



Remember Your Child's Health as School Starts

You've got the pens, the notebooks, and fresh, new clothes. But what have you done to look after your children's health as they head off to school? Keep your child on the right track to health this school year.

Be a Lunchbox Hero

Fill lunchboxes with colorful fruits and vegetables. Switch juices and sodas for water. Consider substituting white bread for whole grains to add more fiber.

Prepare With Good Sleep Hygiene

School-aged children need at least 10 hours of sleep every night. Teens need between 9 and 10 hours. Remove screen devices from their rooms at night, like cell phones, tablets, computers, TVs, and other gadgets.

Immunize, Immunize, Immunize

Vaccinations save children from unnecessary pain, illness, and death. Be sure your child's immunizations are up-to-date for their safety, and for the safety of others.

Flu Shots

Everyone above 6 months old should be vaccinated every year to control the spread of flu, according to the CDC. Ideally, get your family vaccinated before

October, the start of the flu season.

Staying Physically Fit

Kids need at least an hour a day to exercise. Set limits on TV-watching, video game time, and similar low-energy activities. Help kids get more physical activity to maintain a healthy weight, sleep better, and feel less stressed.

Battling Backpack Burdens

Lightweight backpacks with waist belts and padded backs can help lighten the load. Using both shoulder straps is also a good idea.

Sick at School? Have a Plan

When parents cannot leave work, they should prepare a backup plan that includes a trusted family member or friend who can care for your child, or bring them to a babysitter or child-care facility flexible enough to take sick kids.

Prepare for Emergency Medication

Give school staff specific instructions on how to medicate your child. Also consider asking your pharmacist to put your child's medication into two labeled bottles - one for use at home, the other to be kept at school. And remember that when it comes to transporting medication, make sure adults are in

charge until your child is mature and responsible enough to handle the job.

Allergy Awareness

Common classroom allergy triggers include mold, dust mites, and chalk dust. Food allergies also present a challenge.

Time for Glasses?

Vision problems may create barriers to learning. Watch for signs of problems like squinting, rubbing eyes, sitting too close to the television, frequently losing their place while reading, closing one eye to see better, and frequent headaches. A yearly eye exam is recommended.

Stop Bullying

Teach your children to tell you and other trusted adults if they are being harassed or see harassment of others, and to be kind to bullied kids. Experts do not recommend fighting back.

Schedule a Checkup

It's a good idea for kids to have a yearly checkup to keep up with their growth progress and other health concerns. From birth until early adulthood, doctors recommend that children be seen annually to check on their progress.

Source: WebMD



When it comes to vaccinations, the providers at Legacy fully support timely and complete immunization of all infants, children, adolescents, and adults to maximize their health and wellbeing in all stages of life. Vaccines have proven to have minimal risk and dramatically decrease the chances of contracting serious diseases.

Legacy provides back-to-school vaccinations, as well as both basic and sports physicals.

Call Legacy to set up an appointment today!

Changes to Child Safety-Seat Law: The 5-Step Test

A child can ride safely *without* a booster seat when you can say YES to all 5:



To ride safely, most kids need a booster seat until age 10-12.

A child who is at 9 years old or has outgrown the height or weight limits of the child safety seat or booster seat as set by the child safety-seat manufacturer must be restrained with a lap shoulder seatbelt on the vehicle seat. The seatbelt must fit correctly: correct fit meets the 5-step test.

Source: Louisiana Passenger Safety Task Force