

# Dear Parents and Guardians,

We are excited to share our Pediatric Care Program's health tips and resources to support the well-being of your children.

## Health Tips:

- **Nutrition:** Encourage a balanced diet with plenty of fruits and vegetables.
- **Physical Activity:** Aim for at least 60 minutes of active play each day.
- **Hydration:** Ensure your child drinks plenty of water throughout the day.
- **Sleep:** Establish a consistent bedtime routine for adequate rest.
- **Screen Time:** Limit screen time to no more than 1-2 hours per day.

## Resources:

For additional support and information, please visit the following resources:

- [American Academy of Pediatrics](#)
- [CDC - Children's Health](#)
- [KidsHealth - Information for Families](#)

Thank you for your commitment to your child's health. If you have any questions, please don't hesitate to reach out!

**Sincerely,**

The Pediatric Care Team