

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

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



[Click here](#) for more
tips about kid-
friendly gardening!

Visit our website

www.Premier4Kids.com

for more information
including other
online resources.

It's not too early: Call now to schedule your child's **back-to-school physical!**

Grow some summer fun for your little green thumbs!

Are you looking for a fun outdoor activity that your kids can enjoy all summer long? Try building a **garden** together! Kids love getting their hands dirty *and* watching how their effort and care can make things grow.

- Define a small gardening plot for your kids. Have them help decorate the plot with stakes, stones, shells, and painted rocks. You can also make plots out of old toys (wagons, plastic dump trucks, or old pails) and fill them with soil to create your kid-themed garden!
- Choose plants that will offer the most excitement as they grow to keep little ones intrigued. Growing cherry tomatoes, baby carrots, and corn are fun to watch grow and have great snacking potential. Pumpkins are great too. What could be more rewarding than growing your own jack-o-lantern?



June is Bike Safety Month!

Adults and children alike must wear helmets when bike riding! To get your kids excited about staying safe while biking, let them pick out their very own helmets. Helmets are super lightweight and come in lots of cool colors and cool designs.

Once everyone has chosen their helmets, make sure they're wearing them correctly.

- **Keep the helmet level:** do not tip it back and expose the forehead!
- You should not be able to twist the helmet, so make sure the **straps fit snug enough** on the head.
- Check to make sure your new helmets are **ASTM or CPSC certified**. These are organizations that certify consumer product safety.

Due to HIPAA regulations and privacy concerns associated with faxing protected health information (PHI) we are unable to fax forms and school/work notes. Forms will be available for pick up in 5 to 7 business days from the date of request. Should you wish to have the forms/notes mailed to your home, please provide us with a self-addressed stamped envelope, and we will be happy to mail them to you within the established timeframes.



Sincerely,

Premier Pediatrics

Are we friends yet?

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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.