

UV Safety Awareness Month

As we spend more time outdoors during the sunny summer months, UV Safety Awareness Month in July serves as an important reminder to protect our skin and eyes from harmful ultraviolet (UV) rays. Excessive UV exposure can increase the risk of sunburn, premature skin aging, eye damage, and skin cancer.

Sun safety is especially important for children, whose skin is more sensitive to the sun's harmful effects. Parents and caregivers can help protect children by applying broad-spectrum sunscreen with SPF 30 or higher and encouraging the use of lightweight protective clothing, hats, and sunglasses. Infants under 6 months should be kept out of direct sunlight whenever possible; shade, stroller canopies, umbrellas, and lightweight clothing that covers the arms and legs can help keep them protected.

To reduce UV exposure, seek shade during peak sun hours between 10 a.m. and 4 p.m., stay hydrated, and check the daily UV Index before spending time outdoors. By making sun protection part of our daily routine, we can help keep ourselves and our families healthy and safe all year long.

[Learn More About Sun Safety](#)



Safe Pregnancies in Extreme Heat

Extreme heat is defined as two or more days and nights of unusually hot weather with temperatures above typical for a particular area, and it can pose additional health risks during pregnancy, making it important for expectant mothers to stay cool and well-hydrated. High temperatures may increase the risk of dehydration, heat exhaustion, and other pregnancy-related complications, so pregnant individuals are encouraged to drink plenty of water, avoid outdoor activity during peak heat hours, wear lightweight clothing, and rest in cool or air-conditioned spaces.

Our [DPH Heat page](#) offers education, safety tips, and tools, including maps of cool places to go, to support you during extreme heat conditions. If you experience dizziness, headaches, contractions, or signs of overheating, contact your healthcare provider right away.

[Click Here to Read More on Extreme Heat During Pregnancy](#)



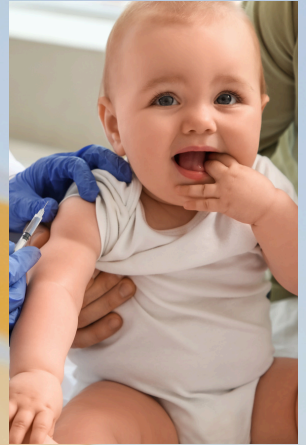
National Immunization Awareness Month

In August, National Immunization Awareness Month is an opportunity to recognize the important role vaccines play in protecting the health of individuals, families, and communities. Vaccines help prevent the spread of serious and potentially life-threatening diseases, keeping people of all ages healthier and safer.

According to the American Academy of Pediatrics, following the recommended vaccine schedule is one of the best ways to protect children from preventable illnesses. Vaccines are carefully tested for safety and effectiveness and are recommended at specific ages to provide the strongest protection when it is needed most. Staying on schedule helps ensure children, teens, and adults are protected throughout every stage of life.

Talk with your healthcare provider to ensure your family is current on recommended vaccines and helping build a healthier community.

[Click Here to Learn More About the AAP Immunization Schedule](#)



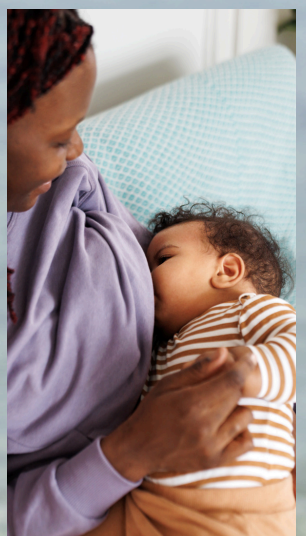
National Breastfeeding Month

National Breastfeeding Month recognizes the importance of breastfeeding in supporting the health and well-being of both infants and mothers. Breastfeeding provides essential nutrients, strengthens a baby's immune system, and promotes bonding between the parent and child. This month also highlights the importance of access to education, resources, and community support for breastfeeding families.

During August, we also recognize Black Breastfeeding Week, which brings awareness to racial disparities in breastfeeding support, access to care, and maternal health outcomes. According to the [Centers for Disease Control and Prevention \(CDC\)](#), fewer non-Hispanic Black infants (78.1%) are ever breastfed compared with non-Hispanic Asian and White infants (87.7%) and Hispanic infants (85.9%). Black Breastfeeding Week celebrates Black families, advocates, and healthcare professionals while promoting equity, culturally responsive care, and community support for breastfeeding parents. The observance also serves as an opportunity to address barriers that may impact breastfeeding success and to promote healthier outcomes for Black mothers and infants.

By raising awareness and supporting breastfeeding families, we can ensure all parents have access to the education, encouragement, and resources they need.

[Learn More About Breastfeeding](#)



National Childhood Obesity Awareness Month

In September, National Childhood Obesity Awareness Month highlights the importance of promoting healthy habits that support children's growth, development, and overall well-being. Childhood obesity can increase the risk of serious health conditions such as diabetes, high blood pressure, asthma, and low self-esteem, making early prevention and healthy lifestyle choices especially important.

Healthy habits begin at home and are strengthened through support from schools, healthcare providers, and communities. Encouraging children to eat balanced meals, stay physically active, drink plenty of water, and get adequate sleep can help improve both physical and emotional health. Families can also support healthy routines by limiting sugary drinks, reducing screen time, and making time for active play and family activities.

Creating positive and supportive environments for children is key to building lifelong healthy behaviors. Small, consistent changes can make a lasting impact and help children feel confident, energized, and supported as they grow.

[Click Here to Read More on Childhood Obesity](#)



MyPlate for Young Children

Teaching healthy eating habits early in life can help children build a strong foundation for lifelong health. The MyPlate model is a simple tool that helps families create balanced meals by encouraging a variety of foods from all five food groups: fruits, vegetables, grains, protein, and dairy.

For young children, MyPlate can help parents and caregivers introduce healthy foods in age-appropriate portions while encouraging balanced nutrition and healthy growth. Offering colorful fruits and vegetables, whole grains, lean proteins, and low-fat dairy products can support children's energy, development, and overall well-being.

Healthy eating habits are also supported by regular meal and snack routines, drinking water instead of sugary beverages, and making mealtimes positive and enjoyable. Allowing children to explore new foods and modeling healthy choices as a family can encourage lifelong healthy habits.

[Learn More About MyPlate for Young Children](#)



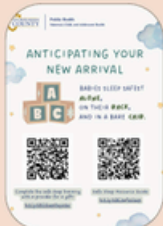
IMPORTANT

Local Maternal, Child, and Adolescent Health (MCAH)

Seeking to improve health outcomes of the County's reproductive age women, infants, children, adolescents and their families



Public Health



Third Trimester Safe Sleep

42.3% of the cases of infant death reviewed in 2024-25 were sleep-related. We're training families on safe-sleep risk reduction and giving Pack 'N Plays to families in need.



Count the Kicks (CTK)

51% of fetal loss in 2024-25 may have been prevented if moms had connected with a physician when they noticed decreased fetal movement. CTK tools help prevent loss.



Digital Perinatal Guide

Newly pregnant moms need to find a doctor. Maybe they need help finding food. Our perinatal resources guide is going digital to improve access!

Source: SBC Fetal & Infant Mortality Review

The San Bernardino County Local MCAH program seeks to:



Assure access to quality care, especially for those with low-income or limited access to care.



Improve pregnancy outcomes, including low birth weight, prematurity rates, and Sudden Infant Death Syndrome (SIDS).



Mobilize the community to implement policy and best practice for sustainable systems improvements.

We want to partner with you! Connect with us today!



800-782-4264



askMCAH@SBcounty.gov



dph.sbcounty.gov/mcah



COMMUNITY ACTION TEAM Training Series

The San Bernardino County Maternal, Child, and Adolescent Health (MCAH) Program works to improve the health of women, babies, children, teens, and families. MCAH partners with prenatal and community providers to support access to quality prenatal and postpartum care, especially for low-income and high-risk pregnancies.

The MCAH program will host a series of trainings on common conditions for high-risk pregnancy to support consultation to pregnant individuals from non-medical providers. These trainings will be provided during the previously scheduled Community Action Team meetings. Please see the details below and join us in improving pregnancy outcomes in San Bernardino County.

MONTHLY ON ZOOM

2 - 4 P.M.

23 APRIL 2026	Low-Dose Aspirin and Preeclampsia Meeting ID: 878 0887 0869
21 MAY 2026	Folic Acid and Anemia Meeting ID: 853 0892 6711
22 JULY 2026	Gestational Diabetes and Gestational Hypertension Meeting ID: 862 3945 0706
19 AUGUST 2026	Hyperemesis Gravidarum and Infections in Pregnancy Meeting ID: 878 5777 5022



Public Health

FOR MORE INFORMATION ABOUT MCAH, PLEASE EMAIL US AT ASKMCAH@SBcounty.gov OR CALL 800-227-3034

MCAH



Check out the Digital Perinatal Guide!

A digital guide designed to highlight services available to pregnant people and new parents, beginning with helping pregnant mothers find a doctor and continuing through pregnancy, birth, and the postpartum period.

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Public Health

Family Health Services Section

Quarterly Newsletter is an internal publication for local healthcare providers, and others interested in improving maternal, child, and adolescent health.

For more information about MCAH, please email us at askMCAH@SBcounty.gov or call 800-227-3034.