

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 a fact
sheet on **physical
activity guidelines!**

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!**

Staying Fit as a Family



Physical activity doesn't have to be a chore! To keep your kids committed to being active, have them involved in choosing which activities they want to try out. Staying active keeps your whole body strong, including your heart, lungs, muscles, and bones. It also helps maintain a healthy weight. The health benefits that you can gain are just an added bonus compared to all the fun your kids have participating in their favorite sport or activity.

- **Make the time** to be active for at least 1 hour every day.
- **Set goals** to keep your kids motivated. Track their progress together on a calendar or a chart so everyone can admire and appreciate the commitment they've made.
- **Celebrate your kids' accomplishments** and remember that even smaller achievements are worthy of praise.

Beat the Heat!

The best way to beat the heat is to be prepared! Prevent any heat-related health issues by being proactive. There are lots of steps you can take to prevent problems before they even arise:

- **Hydrate** before, after, and during play! This is important to remember regardless of the heat.
- Stick to **cooler areas** when you can. Take breaks in the shade and in the air conditioning to give everyone a chance to cool down.
- **Sprinklers** can offer amazing relief from the heat and are super fun to play in! Remember to apply and re-apply that sunscreen too.
- Dress kids in **weather-appropriate clothing** to avoid over-heating.
- **Never leave a child alone in the car.** A helpful hint: put all the necessities you reach for before you exit your car (like your cell phone, your wallet, and your purse) in the back seat right next to their car seat.



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.