

## Important numbers to remember



### STAY HYDRATED.

Many injuries occur when fatigue sets in from dehydration. Drink plenty of water before, during and after physical activity.

### RECOGNIZE INJURY AND GET HELP EARLY.

Injuries occur when repetitive actions put too much stress on the body and start to cause pain. Watch for symptoms like sore/swollen joints, shoulder pain, tight lower back or pain from physical activity. These symptoms can worsen over time if not taken care of properly. Call the team at AMG Sibley for guidance.

### WEAR PROPER FOOTWEAR.

There's a proper shoe for every sport! Making sure your child's shoe fits properly, is comfortable, and has enough support to avoid injury.

### REST AND RECOVER

Every athlete needs time to recover after the big game or an exceptionally difficult workout. They need to take that time and not overwork themselves. If an injury occurs, schedule an appointment with your primary care provider.

They may schedule physical therapy to help with recovery.

## Avera Medical Group

Call 712-754-3658  
to schedule **well-child/physicals**  
600 9th Avenue N, Sibley, IA



## Osceola Community Health Services

Prevent. Promote. Protect.

Call 712-754-4611  
to schedule **immunizations**  
115 Cedar Lane, Sibley, IA



## Osceola REGIONAL HEALTH CENTER

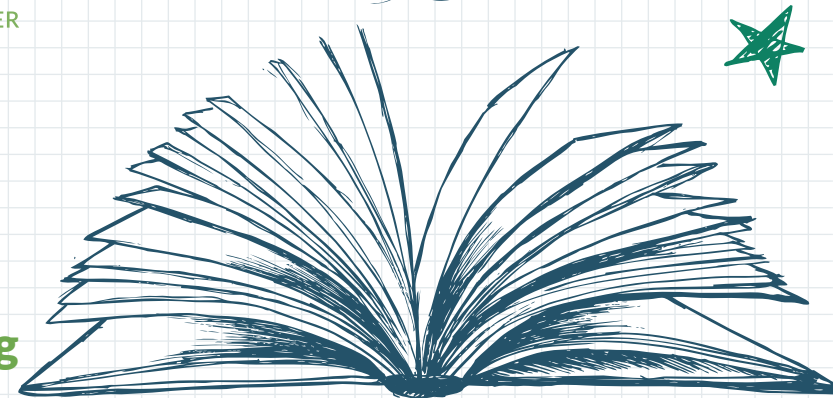
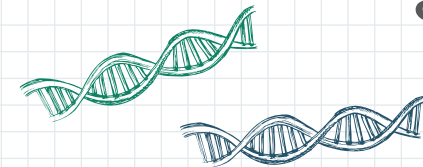
AN AVERA PARTNER

Call 712-754-5368  
to schedule **physical therapy**  
600 9th Avenue N, Sibley, IA

MORE INFORMATION ONLINE:  
[www.osceolarhc.org](http://www.osceolarhc.org)



your  
**everything**



# One month

before school starts

## SCHEDULE APPOINTMENTS

**DID YOU KNOW?** Many insurance plans cover the entire cost of a yearly preventive well-child visit and many preventative immunizations.

If that is not an option for you, sports physicals are available at Avera Medical Group Sibley for only \$25.

## WELL-CHILD VISIT/SPORTS PHYSICAL

Call 712-754-3658 to schedule an appointment at AMG Sibley.

## IMMUNIZATIONS

Call 712-754-4611 to schedule your child's immunizations at Osceola Community Health Services.

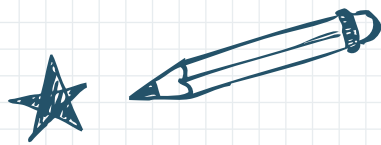
## VISION SCREENING

## DENTAL SCREENING

**IMPORTANT NOTE:** While at the appointment, get copies of medical forms needed. Many schools request documentation of vaccine records and latest physical information.

## AUDIT LAST YEARS' SUPPLIES

Before shopping for this year's school supplies lists make sure it's not something you already have from last year. Chances are you have some items that can be reused.



# 2-4 weeks

before school starts

## MAKE A LIST OF HEALTHY MEAL IDEAS

Making a list now will be one less thing to think about later.



## ORGANIZE YOUR HOME

Designate a spot in your home for your child/children to put their backpacks and homework. This will help you feel more organized and give your children a little responsibility.

## REVIEW THE SCHOOL FORMS/ PAPERWORK/CALENDAR

Add all of the important school dates to your personal calendar. It will save you a lot of headaches this year. This is also a good time to figure out weekly schedules. Who is responsible for drop-off, pick-up, practices, etc.

## GO SHOPPING FOR SCHOOL SUPPLIES AND CLOTHES.

# One week

before school starts

## PRACTICE MORNING ROUTINE

Maybe a morning checklist will help make your mornings easier.

## BEDTIME ROUTINE

If you haven't already, get your kids back to a normal bedtime/evening routine.

## REVIEW SCHOOL DROP-OFF/ PICK-UP/PRACTICE SCHEDULES

## SCHEDULE HAIRCUTS

