HOT SUMMER DAYS MAY MEAN MORE PICNICS AND POPSICLES … MAKING IT TOUGH TO KEEP YOUR KIDS’ NUTRITION ON TRACK.

BAYLOR SCOTT AND WHITE MCLANE CHILDREN’S MEDICAL CENTER CHIEF MEDICAL OFFICER DOMINIC LUCIA (LOO-CHIA) ADVISES PARENTS TO TRY TO MAINTAIN A REGULAR MEAL SCHEDULE … AND PREP HEALTHY FRUIT-AND-VEGGIE FOCUSED SNACKS.

DR. LUCIA SAYS … AS A PARENT OF SIX HIMSELF … HE UNDERSTANDS PROPER NUTRITION CAN BE A STRUGGLE … BUT RECOMMENDS GETTING CHILDREN INVOLVED.

Allow them to go to the grocery store with you and help pick out things. If they’re invested further upstream in what you bring home, they’re going to be more invested in eating it.

DOCTOR LUCIA ALSO SAYS ENSURING KIDS STAY HYDRATED WILL HELP KEEP THEM HEALTHY AND SAFE THIS SUMMER.