

The Pharmacy

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BACK TO SCHOOL

A new school year is just around the corner, bringing new uniforms, new books, and new opportunities. As parents and kids navigate this busy and often stressful season, health and wellness often get overlooked. This month, we're making it easy with a checklist to help you stay healthy inside and out.

BACK TO SCHOOL

CHECKLIST

- ✓ **Routine Checkups:** Schedule regular health checkups and immunizations before the school year starts.
- ✓ **Healthy Breakfast:** Start each day with a nutritious breakfast to boost energy and focus.
- ✓ **Stay Hydrated:** Pack a reusable water bottle to keep your child hydrated throughout the day.
- ✓ **Adequate Sleep:** Ensure kids get 9-11 hours of sleep (for children) and 8-10 hours (for teens).
- ✓ **Balanced Diet:** Include a variety of fruits, vegetables, whole grains, and lean proteins in meals.
- ✓ **Handwashing:** Teach proper handwashing techniques to prevent the spread of germs.
- ✓ **Physical Activity:** Encourage at least 60 minutes of physical activity daily, including recess and after-school play.
- ✓ **Screen Time Management:** Limit recreational screen time and promote other activities like reading or outdoor play.
- ✓ **Mental Health:** Check in regularly with your child about their feelings and stress levels. Practice relaxing activities together.

THE SPOTLIGHT'S ON:



COGNITIVE DEVELOPMENT



Cognitive development is the growth of thinking and reasoning abilities.

Children aged 6 to 12 think in concrete ways, such as combining, separating, ordering, and transforming objects and actions.

During adolescence, more complex thinking begins. Teens develop abstract thinking, form new ideas or questions, consider multiple viewpoints, and debate ideas or opinions. They also start to reflect on the process of thinking itself.

PROTECT THEIR DEVELOPING EYES



NATURE FOREYES



NOURISH THEIR GROWING BRAINS



OLIVIE
BABY/KIDS
EXTRA VIRGIN
OLIVE OIL

**NATURAL
SOURCE OF
OMEGA 3
+ OMEGA 6**

**DID YOU
KNOW?**

INTERESTING FACT

Children with involved parents tend to perform better academically. They get higher grades, score better on tests, and are more likely to graduate from high school. A meta-analysis of 50 studies found that parental involvement was strongly linked to higher academic achievement.

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