

Johns Creek Pediatrics, P.C.

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Children, Our Bridge to the Future

Pediatric Pages

Back to School 2011 Edition



The school year is well under way and the crisp days of autumn are upon us. This can be a stressful time of year, as school work becomes harder and schedules are packed with homework and extra-curricular activities. How can you help your child transition into a successful year? Establish routines such as a consistent bedtime and regular healthy meals. Encourage your child to eat a healthful breakfast. Many children say they don't feel hungry in the morning. A fruit smoothie may be a quick compromise. Try to get up early enough that your child doesn't feel rushed. Starting the day "stressed" isn't good for anyone! Plan ahead by getting homework packed, clothes picked out and lunches made the night before. Packing lunch is often a better option — you can pack your child's favorite healthy comfort foods and know what they are eating. Check out www.laptoplunchboxes for great ideas! If he buys lunch, talk about making healthy choices, but allow your child to make his own selections. If after school activities have you sitting in traffic, bring a snack and work on homework like spelling words and math facts. Try to eat an at-home family meal at least three nights a week. The family meal gives you an opportunity to spend time communicating with each other and eating healthy. If you find yourself eating out more often than you would like, look for healthier selections like soup and salad or sub sandwiches. Teach children to manage portions by sharing the meal or dividing food at the beginning of the meal into a take-home container. Avoid sugary drinks and snacks. Make snack time count toward good nutrition by offering carrot sticks, apple slices, yogurt and other healthy selections.



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Check Our Website!

www.johnscreekpediatrics.net

- Schedule advance appointments
- Request prescription refills
- Request school forms
- Updated regularly with news



Office Hours

- ☉ Monday through Friday
8:30 am—5:00 pm
- ☉ Saturday Same Day Sick
Appointments 9:00-11:30

Flu Shots
and Flu Mist
are in!



Johns Creek Pediatrics

10 YEAR ANNIVERSARY!



Johns Creek Pediatrics, P.C.

come help us celebrate. join us for food & fun.
saturday, sept. 17, 2011 from 12 pm - 4 pm

4395 Johns Creek Parkway, Suite 150, Suwanee, GA 30024

