

Older kids (adolescents, preteens, tweens, and teens) need vaccinations too, including Tdap, Meningococcal, HPV, and flu.

Ask your child's doctor or nurse if your child needs immunizations to protect against serious diseases.

7:30 Sophia's softball game
5:30 Sophia's soccer practice

dinner
today cake

5:30 Alex's soccer practice

17

11:00 Alex and Sophia to doctor for physicals

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Wash football and soccer uniforms
7:30 Tigers Football game
-Pizza
(br)

Ask about shots!

grocery store

4:00 band & football practice

5:00 Sophia's piano

6:30 Middle school Parent-Teacher night

24

10:00-12:00 Sophia - school

5:30 soccer

4:00 Alex and Sophia's hair cut appointment

5:30 Alex's soccer practice



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

<http://www.cdc.gov/vaccines/teens>



Alex dentist appointment