Child Health Day - October 3

ACMA NEWS

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U.S. National Child Health Day is on the first Monday of October. Child Health Day is a day to promote children's medical welfare. While it is not an official holiday, it is still widely celebrated across the United States.

This day is an excellent time to help your children maintain good health by encouraging healthy eating, physical activity, and limited screen time.

Child health day was founded in 1928 by president Coolidge and was originally celebrated on May 1st. Child's Health Day was originally created to raise awareness of children's health since many people belived in outdated knowledge or health care ideals.

Ways to support Child health day include volunteering at youth centers, influencing others to make healthy choices, or even donating to a non-profit such as the Make a Wish Foundation.

Kristobak, Ryan. "National Child Health Day - October 5." *National Today*, 16 June 2021, nationaltoday.com/national-child-health-day/#:%7E:text=National%20Child%20Health%20Day%20became,the%20first%20Monday%20in%20October.