

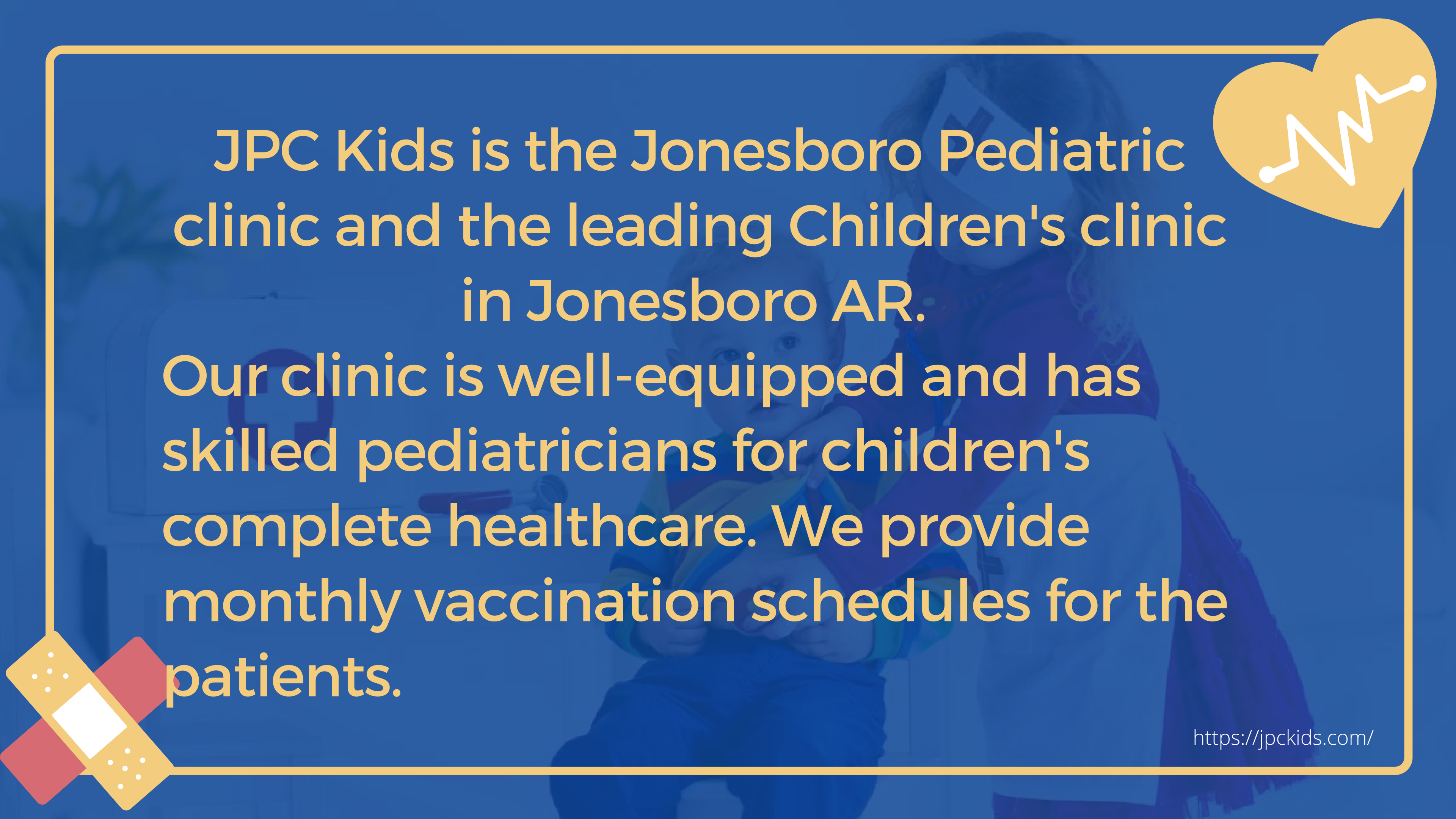
PEDIATRICIANS JONESBORO AR

GROWING IN TO A HEALTHY CHILD

with JPCKIDS

<https://jpckids.com/>





JPC Kids is the Jonesboro Pediatric clinic and the leading Children's clinic in Jonesboro AR.

Our clinic is well-equipped and has skilled pediatricians for children's complete healthcare. We provide monthly vaccination schedules for the patients.

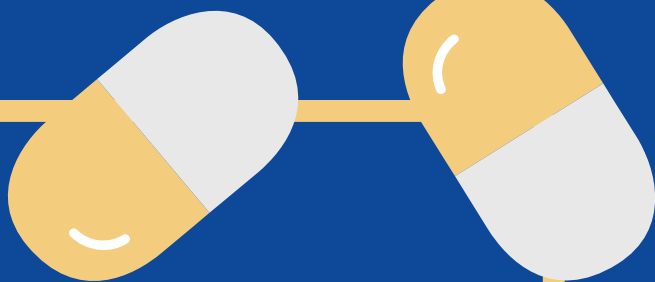


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5

WAYS TO GROW HEALTHY





SLEEP AT LEAST 11 HOURS PER
DAY(2-5 YEARS OLD). SLEEP AT
LEAST 10 HOURS PER DAY(6-12
YEARS OLD)

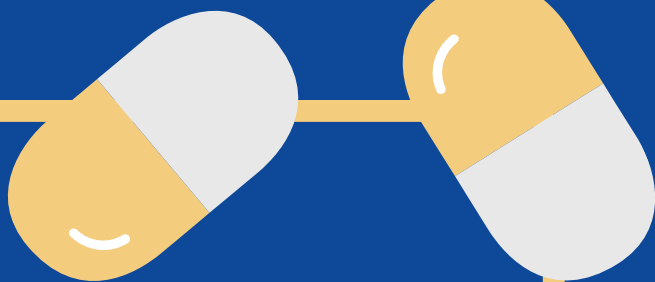
<https://jpckids.com/>



REPLACE SUGARY, SALTY,
FRIED, AND FAST FOOD WITH
FRUITS AND VEGETABLES.

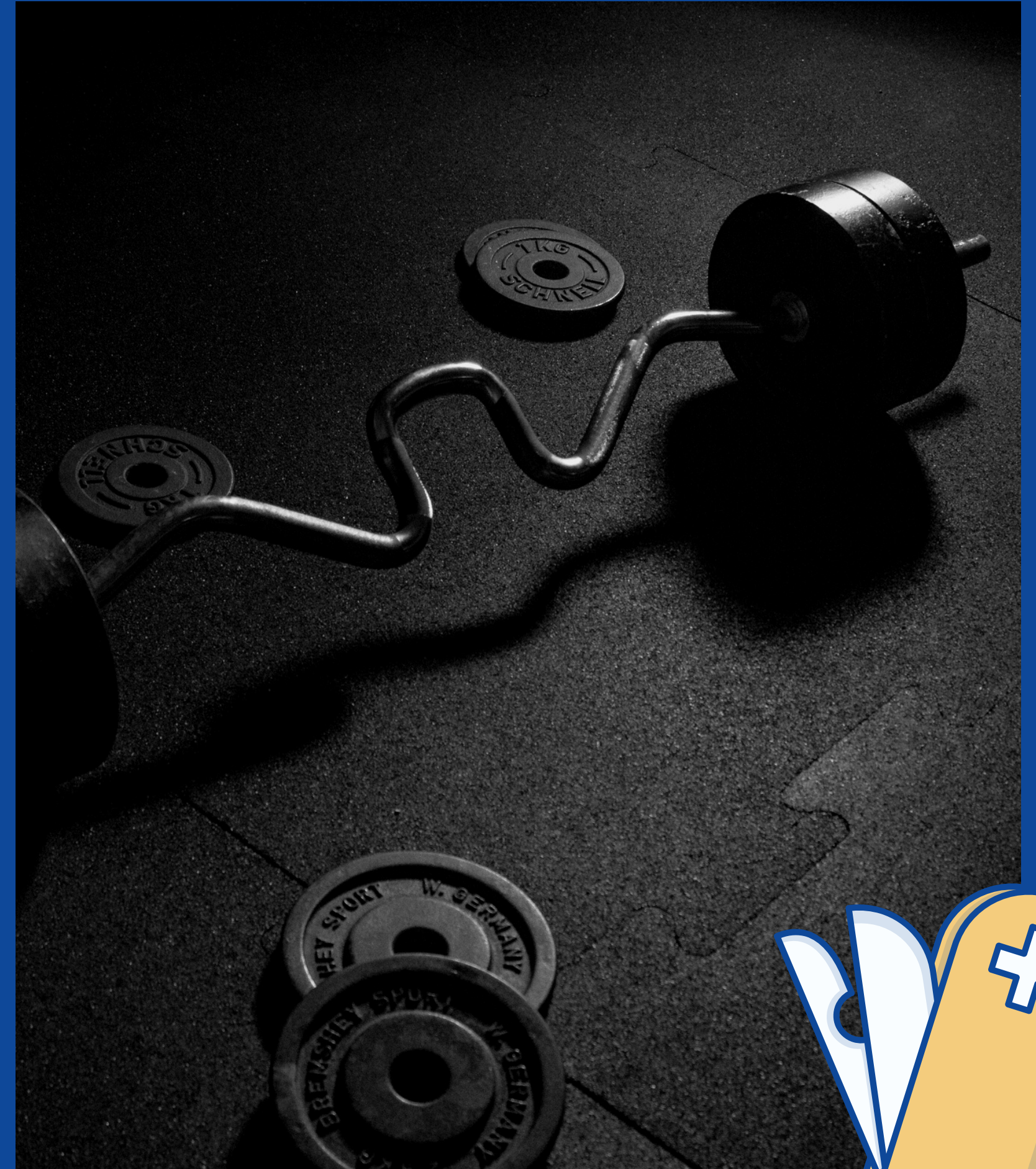
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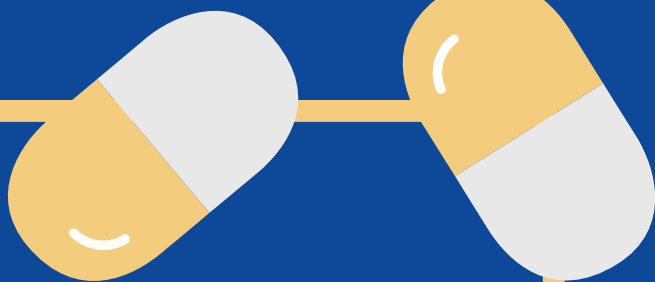




GET AT LEAST 1 HOUR OF
PHYSICAL ACTIVITY
(INCLUDING ACTIVE PLAY) PER
DAY.

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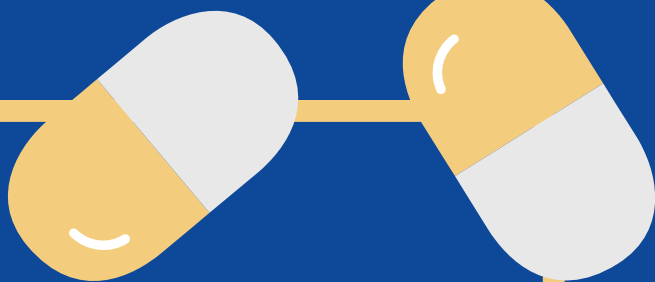




SWITCH FROM SUGARY DRINKS
(LIKE SODA, SPORTS, AND
FRUIT DRINKS) TO WATER.

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WATCH NO MORE THAN 2
HOURS OF SCREEN TIME PER
DAY (INCLUDES
TV, SMARTPHONES, AND HAND-
HELD VIDEO GAMES).

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THANK YOU

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