

### It's time for Pre-K and Kindergarten

► Remember to request forms required for registration such as a 3231 (Immunization Form) and a 3300 (Ear, Eye, and Dental Form).

If you are unsure if your child is due for a checkup, please ask us to verify the last date of his/her last yearly wellness exam.

#### Need quick advice when your child is sick or injured?

Check out our new Symptom Checker, a new widget available on our website 24 hours a day. As always, you are welcome to call and speak to our phone triage staff during office hours. This is what it looks like...check it out and let us know if it's helpful!

Body Area 👻	Keyword Search	Q 8
Select a Body Area		Select a Body Area
		Baby Symptoms
		Head or Brain
		Eye
		Ear
		Nose
		Mouth or Teeth
-		Neck or Back

PRESCHOOL 8 KINDERGARTEN REGISTRATION

# Do you have new

# insurance this year?

If so, please make sure we have an updated copy on file so that we can properly file your child's visit.

#### Vitamin D

Vitamin D is an important nutrient that helps the body absorb calcium from our diet. Vitamin D and Calcium together build bones and keep bones strong.

There are 3 sources of Vitamin D:

1. Food Sources (fortified milk and yogurt, fatty fish like salmon, eggs to name a few)

2. Sunlight (produced in response to sunlight hitting skin)

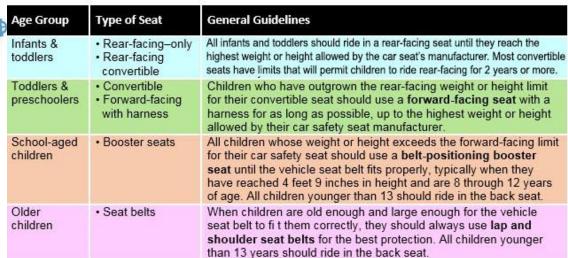
3. Supplements (multivitamins that contain Vitamin D and Vitamin D3) come in the form of pills, gummies, chewable tablets, and liquids

How much Vitamin D does your child need? Children 2 weeks old until 12 months old need 400IU of Vitamin D per day. Breastmilk is a poor source of Vitamin D. Formula does contain Vitamin D, but unless a baby is drinking over 32 ounces of formula per day they do not reach the recommended 400IU. Starting at your 2 week well check your provider will recommend a Vitamin D supplement for your baby.

Children > 1 year of age need 600-1000IU of Vitamin D per day. Supplements of Vitamin D at this age are not typically recommended unless your child does not take the proper amount of food sources listed above. Visit www.health.gov to view amounts of Vitamin D found in food sources.

## Buckle up for safety! Car safety is recommended at every age.

See chart below to make sure your child is riding safely.



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