

## Back To School Safety Tips

School is back in. And during this time of year, it's very important to keep up with the checks-and-balances of what your kids should be doing while at school and after school. Keeping that in mind, we wanted to share a few helpful reminders.

**Traveling to School Safely.** If your child rides the school bus, teach them to always board and exit the bus at locations that provide safe access to the bus or to the school building. Remind your child to wait for the bus to stop before approaching it from the curb. And make sure your child walks where he or she can see the bus driver (which means the driver will be able to see him or her, too). If your child's school bus has lap/shoulder seat belts, encourage your child to wear it at all times. If your child walks to school, ensure that it is on a safe route with well-trained adult crossing guards at every intersection. Also dress your child in bright-colored clothing to be more visible to drivers.

**Watch for Signs of Bullying.** Help your child learn to respond to bullies by either walking away or staying calm in a difficult situation. Teach your child when and how to ask a trusted adult for help, and alert school officials to problems and work with them on solutions. If your child is the bully, set firm and consistent limits on your child's aggressive behavior and be sure your child knows that bullying is not okay.

**Help Develop Good Homework and Study Habits.** To foster good study skills for you child, 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. Ensure they have ample time scheduled for homework and consider creating a household rule that requires tv and other electronics to stay off during homework time. If your child needs to use the Internet for a homework assignment, monitor his or her Internet use and be available to answer questions and offer assistance but never do you child's homework. If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

*Source: American Academy of Pediatrics*



## Follow Us On Facebook

Princeton Lakes Pediatrics now has a Facebook page. We'll be utilizing Facebook to keep you in the loop about important announcements, health updates, upcoming events, and any changes to our practice that may affect patient care. Please go to Facebook and "like" our page. And if you have a business, send us a message and we'd be happy to "like" your page too.

Visit [www.Facebook.com/Princeton-Lakes-Pediatrics](http://www.Facebook.com/Princeton-Lakes-Pediatrics)

## Register On Our Portal

We have an important announcement. Athena Healthcare is now the administrator for all Electronic Medical Records at our office. If you haven't already, please register on our Patient Portal to keep your patient information current. If you have not re-registered on the Patient Portal within the past 30 days, you will be required to register again with a new login and password. Please contact our receptionist or Office Manager if you have questions or visit [www.PrincetonLakesPeds.com](http://www.PrincetonLakesPeds.com) and click "Patient Portal" to get started.