

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](#) to access
the CDC's information
about cold vs. flu
symptoms.

Visit our website

www.Premier4Kids.com

for more information
including other
online resources.

Call now to schedule your **flu shot** today! We have **flu shots** and **FluMist** available.

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 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.



Symptoms of the Common Cold:

- runny nose
- sneezing
- 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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right to **friend us on**
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