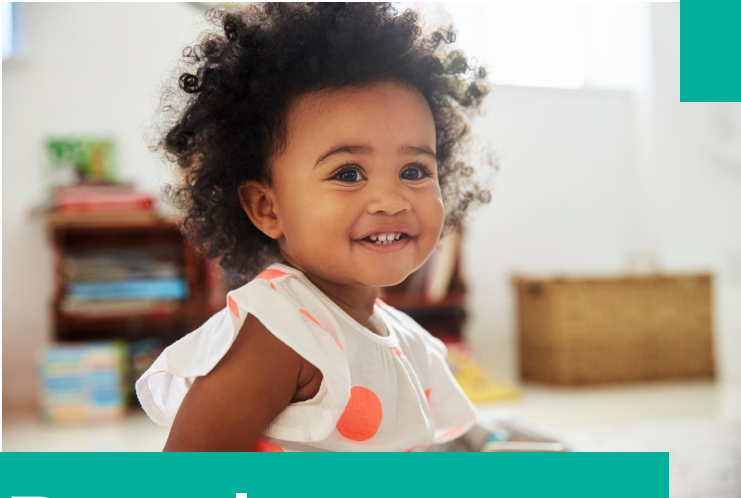


Vaccine Safety

With all the uncertainty going on right now, vaccines are something that should be a TOP priority. Today we're protecting children from **16 diseases** with vaccinations. Here are the facts:

- **Vaccines are HEALTHY**
 - They have kept children healthy and saved millions of lives for more than 50 years.
- **Vaccines are SAFE**
 - The FDA will **NOT** license a vaccine until it meets standards for effectiveness and safety.
- **Vaccines are NECESSARY**
 - Pediatricians believe that children should receive all recommended childhood vaccines.
- **Vaccines are STUDIED**
 - All doctors must report specific side effects to VAERS (Vaccine Adverse Event Reporting System) which was created/monitored by the CDC and FDA.

For more information about VAERS or to file a report, visit www.vaers.hhs.gov or call the VARES information line at 800/822-7967



Development

10 month-old baby

Infant development is rapid at this point, and your baby is probably constantly on the move!

You'll start to notice improved motor skills and better hand and eye coordination. They may even start trying to take some of their first steps, so you will want to make a safe space for them to start moving around freely.

Move potential hazards up and out of the way. Cover any sharp corners to protect them from injury, and add latches to cupboards and cabinets.

In addition to being on the move, they will be developing their language skills as well. This becomes a great time to read to your baby.

Reading to your baby will increase their language and cognitive development. Words should start evolving like "mama" and "dadda". You're sure to hear words like "uh-oh" eventually.