

## **Helpful Links**

*These links will provide additional information on topics of interest related to healthy children.*

### **Helping Your Child Get Ready for School**

<http://www.webmd.com/parenting/features/back-to-school-health-checklist>

### **Adolescents & School Health**

*Research suggests that not having breakfast can affect children's intellectual performance.*

<http://www.cdc.gov/HealthyYouth/nutrition/facts.htm>

### **Alabama Department of Public Health**

<http://www.adph.org/>

### **AllKids Insurance**

<http://www.adph.org/allkids>

### **Food Pyramid**

[www.mypyramid.gov](http://www.mypyramid.gov)

### **Centers for Disease Control and Prevention**

[www.cdc.gov](http://www.cdc.gov)