

American Academy of Pediatrics November Social Media Newsletter

November is **Diabetes Awareness Month, Epilepsy Awareness Month and Prematurity Awareness Month**. Check out and share these helpful HealthyChildren.org articles on your social media accounts throughout the month.

- [Diabetes in Children](#)
- [Seizures and Epilepsy in Children](#)
- [Premie Milestones](#)

Here are a few sample posts to share this month. Feel free to share these on all social media channels you're active on.

- If your child has diabetes, there is a lot you can do as a parent to support their diabetes management. Developing good management habits as a child can have a significant impact on their habits as they get older. Learn more during #DiabetesAwarenessMonth:
<https://www.healthychildren.org/English/healthissues/conditions/chronic/Pages/Diabetes.aspx>
- Most children with epilepsy can live full, active lives that include school, friends, and sports. Here are some tips for parents to help support and encourage children with epilepsy during #NationalEpilepsyMonth:
<https://www.healthychildren.org/English/health-issues/conditions/seizures/Pages/How-to-Support-a-Child-with-Epilepsy-Information-for-Parents.aspx>
- Newborn milestones are so important and exciting! If a baby was born more than 3 weeks early, their growth may look a little different. Use this chart from HealthyChildren.org to calculate your baby's adjusted age.
#PrematurityAwarenessMonth:
<https://healthychildren.org/English/ages-stages/baby/preemie/Pages/Premie-Milestones.aspx>

Antibiotic Awareness Week is November 18-24. Share important information & resources with families on safe antibiotic use in children. Check out these HealthyChildren.org articles: [Why Most Sore Throats, Coughs & Runny Noses Don't Need Antibiotics](#) and [Antibiotics for Children: 10 Common Questions Answered](#).

Here are a few sample posts for all platforms to share this month:

- Knowing when and when not to use antibiotics is an important way to combat antibiotic resistance. Learn more during #AntibioticsAwarenessWeek:
<https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Antibiotic-Prescriptions-for-Children.aspx>
- Antibiotics target bacteria, not viruses. Learn more about when and why to use (and not use) antibiotics when your child is sick. #AntibioticsAwarenessWeek
<https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Antibiotic-Prescriptions-for-Children.aspx>

Flu season is here and with COVID and RSV circulating, it is even more important to encourage flu and COVID vaccination. Find graphics, videos and other resources to share important messages about the importance of vaccination in our [Flu Campaign Toolkit](#) & [COVID-19 Vaccine Campaign Toolkit](#).

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- The AAP recommends that everyone age six months and older get the flu vaccine each year. Talk to your pediatrician about flu vaccination and other important vaccines today.
<https://healthychildren.org/English/health-issues/conditions/flu/Pages/the-flu-what-parents-need-to-know.aspx>
- Updated COVID vaccines are available for everyone six months and older. Talk with your pediatrician about updated COVID vaccines, flu vaccines and why we're all healthier when everyone is vaccinated.
<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Getting-Your-Child-Ready-for-the-COVID-19-Vaccine.aspx>
- Is your child wheezing or having difficulty breathing? It could be a cold or something more serious like RSV. Learn about new ways to protect babies from getting very sick from this common virus.
<https://healthychildren.org/English/health-issues/conditions/COVID-19/Pages/How-is-the-Flu-Different-From-COVID-19.aspx>