

JBER Pediatric Newsletter

August 2016



Back to School Time!

Developing Good Homework and Study Habits

- Create an environment that is conducive to doing homework. Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.
- Schedule ample time for homework.
- Be available to answer questions and offer assistance, but never do a child's homework for him/her.
- If your child is struggling with a particular subject, and you aren't able to help him/her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.
- Some children need help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.
- If your child is having difficulty focusing on or completing homework, discuss this with your child's teacher, school counselor, or health care provider.

Choose the Right Backpack to Prevent Injury!

- Wide, padded shoulder straps
- Two shoulder straps
- Padded back
- Waist strap to redistribute weight
- Lightweight backpack

Don't Forget:

- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.
- Tighten the straps so that the pack is close to the body. The straps should hold the pack two inches above the waist.
- Pack light. The backpack should never weigh more than 10 to 20 percent of the student's total body weight.
- Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back.



Did You Know?

Each 12-ounce soft drink/juice contains ~10 tsp of sugar and 150 calories. Drinking just 1 can of soda a day increases a child's risk of obesity by 60%!



Strep Throat Walk-In Clinic

Ages 3 and older

0800-1000

1300-1500

Shot Schedule

Well Visits

Birth	2 day
	2 week
2 months	2 months
4 months	4 months
6 months	6 months
	9 months
12 months	12 months
18 months	15 months
4-6 yrs	18 months
11 yrs	yearly from 2 - 18 yrs old
16 yrs	

JBER Immunization Clinic

MWF 0730-1130 and 1245-1615

Closed every 3rd Thur of the month
1130-1630

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Healthy Sleep Habits



Childhood Sleep Guidelines

The American Academy of Sleep Medicine (AASM) provides some helpful guidelines regarding just how much sleep children need at different stages in their development.

Recommended Amount of Sleep for Pediatric Populations*

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).
Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. *J Clin Sleep Med.* 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

Healthy Sleep Habits

- Make sufficient sleep a family priority!
- Keep to a regular daily routine.
- Be active during the day.
- Monitor screen time: keep all screens out of kids' bedrooms and turn all screens off 30 minutes before bedtime
- Don't put your child to bed with bottle of juice, milk, or formula
- Learn to recognize sleep problems: most common problems in children include difficulty falling asleep, nighttime awakenings, snoring, stalling resisting going to bed, sleep apnea, and loud/heavy breathing while sleeping

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Infants: Back to Sleep

Since 1992, when the American Academy of Pediatrics began recommending this sleep position the annual SIDS rate has declined more than 50 percent.

Putting the baby down on her back applies to infants throughout the first year of life. However, it is particularly important during the first six months, when the incidence of SIDS is the highest.

Avoid placing your child on soft, porous surfaces such as pillows, quilts, comforters, sheepskins, or bean bags, which may block baby's airway if the face is burrowed in them.

Pacifiers also may help reduce the risk of SIDS.



<http://www.healthlychildren.org>