

Physicals for kids: always a good idea

Run time - :44

ANCHOR LEDE: When the calendar flips to July, parents start making back-to-school plans. Children entering certain grades or playing sports are required to have a physical exam. But experts say it's smart to schedule the check-up every year. Tim Ditman of OSF HealthCare has more.

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OSF pediatrician Doctor Luis Garcia says any provider who has experience with kids can perform a physical. For sports physicals, the provider should be an expert on muscles and bones.

Parents should come to the check-up with their child's health history.

Aside from general physical and mental health, a physical can also identify conditions that must be monitored while kids are at school, like an allergy.

**\*\*\*SOUNDBITE\*\*\***

**Dr. Luis Garcia, OSF HealthCare Pediatrician**

**"If that's the case, there are forms that we give parents to bring to school. It's an advanced directive on what to do if there are concerns." (:17)**

I'm Tim Ditman.

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ANCHOR TAG: Before the appointment, parents should tell kids that the provider is a trusted adult. When the provider touches the child's body, they should know it's normal and part of being healthy.