

Kootenai Member Health & Wellness Clinic

CLINIC NEWSLETTER

AUGUST 2024 | LET'S TALK: BACK TO SCHOOL

BACK TO SCHOOL HEALTH CHECK

As we gear up for another exciting school year, let's ensure our kids are ready to thrive both mentally and physically! Here are some tips to keep in mind:

- Establish a consistent sleep schedule.
- Encourage a balanced diet full of fruits and veggies.
- Promote regular physical activity.
- Support open communication about their feelings and concerns.

Together, we can help our children have a happy, healthy, and successful school year!



MENTAL HEALTH AT EVERY AGE

School can be a source of some very big feelings for kids, especially at the end of a fun summer! It's essential to focus on kids' mental well-being. You can create a supportive environment where kids feel safe to express their emotions by:

- ❑ Check-in regularly and ask how they're feeling.
- ❑ Encourage them to participate in activities they enjoy.
- ❑ Teach stress management techniques like deep breathing or journaling.





FUEL FOR SCHOOL SUCCESS

Physical health is key to academic success. Healthy bodies lead to healthy minds! Let's get this school year started on the right foot.

Ensure your kids are ready for school by:

- ❖ Packing nutritious lunches and snacks.
- ❖ Encouraging regular physical activity, whether it's sports, dance, or playground fun.
- ❖ Setting up a routine that includes plenty of sleep and hydration.
- ❖ Getting a sports physical at your PMR Clinic.

Happy Labor Day

The Clinic will be closed
Monday, Sept 2nd



Did you know that we can do school and sports physicals at the clinic? Schedule an appointment to prep for fall sports!

Need an appointment? Have questions?

Call 208-686-3371

Email pmrkootenaicounty@pmrhealthcare.com

Go online to www.pmrkootenaicounty.com

Use Code: *KCmedical24!*

Visit 920 W Ironwood Dr, Ste 206, Coeur d'Alene

Open 8a - 5p, Monday through Friday