

4 Summer Tips to Keep Your Family Safe



Georgia summers get really hot and really humid. So it's very important to adhere to summer safety tips that will keep your entire family prepped for the rest of the summer.

Here's our top four tips on what you'll need to consider:

1. **Avoid leaving kids in the car.** Between 1998 and 2013, there were more than 600 heat stroke deaths as a result of children left in hot cars. Even if windows are cracked and you're "coming right back", it's never a good idea to leave infants and children in a hot car. If you see children left unattended in a car, dial 911.
2. **Protect your child's skin.** Newborn babies should always be kept in the shade and not in direct sunlight. For babies 6 months and older, start good habits early by protecting your child with sunscreen. The sun is strongest between 10 a.m. and 4 p.m. so keep that in mind when your kids want to play outdoors. Children should wear sunscreen not only on sunny days but also cloudy days. It's not the sun that can damage the skin, it's the sun's ultraviolet (UV) rays so keep your kids protected with sunscreen at all times.
3. **Water safety in and out of the home.** Here's a scary fact. Drowning is the leading cause of accidental injury and death among American children ages 1 to 4. For pools and beaches, children should always be supervised and you can also schedule your child for swimming lessons so they know the basics of how to float and glide. At home, remember that young children need 100% of your attention around water. Be sure to drain water in sinks and tubs after cleaning or bathing children.
4. **Stay hydrated.** When the temperature and humidity are both above 70, you enter the dehydration danger zone, the American Health Association says. You and your family should sip frequently from a water bottle, and drink before, during, and after vigorous activity.

Back to School Physicals

The kids will be going back to school really soon and it's time to schedule those Back to School Physicals!

Depending on your child's school district, requirements for routine physicals may be different. If your children are participating on sports teams, be sure to schedule early for their physicals before the start of the school year. It's good to plan now and get ahead of the pack before this fall's rush to the doctor.

New Practice Now Open

Princeton Lakes Pediatrics is pleased to announce the opening of our new location.

Location: 2953 North Cobb Parkway Suite 16 /17
Kennesaw, GA 30152

Appointments: 678-483-6880

Hours: Monday – Friday
8:30 a.m. – 5 p.m.

New Clients & Referrals Welcome!

At the Beach

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H S I F Y L L E J D R D N A S
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BALL	FISH	SANDCASTLE	SUNBLOCK
BOAT	JELLYFISH	SEAGULL	SURF
BUCKET	OCEAN	SEAWEED	SWIMSUIT
CRAB	PIER	SHELLS	UMBRELLA
DOLPHIN	SAND	SHOVEL	WHALE

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Office Hours

Princeton Lakes Office

Monday 8:30 am—5:00 pm

Tuesday 8:30 am—5:00 pm

Wednesday 8:30 am—5:00 pm

Thursday 8:30 am—5:00 pm

Friday 8:30 am—3:00 pm

*closed for lunch daily from 12:30 pm — 1:30 pm

Kennesaw Office

Monday 8:30 am—5:00 pm

Tuesday 8:30 am—5:00 pm

Wednesday 8:30 am—5:00 pm

Thursday 8:30 am—5:00 pm

Friday 8:30 am—5:00 pm

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