



# BACKPACK NEWS

## KIDS & TEENS

### Well-Child/Annual Exams

It's very important for children, teens, and young adults to visit their Primary Care Provider **yearly** (*between 3 years and 21 years old*) in order to complete a 'schedule' of recommended screenings and assessments as set by the American Academy of Pediatrics (AAP).

In addition to the screenings and the assessments, the benefits of annual visits include:

- **Tracking Growth and Development**

*See how much your child/teen has grown since their last visit, and you are able to discuss different milestones, social behaviors, learning and if immunizations are needed.*

- **Immunizations**

*On-time vaccination is important because it provides an immunity before children/teens are exposed to various diseases. The Center for Disease Control (CDC) and American Academy of Pediatrics (AAP) have set up a vaccination schedule, and schools require a certificate of completion in order to enroll your child in school.*

- **Raising Concerns**

*Annual visits are a great opportunity for you to bring up concerns to your child/teen's Primary Care Provider. These concerns may include nutrition, exercise, behavior, and sleep.*

- **Team Approach**

*Having regular and yearly visits creates rapport and a strong and trustworthy relation between the child/teen, parent and provider.*

Many insurance companies provide Well-Child Visits at no cost, but it's always important to double-check with your insurer .

### Summer Fun in the Sun

One of the best parts of summer is spending time outside soaking up the rays and Vitamin D. It's important to manage your sun exposure, and here are a few tips to help:

- Wear sunscreen with a Sun Protection Factor (SPF) of at least 15 even if it's cloudy outside. Reapply every 1 ½-2 hours if you sweat a lot or are swimming.
- The sun is strongest between 10a and 4p, so don't be afraid to take indoor breaks during this time, wear a hat and drink lots of water.
- Protect your eyes and face by wearing a hat and sunglasses (and don't forget your face with sunscreen!)
- Some medications can increase your sensitivity to sun—be aware of any side affects!

### Water Safety

- Kids should always have adult supervision while swimming and should never swim alone.
- Be sure to follow all rules at pools/beaches and listen to lifeguards.
- Do not swim during bad weather.
- Ponds and lakes may have jagged rocks, broken glass, trash, weeds and grass that should be paid attention to.
- When on a boat, a Coast-Guard approved life jacket should be used by everyone

### Tips to improve your memory

Kids--have you ever lost your homework or forgotten how to do a math problem?  
Teens—have you ever forgotten where you parked at school? Everyone forgets things, and it can be frustrating. The following ways are things you can do to sharpen your memory and improve your brain health at any age:

#### **Sleep well**

Sleep allows your brain to rest and organize your memories from the day. Sleep gives you energy, improves your mood and your immune system, and can help with how well your brain works.

#### **Stay mentally active**

Like the muscles in your arms and legs, your brain should get exercise too. Some ideas are doing a puzzle, walking or driving a different way and reading.

#### **Eat a healthy diet**

What you eat during the day gives your body energy to run, play and learn. Our brains are constantly working, thinking and processing, and it's important to get plenty of variety in the foods we eat. Make sure to load your plates with lots of fruits, vegetables, whole grains and proteins to keep your brain happy.

#### **Stay connected**

Spending time with your friends and family members can help your brain too! When you spend time with people you care about, it can help you feel happier and keep stress and anxiety lower, which helps your brain!

#### **Get moving**

Moving your body increases blood flow to your brain, and it can help keep your memory sharp. Gym class, playing sports, or playing outside with your friends all counts as movement!

Source: ALZ.org

[FortHealthCare.com](http://FortHealthCare.com)