

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

February is American Heart Month!

Now is the perfect time to think about keeping your heart, and your body, healthy!



- **Feed your heart** the right foods! Try to avoid foods that are high in saturated or trans fats. Concentrate on eating at least five servings of fruits and vegetables every day.
- Your heart is a **muscle** and, like all the muscles in your body, it needs exercise to keep it healthy! Try to give your heart a work out every day, for at least 30 minutes but an hour is even better.

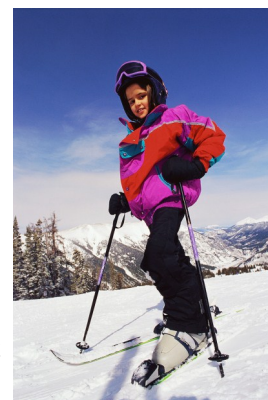
Exercise does not have to be a chore. Activities that get you moving can, and should, be fun! Whether you run around with your friends, dance, have a snowball fight, or play a sport, you're giving your heart a work out.

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

Having Fun and Staying Safe in the Wintertime

There are all kinds of fun outdoor winter activities to enjoy. If you and your family are sledding, skiing, or snowboarding this winter, there are a few things you can do to stay safe and prevent injury while still having fun in the snow.

- Don't forget to **layer!** If the weather warms up halfway through your ski day, you can always peel down to the next layer.
- You *can* get dehydrated in the cold. Remember to pack water bottles and **hydrate** throughout the day, whether you're building a fort or learning how to ice skate.
- Always wear a **helmet** when you hit the slopes. Remember that kids look to adults for what to do. So parents, don't forget your helmet when you pack the hats and gloves.



**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.

Helmets are essential to preventing and reducing head injury suffered while skiing or snowboarding. Ice hockey helmets are better at preventing low-velocity injuries (or not going too fast when you collide with something), and bicycle helmets are better at preventing high-velocity injuries, like when you're downhill skiing.



Sincerely,

Premier Pediatrics

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right to **friend us on**
Facebook!

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