

PONDEROSA PEDIATRICS AT YRMC PHYSICIANCARE

Inspired.

Five Back-to-School Health Tips



1

Reassure your child that new rules at school are to keep everyone healthy.



2

Practice proper handwashing together.



3

Transition bedtime before school begins so your child is well rested for learning.



4

Get well checks and vaccines to start the year healthy.



5

Eat a healthy, well-balanced diet.



YAVAPAI REGIONAL MEDICAL CENTER
PHYSICIAN *care*

PONDEROSA PEDIATRICS

PonderosaPediatrics.com

YRMCHealthConnect.org

