



Healthy Children

Back to School 2007

A Good Night's Sleep

It's More Important
for Children

Getting to School Safely

What You Need
to Know

Your Child's Friends

How You Can Help
Them Choose Wisely

ADHD

It's Different
for Girls

Waiting Room Copy



Safety First

In July, the American Academy of Pediatrics (AAP) issued what we believe is a very important set of safety guidelines about how our children travel to and from school. Now that the school year has started, we encourage all parents to be especially aware of this issue.

Sadly, 815 students die and 152,250 are injured each year during regular travel between school and home. The revised AAP policy statement issued in July, titled “School Transportation Safety,” provides new information and recommendations related to safe transportation of children who walk, ride bikes, or travel by car or bus. You can read more about why we consider this topic so important, starting on page 19.

This special back-to-school issue of *Healthy Children* also includes information for parents on a range of other subjects related to how our children experience the learning environment. On the topic of attention deficit/hyperactivity disorder (ADHD), for example, pediatrician Dr. Michael Reiff points out that girls are under-diagnosed, compared to ADHD diagnoses for boys. Since girls’ ADHD behavior is different from that of boys’ behavior, parents and teachers have traditionally not been as aware of it among girls. That is rapidly changing today, as you will see starting on page 16.

There are many things that parents can do to help their children be ready for school each day — from kindergarten through high school. In this issue, you will find tips on how to help students develop healthy sleep habits (page 8), how to prepare the home environment for school success (page 10), how to help your child develop healthy friendships and handle the problem of bullying (page 24), and why it’s good to have your child get an annual physical exam.

We hope that you will find this issue informative and useful.

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Healthy Children is published by Vitality Communications
407 Norwalk St., Greensboro, NC 27407 | (336) 547-8970



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The American Academy of Pediatrics would like to thank Shire for their sponsorship of this issue of *Healthy Children*.