



TIPS FOR A SCREEN-LIGHT SUMMER

Why Reduce Screen Time?

Excessive screen time has been linked to various health concerns, including obesity, poor sleep quality, decreased physical activity, and impaired social skills. By limiting screen time, we can foster a well-rounded childhood experience, allowing children to explore the world around them, engage in physical activities, and develop essential life skills.

[A Parent's Guide to Media Use](#)



AAP Recommendations:

- No screen time for children under 2 years of age
- One hour per day for children 2-12 years old
- Two hours per day for teens and young adults



Inspiring Kids to Stay Active

Why Get Up and Move?

With the increasing influence of technology and sedentary lifestyles, encouraging kids to stay active has never been more important. Not only does staying active have benefits to your physical health but it's also advantageous for mental health. So, let's dive into some exciting ways to inspire your children to lead an active and healthy lifestyle!

[A Parent's Guide to Staying Active](#)



PRACTICE NEWS

END OF THE PUBLIC HEALTH EMERGENCY

The Public Health Emergency (PHE) for COVID-19 expired. So... what does that mean?

- Masking in the office is now optional for ALL appointment types

- Sick visits will still check in from the car while wellness visits will check in inside the office and utilize the waiting rooms
- Check your insurance coverage for telehealth visits and COVID-19 testing prior to scheduling an appointment, as these may no longer be covered at 100%



SCHEDULING

- We are open for scheduling through September
- We will be closed on the Fourth of July



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