINATION

HPV vaccination prevents six types of cancer for boys and girls. Don't wait--Ages 11 or 12 are the best time to vaccinate your middle schooler!

Learn more:
bit.ly/3eXqtvo



MEDICAL HOME

Does your middle schooler have a trusted healthcare provider who provides comprehensive care?

Learn more:
bit.ly/3nZNGTe



Did your middle schooler have a well-child visit in the past year? Schedule one now to track their development, discuss health concerns, and keep them healthy through vaccinations.

QUESTIONS? CONTACT YOUR SCHOOL NURSE



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Whole Child Advocate



DON'T KNOW WHERE TO GO? HERE'S A LIST OF VACCINATION RESOURCES IN YOUR AREA

PEDIATRICIANS

Carolina Pediatric Associates

1610 N Limestone St, Gaffney, SC 29340, phone: (864) 839-4325

301 W Pine St, Blacksburg, SC 29702, phone: (864) 839-4325

CMC - Center for Pediatrics

103 Stuard Street, Gaffney, SC 29341, phone: (864) 514-1080

ReGenesis Health Care

1341 N Limestone St, Gaffney SC, 29340, phone: (864) 582-2411

FAMILY MEDICINE AND IMMEDIATE CARE

Cherokee Community Care

1307 N Logan St, Gaffney, SC, 29341, phone: (864) 488-1333

CMC - Immediate Care Center - Gaffney

840 West Floyd Baker Blvd, Gaffney, SC 29341, phone: (864) 489-3300

CMC - Center for Family Medicine - Grassy Pond

517 Chesnee Highway, Suite A, Gaffney, SC 29341, phone: (864) 487-7655

CMC - Center for Family Medicine - Peachview

722 Hyatt St, Suite B, Gaffney, SC 29341, phone: (864) 488-1400

Piedmont Medical - Khalid N Soherwardy MD

317 N Logan St, Gaffney, SC 29341, phone: (864) 489-2588

COUNTY HEALTH DEPARTMENT

Cherokee County Public Health Department and Home Health Services

400 S Logan St, Gaffney, 29341, phone: (855) 472-3432 for appointments

OR (864) 487-2705 for more information. The local health department provides vaccines by appointment only