



The Mimico Medical Dispatch

Monthly Newsletter from Mimico Medical

Welcome to the September edition of The Mimico Medical Dispatch, where we share updates, insights, and helpful resources from the team at Mimico Medical. Our goal is simple: help you stay informed, stay proactive, and take control of your health.



The September reset

Back to school. Back to routine. Back to taking care of your health.

Summer has a way of throwing routines out the window. Later nights, different meal schedules, more screen time and packed weekends are all part of enjoying the season.

September is a natural time to reset.

As kids head back to school and adults settle back into their regular routines, it's a good opportunity to check in on the small things that can make a big difference to your family's health and wellbeing.

Here are a few simple ways to make the transition a little easier.



Get back to a sleep routine

Summer schedules can make bedtime... flexible.

Getting back to a consistent sleep and wake time can help children—and adults—feel more rested, focused and ready for the day.

Try:

- Moving bedtime earlier gradually rather than all at once
- Keeping wake-up times consistent
- Creating a short, predictable bedtime routine
- Putting phones and tablets away before bed
- Keeping bedrooms comfortable, quiet and dark

Don't underestimate the power of a good night's sleep when the school year gets busy.



Rebuild the morning routine

A chaotic morning can set the tone for the entire day.

A little preparation the night before can make mornings considerably easier.

Try getting these things ready before bed: Backpacks, Clothes, Lunches, Homework, Water bottles

And whenever possible, give yourself a few extra minutes in the morning. A rushed breakfast and a sprint out the door isn't anyone's favourite way to start September.



Back to sports? Take it slow

September means the return of hockey, soccer, basketball, dance and more. After a summer away, jumping straight back into intense activity can put extra stress on muscles and joints.

Warm up. Increase activity gradually. And don't ignore persistent pain. If an old injury has returned or something just isn't feeling right, physiotherapy can help you get moving safely and confidently.

THE PHYSIO FILES: You don't have to be seriously injured to see a physiotherapist. Physiotherapy can help with persistent aches, mobility issues, sports injuries and rehabilitation.



The screen-time reset

Summer often means more freedom—and more screens. Rather than trying to eliminate screen time altogether, September is a good opportunity to establish healthier boundaries again.

Consider:

Screen-free meals – Give everyone a chance to actually talk.

Screen-free bedtime – Create a buffer between screens and sleep.

More movement – Balance screen time with outdoor play, sports and physical activity.

Make it a family rule – It's much easier for kids to follow screen boundaries when adults follow them too.



Don't forget your own health

Back-to-school season tends to put the spotlight on kids. But September is also a great time for parents to check in on themselves. Have you been putting off an appointment?

Ignoring that persistent ache? Putting off a health concern because summer was too busy?

Or simply telling yourself you'll deal with it later?

Consider September your reminder.

Your health deserves a place on the calendar, too.

Mimico Medical offers a range of medical and non-OHIP services designed to support different aspects of your health and wellbeing.

We're Here for You

September doesn't have to mean going from zero to busy overnight.

Start small. Get back into a routine. Move your body. Get enough sleep. Check in with your family. And don't ignore the things you've been putting off. Here's to a healthy start to the new season. — The Mimico Medical Team



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