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FOR IMMEDIATE RELEASE

New Pediatric Health Video Series from Children's Mercy Hospitals and Clinics
Medical Mondays provides health and safety information and tips

Kansas City, MO – August 1, 2011 – *Medical Mondays*, a new health and safety video series from Children's Mercy Hospitals and Clinics, debuts today on its website, ChildrensMercy.org/MedicalMondays and on the [Children's Mercy YouTube Channel](#).

Medical Mondays is a video series that will highlight timely pediatric health and safety topics discussed by Children's Mercy experts who will offer tips on back-to-school, nutrition, allergies and asthma, sleep, and more. They will offer tips for parents, caregivers and providers on how to keep kids – from infants to teens – healthy and safe.

The videos will be updated each Monday, and will begin during the month of August covering the following topics:

- **August 1 – A Sticking Point: Back-To-School Vaccinations**
- **August 8 – From Pools To Schools: Resetting Your Child's Sleep Schedule**
- **August 15 – Eat This, Not That: Eating Healthy On The Go**
- **August 22 – Achoo! Controlling Fall Allergies**
- **August 29 - Beating The Back-To-School Blues**

Tune into *Medical Mondays* every Monday at ChildrensMercy.org/MedicalMondays and on the Children's Mercy YouTube Channel

About Children's Mercy Hospitals and Clinics

Children's Mercy Hospitals and Clinics, located in Kansas City, Mo., is one of the nation's top pediatric medical centers. The 317-bed hospital provides care for children from birth through the age of 18, and has been recognized by the American Nurses Credentialing Center with Magnet designation for excellence in nursing services, and ranked by *U.S. News & World Report* as one of "America's Best Children's Hospitals" in all specialties they rank. Its faculty of 600 pediatricians and researchers across more than 40 subspecialties are actively involved in clinical care, pediatric research, and educating the next generation of pediatric subspecialists. For more information about Children's Mercy and its research, visit childrensmercy.org or download our mobile phone app *CMH4YOU* for all phone types. For breaking news and videos, follow us on [Twitter](#), [YouTube](#) and [Facebook](#).

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