



Fun in the Sun



Warm and sunny days are here and inviting us all to spend more time outside. Spending time playing and exercising outdoors is so important, but it is also important to protect yourself from the sun's harmful rays.

[How to protect your family](#)

Water Safety

Accidental drowning is one of the leading causes of injury and death in children. During the summertime, we spend an increased amount of time in and around water. Whether your child is swimming in a pool, ocean, lake, or river, or even if your child is just taking a bath, learn how to best keep your child safe in and around water.

[Learn more](#)

Soothe a Sunburn

Sunscreen should always be your first line of defense against the sun, but even with sunscreen, burning is still possible. In fact, most people do not use enough sunscreen or do not reapply sunscreen often enough since there are no warning signs while a burn is occurring. So, what is the best way to prevent and treat sunburn?

Learn more

PRACTICE NEWS: Our schedule is open through September. Call to schedule your child's wellness visit before we are booked!



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