

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

It's not too early to make an appointment for your child's sports or summer camp **physical**.
Call now to schedule!

March is National Nutrition Month!

In eating a healthy diet it is crucial to limit how many empty calories you eat. Empty calories from added sugars and fats contribute to 40% of daily calories for kids. Half of these empty calories come from soda, fruit drinks, desserts, pizza, and whole milk.

Almost everyone needs to eat more **fruits** and **vegetables**. Most fruits and vegetables are naturally low in calories and provide essential nutrients and fiber. When compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts have a reduced risk of serious medical problems as they grow up.



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

- How many fruits and vegetables do you and your kids need each day? [Click here](#) and enter your age, gender, and level of physical activity to find the amount that's right for you!
- Fruits come in all shapes and sizes. How do I know what counts as a cup or a serving? [Click here](#) find the answer!

Are you looking
for a **dentist**
in the area?

[Click here](#) !

When was the last time you went to the DENTIST?

Dental health begins with proper mouth hygiene. Here are some suggestions:

- The best way to maintain your smile is with regular visits to the **dentist**.
 - While every child is different, the American Dental Association [ADA] recommends **regular dental checkups** (every 6 months) to stay ahead of any problems. Make an appointment for you and your child to keep your smiles happy and healthy!
 - When is the last time you **changed your toothbrushes**? The ADA also recommends replacing your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
 - Clean between teeth daily with **floss**. Tooth decay is caused by the bacteria that can still linger between teeth where toothbrush bristles can't reach.
- Eat a **balanced diet** and limit between-meal snacks.



Visit our website

www.Premier4Kids.com

for more information
including other
online resources.



Sincerely,

Premier Pediatrics

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