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

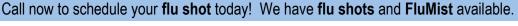


<u>Click here</u> to access the CDC's information about cold vs. flu symptoms.

Visit our website

www.Premier4Kids.com

for more information including other online resources.



Breakfast: Starting the Day Right!



As the first meal of the day, breakfast gets the body going and sets you up for the whole day. Eating breakfast has a positive effect on school performance, according to the American Academy of Pediatrics [AAP].

For a balanced breakfast, try to include foods from at least three of the five food groups:

- Fruits: bananas, apples, oranges
- Grains: whole-grain cereal, bagels, english muffins
- Dairy: milk, yogurt, cheese
- Protein: eggs, lean meat, peanut butter
- Vegetables: 100% vegetable juice, celery sticks, or red and green pepper strips

Try to avoid breakfast foods high in processed sugar: they midway through the morning. They are also a leading

can lead to a sugar crash midway through the morning. They are also a leading contributor to childhood obesity.

The Common Cold vs. the Flu

As viruses, the common cold and the flu (influenza) share many of the same symptoms. This makes it difficult to tell these two illnesses apart. Generally, the flu is "worse" than the common cold. If your child's main complaint is a stuffy runny nose, she more likely has a cold than the flu. The flu is more likely to lead to other complications.



- runny nose
- sneezina
- sore throat
- coughing



Additional Symptoms of the Flu:

- fever
- body and muscle aches
- significant fatigue
- chills

When your child is diagnosed with the cold or the flu, it is most often a viral infection and is not treated with antibiotics. Antibiotics are for bacterial infections; they will not make a cold get better.



Sincerely,

Premier Pediatrics

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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.