

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

Call now to schedule your child's **camp physical!**

Worry-Free Fun in the Sun

Summer is almost here! Be sure to protect yourself and your kids from the sun's harmful rays by being smart about **sunscreen**.

- For kids 6 months and older, select a **sunscreen of 30 SPF** and over.
- Don't try to stretch out a bottle of sunscreen to make it last longer. **Slather sunscreen on liberally** to ensure maximum sun protection.
- **Apply 15 to 30 minutes before sun exposure** to form a strong protective layer. Don't forget to apply underneath bathing suit straps and the edges of where bathing suits begin, as they can and will shift throughout the day.
- Apply a **waterproof sunscreen** when swimming. Water reflects and amplifies the sun's rays.
- **Cover up** exposed skin with hats and long-sleeved garments when it isn't too hot.
- **Seek shade** whenever possible when the sun's rays are strongest, between 10 AM and 4 PM.



Make sure the label of the sunscreen you're buying states that it is a **broad-spectrum sunscreen**. A sunscreen labeled broad-spectrum protects against UVA and UVB rays.

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



To learn more about protecting your family from the sun, and for some fun games too [click here!](#)

Visit our website

www.Premier4Kids.com

for more information including other online resources.

Keep your Eyes Cool!



Don't forget about your eyes! The sun can damage them too. **Hats** are always a great option, but the best way to protect your eyes from the sun's rays is to **wear sunglasses**. Always remember that kids want to be like grown-ups! If you wear sunglasses regularly, your kids are more likely to follow your example!

Not all kids enjoy wearing sunglasses, especially the first few times. To encourage them to wear them, **let kids select a style they like**. Many manufacturers make fun, multicolored frames or ones featuring their favorite cartoon characters. Purchase sunglasses with labels that read that they provide **100% UV protection**.



Sincerely,

Premier Pediatrics

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