

Pediatric Practices of NE PA

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Honesdale Office
 1837 Fair Ave.
 Honesdale, PA 18431
 570-253-5838

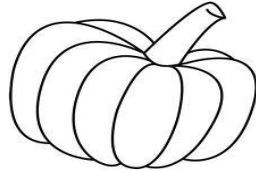
Waymart Office
 27B Woodlands Dr.
 Waymart, PA 18472
 570-488-9550

Sterling Office
 62 Industrial Park Rd.
 Lake Ariel, PA
 Sterling, PA 18436-5606
 570-689-7565

Milford Office
 Westfall Professional Plaza
 396 Routes 6 and 209
 Milford, PA 18337-9490
 570-296-4901

Visit us on the web at
www.pediatricpractices.com

Fall is Here!



Happy Fall! It's that time of year again...the leaves are changing, the air is cooler, and the kids are back in school. Our fall newsletter is full of information to help children and parents start the school year off on the right foot with safety tips, school lunch ideas, and much more. We wish all of our PPNP families the best of luck in the school year ahead! •

Back to School Tips

Backpack Safety

Backpacks are used by many children to transport their belongings to and from school. They can put children at risk for neck, shoulder, and back injury if they do not fit the child properly or are too heavy. The following recommendations can help prevent backpack related injuries:

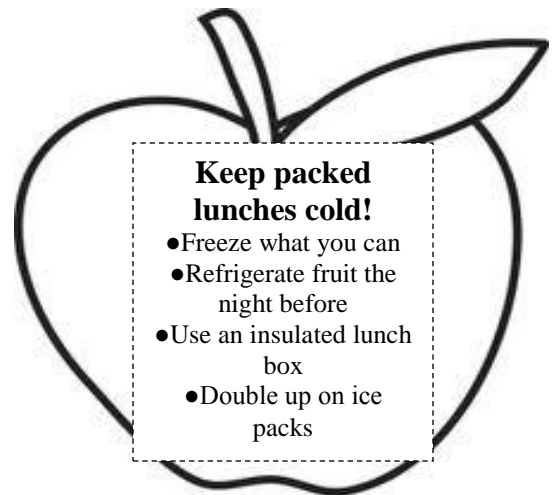
1. Choose a backpack with wide, padded shoulder straps and padded back.
2. Pack light. Organize the backpack to use all of the compartments. Pack heavier items closest to the center of the back. It should not weigh more than 10% of a child's body weight.
3. Always use **both** shoulder straps. If your school allows, consider a rolling backpack. (aap.org) •

Before and After School Childcare

Many families are unable to be with their children before or after school depending on their schedule. The American Academy of Pediatrics recommends that during early and middle childhood, supervision is needed. A responsible adult should be available to get children ready and off to school in the morning and watch them after school until a parent or guardian arrives home.

Children approaching adolescence (11-12 years old) should not come home to an empty house. If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have a set time when they are expected to arrive home and should check in with a neighbor or with a parent by telephone.

If you choose a commercial after-school program, inquire about the training of the staff. There should be a high staff-to-child ratio, and the rooms and playground should be safe. (aap.org) •



Keep packed lunches cold!

- Freeze what you can
- Refrigerate fruit the night before
- Use an insulated lunch box
 - Double up on ice packs



Learning is a treasure that will follow its owner everywhere. ~Chinese Proverb

Developing Good Homework and Study Habits

Creating an environment that is conducive to doing homework is vital to your child's success. Children need a permanent work space in their bedroom or another part of your home that offers privacy. Make sure enough time is scheduled for homework, establish a rule that the TV is off during homework time, and make sure computer and internet use is supervised. Parents should be available to answer questions and offer assistance, but should never do their child's homework for them. Take steps to alleviate fatigue during homework time by taking short breaks, stretching, or closing the book for a few moments. If your child is struggling with a particular subject and you are unable to help yourself, talk to your child's teacher. A tutor can be a good solution. (aap.org) •

School Bus Safety

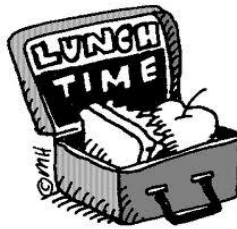
It is important to review a few basic rules with your child to ensure their safety when riding the bus to and from school.

- They should wait for the bus to stop before approaching it from the curb.
- If they need to cross the street to get to the bus, they should check that no other traffic is coming before crossing the street and they should always remain in clear view of the bus driver.
- Reinforce the importance of your child boarding and exiting the bus at locations that provide safe access to the bus or school building.



- If your child's school bus has seat belts, make sure your child uses one at all times. If the bus does not have seat belts, encourage the school to buy or lease buses with them.
- Remind your child to not move around on the bus and stay in their seat. (aap.org) •

School Lunch Idea!



Instead of packing a sandwich every day, mix things up for your children by packing a wrap using a tortilla. A variety of ingredients can be used in the wrap to fit your child's taste buds. Here is an example:

Turkey Wrap

- 2 tsp. honey mustard
 - 1 tortilla
 - 2 slices fat-free oven roasted turkey breast
 - 1 slice reduced fat American cheese cut in half
 - ¼ cup shredded carrot
 - 1 large romaine lettuce leaf
- Spread mustard evenly over tortilla. Top with turkey, cheese, carrots, and lettuce. Roll up and cut in half. •

Bullying

Bullying is when one child picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the internet. Your child may be getting bullied, they may be the bully, or the bystander to a bullying situation. Learn how to teach your child to respond to such situations by visiting <http://www.aap.org/advocacy/releases/auschool.cfm> or <http://kidshealth.org/parent/> . •

What's Happening at PPNP?

Does your child need to be seen today?

When your child is ill or injured and needs to be seen that day, please phone our office for an appointment. Our office is your child's medical home and it is our privilege to provide healthcare to your child. When they are hurt or not feeling well, our staff will do their best to make them feel safe and comfortable. As pediatric specialists we are in the best position to know what tests and medications your child truly needs.

We recognize in our 24/7 world your time is valuable as well. Our staff will make every effort to arrange a same day appointment at a time that works well for your family. Our offices are generally staffed from 8:00am to 5:00pm. However we are on call 24/7 for emergent visits.

Thank you for your confidence in our pediatricians, nurse practitioners and physician assistants. We look forward to serving you and to continue to earn your trust in the future.

Our Practice is a Certified Medical Home

A Medical Home is a way to improve care to children with special health care needs. It promotes health care professionals and families working together. To learn more visit www.pamedicalhome.org or contact Patti Howell R.N., Medical Home Coordinator for PPNP, at 570-647-6462 or by e-mail at patti@ppnp.pcc.com.

Reminders:

- **Flu vaccines will be available this fall.**
- **Don't Forget to Schedule your Child's Yearly Physical!**

Parent Partner Group

Next Meetings: September 12, 2011 and December 5, 2011 at 7:00 pm, Sterling Office