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Premier Pediatrics
2600 Glasgow Ave.
Suite 213
Newark, DE 19702

How to Find Us

We are located in the Glasgow Medical Building behind Peoples Plaza, across the street from Hodgson Vocational-Technical School. Our office is on the second floor inside Entrance 6.

Visit our website
www.Premier4Kids.com
for more information
including other online
resources.

FDA Approves New Crib Safety Guidelines

Did you know that until June 28th of this year, the standards for cribs had not been updated in over 30 years? The new federal safety standards prohibit the manufacture and sale of drop-side rail cribs in the US. The new requirements also call for stronger slats and mattress supports, better quality hardware, and that cribs undergo more rigorous testing.

What you can check on your crib:

- When purchasing a crib, look for Juvenile Products Manufacturers Association (JPMA) certification.
- The end panels should be solid, without decorative cutouts. Cutout areas on panels can trap an infant's head.
- The mattress should be the same size as the crib so there are no gaps. If you can fit 2 fingers between the mattress and the side of the crib, the crib and mattress combination should not be used.

Over 11 million cribs have been recalled in the US in the last 4 years alone. Check the Consumer Product Safety Commission's (CPSC) crib recall list to make sure your crib has not been recalled at www.cpsc.gov/info/cribs/index.html. For more tips on choosing your new crib and setting it up, visit the American Academy of Pediatric's [AAP] pages on the subject at <http://www.healthychildren.org/English/safety-prevention/at-home/pages/Choosing-a-Crib.aspx>.

How to Pack the Perfect Lunch

How do you build your child a lunch that is both satisfying and nutritious? You want to give them the boost they need in the middle of the day at school. When packing a school lunch, it should consist of a sandwich, a drink, 3 or 4 snacks, and a dessert. Snacks should be as balanced as possible and represent fruit, grain, veggie, and dairy. Avoid sodas and candy: they are packed with sugar that will lead to a sugar crash halfway through the afternoon. Below are some simple examples packed with the right stuff. Always be mindful of portions. You want your child to have variety but you also want her to be able to enjoy her full meal without having to rush through it.

Turkey & cheese sandwich
Juice box
Grapes
Yogurt
Cereal bar
Carrot sticks
Applesauce

Tuna sandwich
Apple
Pretzels
Sugar snap peas
Granola bar
Sliced melon & berries
Water

Ham, cheese, & apple sandwich
Lemonade
Celery sticks
Fruit salad
Pudding or jello
Trail mix

Always remember to put the drink on the bottom so it doesn't smooch the sandwich! Put the sandwich on top to keep the smaller items from slipping out of the brown paper bag. When packing items that may spoil, like tuna and chicken salad or milk, opt for an insulated lunch bag and tuck in an ice pack to keep your child's lunch fresh.



Sincerely,

Premier Pediatrics

The information contained on this sheet is for information purposes only and not intended to replace proper medical care. Always seek the advice of a trained health professional with any questions you may have about a medical condition. Any information received from this sheet is not intended to diagnose, treat, or cure any medical condition.