

Dr. Mary's Corner



AUG./SEPT. Healthy Habit

Welcome to Dr. Mary's Corner! Each month Dr. Mary Mason, mother of three and Founder of Little Medical School®, discusses a Healthy Habit that you and your family can practice! This month the new school year starts for many children, so Dr. Mary is discussing **Healthy Back-To-School Habits!**



Healthy Back-To-School Habits

★ EAT A NUTRITIOUS BREAKFAST!

Breakfast helps children refuel and give them energy for their busy school day.

yogurt parfait oatmeal w/ fruit egg + veggie wrap

fruit smoothie toast w/ peanut butter + banana

french toast w/ fruit mini omelette

★ WEAR YOUR SEATBELT!

Encourage your children to buckle up, here are some tips:

talk to them about the importance of seatbelt safety

make a sticker chart join them in buckling up

★ DEVELOP AN AFTER-SCHOOL ROUTINE!

Consistency is key - here's an idea for a healthy after-school routine:

1. healthy snack 2. homework time 3. play time/physical activity

4. dinner time 5. get ready for bed 6. bed time

★ AFTER-SCHOOL PROGRAMS AT LITTLE MEDICAL SCHOOL!

Our programming goes beyond the textbooks! Through hands-on activities, interactive demonstrations, and role-play, we are **INSPIRING** young minds. Register your child today.

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