

Caring for
kids the
Premier way!



Call (302) 836-4440
to set up your child's
appointment.

Hours

Monday –Thursday
8:30AM to 8PM

Friday
8:30 AM to 4PM

Saturday
8:30AM to 1PM

Closed
Sunday

Happy Holidays from Premier Pediatrics!

The office will be **OPEN 8:30AM—3PM on Friday 12/23 and Friday 12/30**
The office will be **CLOSED 12/24 to 12/26 and 12/31 to 1/2**

December is Stress Awareness Month for Kids

We all know what it feels like to be under stress. Your palms sweat, your heart races, your stomach ties up in knots. The stress in your mind makes your body feel not so great. Kids get stressed, too, and can feel frustrated, angry, or scared. Make sure your kids are equipped with the tools to properly manage their stress. Some kids might have trouble sleeping when they're worried or anxious, while others lose their appetites. Still others will overeat or sleep too much, trying to comfort and calm the feeling of anxiety and stress. As a parent, one of the best things you can do is try to **get kids talking** about what's on their mind. Encourage your kids to bring up what they might be feeling to people they trust, like parents, teachers, or older siblings. We all know how *much* better we feel after hashing out our thoughts and feelings with a trusted confidante. Remember to **be a good listener** and try your best not to be too critical when your kids open up to you. Ask open-ended questions to keep them talking with a simple, "And then what happened?" and "How did that make you feel?" **Physical exercise** is *also* a very powerful stress reliever for kids, just like it is for adults. Simple relaxation exercises that can help kids calm their nerves and focus on good feelings. An easy one is **breathing deeply**: in through the nose and out through the mouth. **Playing games** is a great way for kids to focus, recharge, and relax all at the same time.



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

**We have flu
shots available!**

(302) 836-4440

Protect your family
from the flu this
year. Make your
appointment today.

Visit our website

www.Premier4Kids.com

for more information
including other
online resources.



Premier Pediatrics Collection of Toys for Tots this Holiday

Thanks to all of you who have visited our office and donated a toy. Premier Pediatrics will be collecting toys until December 16th for the Toys for Tots program. Help spread the laughter and good cheer by bringing any donations (unwrapped) to our office. Let's help make the holiday season bright for children in need!



Sincerely,

Premier Pediatrics

Are we friends yet?

Click the logo to the
right to **friend us on**
Facebook!

facebook

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.