



## OFF TO COLLEGE!

### THE JUICE ON JUICE

The AAP recommends no fruit juice for children under 12 months of age. Fruit juice encourages cavities and inappropriate weight gain in children due to extra sugar. 100% fruit juice or reconstituted fruit juice can be offered in limited amounts to children over 1 year old. The AAP recommends no more than:

- 4 oz per day, 1 to 3 years old
- 4 to 6 oz per day, 4 to 6 years old
- 8oz per day, 7 to 18 years old

Remember, it is always healthier to offer a fiber rich piece of fruit rather than the juice of the fruit.

### Just Keep Swimming....



#### Just Keep Swimming!

- ✓ Swim safely this Summer! Drowning is the 2nd leading cause of death in children. Sign your child up for swimming lessons at your local YMCA or recreation center.
- ✓ Talk to your child about NEVER going into the water without an adult's permission and supervision. NEVER swim alone. Even the best swimmers need buddies.
- ✓ Keep a close watch on your children, even if there is a lifeguard present.
- ✓ Stay out of the water during lightning storms.
- ✓ If you have a pool in your yard, it should be fenced in and locked.
- ✓ If riding in a boat, your child should wear a personal flotation device.
- ✓ Always be aware of your surroundings.

## Protect that skin!

- Avoid exposure to harmful ultraviolet rays. Stay in the shade whenever possible, limit sun exposure between the hours of 10am-4pm, and apply sunscreen. Sunscreen should be SPF of 15 or greater. Reapply sunscreen every 2 hours and after swimming.
- For infants under 6 months of age use sunscreen only when necessary. Dress your young baby in a hat, lightweight long sleeves and pants, and keep them in the shade.
- Treat sunburns with :
  - A cool shower or bath, cool compresses to the skin
  - Ibuprofen or acetaminophen for pain
  - Aloe gel for additional comfort
- Be sure to cover all sunburned areas until healed.
- Call our office if your child's sunburn has blisters or facial swelling.

Congrats! High school graduation, preparing for college, and moving away from home can be exciting and stressful for both kids and parents. Get ready by:

- Making sure your college student has medical insurance after high school. Kids may be covered under parents' health insurance through age 25, in most cases.
- Recommending your young adult have a checkup before leaving for college. We can provide vaccines, complete forms, and provide additional testing as required.
- Having your child update their own patient information in our office. Starting at age 18, our patients are considered adults in the medical community and have to choose with whom their medical information is shared with.
- Having conversations about peer pressure, drug and alcohol use, and good decision making. If appropriate, make sure your teen knows where to go for reproductive health care.



Check out our new Check In

When you schedule your child's next appointment you will receive an email from us that will allow you to check-in before your child's appointment. **If you do not complete the "Pre-Check", you MUST arrive 15 minutes before the appointment.** Using Phreesia eliminates the need to fill out all those paper registration forms and expedites wait time. You have the ability to update demographics, review medical history, sign yearly consent forms, and make payments electronically— all from the privacy of your home, car or office. We will also be sending a post-visit survey. We value your input on how we can continue to serve you.