

Watchung Pediatrics Messenger

Summer Issue

2016

Highlighting Patient Portal

Instant access to your child's medical records.

Do you find it hard to schedule in a trip to the office to pick up forms or referrals in your busy schedule? With Patient Portal, those needs can be fulfilled online with only a few clicks of your mouse. Patient Portal serves as a convenient and effective way to access your family's medical records at any time. Portal gives access to your child(ren)'s upcoming appointments, their current list of medications, lab results, and immunization records. Not only does Patient Portal allow access to information, but it gives guardians the ability to communicate and interact with the practice. One can send emails to request referrals, ask billing questions, confer with a nurse, schedule an appointment, and more, in a convenient, secure environment. Finally, Portal allows users to download numerous documents, such as referrals, letters, asthma plans, and school forms. Sign up for this service can be done easily through speaking to someone at the front desk, giving us a call at 908-755-5437, or sending an email at watchpeds.portal@gmail.com with your name, your child(ren)'s name(s) and date(s) of birth, an email address, and a phone number. After being registered, users will receive an email with a link to Patient Portal and a temporary password that can be reset to allow access to your account.

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Dr. Levin Wishes a Fond Farewell



To My Watchung Pediatrics Families:

My family will be relocating to Dallas, TX this summer. Therefore, I will be leaving Watchung Pediatrics at the end of June. It has been my pleasure to care for your children over the past five years. While I am sad to say goodbye, I am looking forward to what lies ahead.

I want to thank you for trusting me with the medical care of your children and letting me be part of your family's lives. I have sincerely enjoyed caring for your family, while gaining valuable knowledge both professionally and personally. I can only hope that I have offered proper guidance and support when needed. I will truly miss interacting with you as your children grow and mature. It has been a wonderful and rewarding experience.

Watchung Pediatrics will continue to provide you with excellent and comprehensive care for your children and will help you transition to another provider. Many of you have already met our newest provider, Dr. Vineetha Alias, in our Warren office. She as well as the other wonderful providers will be happy to care for your child. For my Millburn patients, both Dr. Andrea Ploshnick and Dr. Jeffrey Eng are available to take over your child's care. I will truly miss you and your families and hope you all nothing but the best.

Sincerely,

Lorin Levin, MD, FAAP

Sapna Lalla



Sapna Lalla MS, RD, believes in the power of food to optimize health and wellness and prevent disease. As a Registered Dietitian (RD), Sapna uses evidence-based nutrition guidelines to provide current, accurate, and individualized nutrition information. Sapna's professional clinical experience of over 10 years spans the human life from pediatrics to geriatrics, counseling in weight management, gastrointestinal issues, celiac disease, renal disease, hypertension, hyperlipidemia, and diabetes. Sapna also has experience counseling adults and children with disordered eating behaviors with a focus on mindful eating.

Sapna received her Masters of Science in Clinical Nutrition from New York University. She completed a dietetic internship from New York Methodist Hospital in Brooklyn, New York. She has a special certification in weight management counseling and is a member of the Academy of Nutrition and Dietetics Association. Sapna currently lives a very active lifestyle in Morris County, New Jersey with her husband, two boys, and her dog, Remy.

Sapna will be regularly writing articles in our newsletter pertaining to nutrition and food. These articles can be located in the section "Food Bites", which is found on Page five (5). Do you have a topic you would like Sapna to discuss in a future article? Please send her an email at watchungpeds@gmail.com and it may be featured in a future *Messenger* article or short blog on our website. To ensure proper routing, please indicate "Attn Sapna Lalla" in the subject line. If you have an urgent or personal matter you would like to discuss with her, Sapna has scheduled appointments Mondays in Warren, Tuesdays in Millburn and Wednesdays in Fanwood.

Safe Swimming

Swimming is every child's favorite summer activity. It's a fun way to keep cool and enjoy the sunny weather, but it must be done safely. Drowning is the second-leading cause of accidental death among children ages 1-19. Preparedness is essential to safe swimming, especially when it comes to children. Minimize the risk of drowning by making sure that your child is under proper supervision. At no point should small children be left unsupervised by swimming pools, oceans, and other open bodies of water. Education is critical – teaching children how to swim is an important way to reduce the risk of drowning.

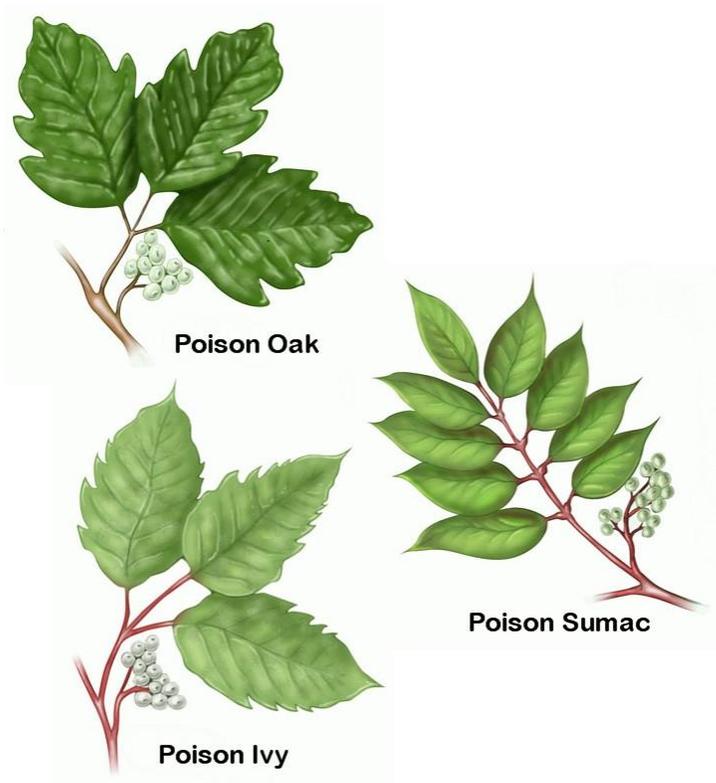
In the case of drowning or other emergencies, it is important to know how to perform cardiopulmonary resuscitation (CPR). Your CPR skills can save someone's life. Sun safety is especially important when your children are in the water, because the sun's UV rays reflect off the water and can cause severe burns. Cover your child's exposed skin with waterproof sunscreen with an SPF of at least 15 half an hour before going in the water. Cover up as much as possible to protect your skin from the risks of certain cancers, including melanoma.



Physical Well-being

The summer is a time for kids to be free and play without the strain or stress of schoolwork. It is therefore important to keep them safe as they have fun. Since they will be spending a lot of time outdoors, use an effective insect repellent spray. To keep mosquitoes and ticks from bugging you this summer, protect yourself and your family by preventing bites and diseases, like West Nile virus and Lyme disease, which can be transmitted by insects. Check your children for ticks at least once a week during the summer and if one is found, remove it by grabbing as close to the skin as possible with clean tweezers and pulling upward with steady and even pressure until the entire tick is removed.

Teach your children pedestrian safety. Teach them to walk, not run, across the street, and teach them to never run out from between parked cars. Use sidewalks whenever possible, and always hold your child's hand near any moving or parked vehicles. If your children are playing outdoors, especially in a wooded area, teach them how to recognize what poison ivy, oak, and sumac look like, so that they can be avoided. It's also helpful to keep a first aid kit in the car and have one to bring on trips. Kids get a lot of cuts and scrapes during the warm summer months, so it's nice to be prepared.



Helping Your Kids Make Better Media Choices

Kids of today's generation are constantly living in a world surrounded by media and electronics. Technology has improved over the years to make communication easier, to help people keep in touch, and to provide entertainment. Today's kids are bombarded with multimedia messages, and the wide and expanding variety of entertainment media can have a real impact on the physical and mental health of children. It is your job as a parent to help your child make wise media choices. Monitor what your child watches and try to stick to educational, appropriate, non-violent content. Limit screen time by creating a weekly schedule of shows each family member wants to watch, or by providing alternatives, such as reading, sports, hobbies, family activities, and outdoor play.

It is especially important to limit and monitor screen time during vulnerable times, like when kids get home from school. Parents should make sure their home includes non-electronic media formats such as books, magazines, newspapers, and board games. Take regular trips to the library with your children to encourage them to choose positive, educational media formats and books. Monitor your child's use of the internet, making sure they do not give out any personal information to strangers online. Discuss with them the dangers of talking to people they do not know, and inform them that people on the internet are not always who they say they are. Using media is a good way to enjoy entertainment and interact socially with others, as long as your children are aware of the potential risks.



Food Bites

By Sapna Lalla MS, RD

Average portion sizes have grown larger over time at supermarkets and at restaurants. Sometimes the plate arrives and there's enough food for two or even three people on it. This change in perception of portions over time is why adults and children alike suffer from **portion distortion** - when their view of what an appropriate portion size for food is actually greater or smaller than a serving size.

Portions and Servings: What's the Difference?

A **portion** is the amount of food that you choose to eat for a meal or snack. So it can be big or small, depending on a person's perception.

A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Many foods that come as a **single portion** actually contain **multiple servings**. The **Nutrition Facts Label** on packaged foods tells you the number of servings in the container.

So, how can you or your child recognize what a reasonable portion might be? The good news is that you don't need a measuring cup or scale to measure portions. Instead, you can visualize simple everyday familiar objects that are similar to recommended serving sizes to help guide you in making the right choices, such as a tennis ball or DVD. Using visualization, you can think of the relevant object and choose a portion that matches its size.

To find out more about appropriate serving or portion sizes specific to your child, see your Registered Dietitian, a trained expert who can be your guide in healthy eating.

Here are some tips to help you and your kids visualize portion sizes:

| Food Group | Portion Size | About the size of... |
|---------------------------------------|---------------------------------|-----------------------------------|
| Grains-bread, cereal, pasta | (1 ounce)-1 slice, 1 cup, ½ cup | Baseball or ½ baseball |
| Fruit-orange, apple, pear | 1 small fruit | Tennis ball |
| Veggies-chopped or salad | 1 cup | Baseball |
| Dairy-milk, cheese | 1 cup, 1½ ounces | Baseball or a 9-volt battery |
| Protein-poultry/fish or peanut butter | 3 ounces, 2 tablespoons | Deck of cards or a ping pong ball |
| Margarine or Oil | 1 teaspoon | Postage stamp or bottle cap |



Practice Contacts

Our Answering Service

Watchung Pediatrics now offers a technologically advanced answering service. Parents may choose to call the answering service at **(303) 715-6014**. For those that prefer quick and easy online access, we offer the **Page My Doctor** link on our website or by downloading the app to your mobile device.

Page My Doctor allows our families to contact our on call provider when the offices are closed, bypassing the need to speak to a live operator. Parents can sign up for **Page My Doctor** at any time. The information is stored securely in our data base and available when our families need to contact the on call provider.



Watchung Pediatrics Mobile App

The Watchung Pediatrics mobile app enables our families to have access to our website and all of its wonderful features when at home or on the go!

Please follow these instructions on how to download the app to your smart phone.

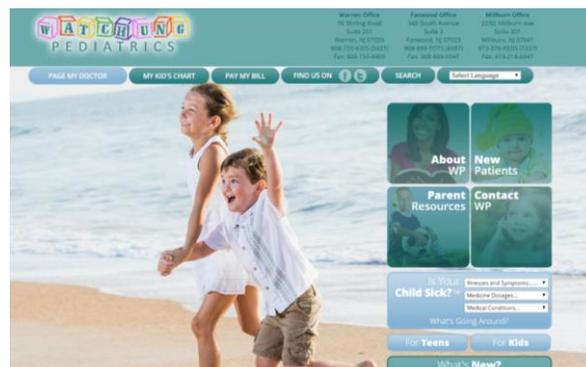
1. Search for **Your Practice** in the app store and download the app (later you will choose Watchung Pediatrics)
2. Open the app and search for Watchung Pediatrics
3. Choose Watchung Pediatrics
4. Connect with Watchung Pediatrics anywhere, anytime

Have you visited our Website?

Have you visited our state-of-the-art website?

In addition to information about our offices, medical staff, providers and services provided, our website includes such useful features as a user friendly Pediatric symptom checker, a library of medical information with content from the American Academy of Pediatrics, a **What's Going Around?** Section that contains information about community news, separate sections with information geared for teens and children with educational games for kids, as well as **Dr. B's** blog and social media feeds. All this can be found at:

<http://watchungpediatrics.com/>



Are you a member of our LISTSERV?

Want to receive timely emails from Watchung Pediatrics with the latest news and updates including Flu vaccine arrival, appointment availability or office closures? Then please visit our website to sign up for the Watchung Pediatrics' LISTSERV.

Important Resources

Infant Care and Expectant Parent Classes:
wpseminars@gmail.com

Referral Requests: 908-755-5437 x 6

To enroll in the appointment reminder system: wpconfirmations@gmail.com

KIDS KORNER

Bagel Gone Bananas

Ingredients

- 2 tablespoons natural nut butter, such as almond, cashew or peanut
- 1 teaspoon honey
- Pinch of salt
- 1 whole-wheat bagel, split and toasted
- 1 small banana, sliced



Directions

1. Stir together nut butter, honey and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.

Summer Word Search

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| s | s | p | a | d | e | s | t | i | c | s | a | r | s | s |
| e | p | o | t | e | i | n | i | k | i | b | o | l | y | r |
| p | s | h | o | r | t | s | p | i | d | b | n | c | l | i |
| a | e | t | d | m | c | g | n | a | u | o | l | a | f | c |
| r | j | h | r | a | t | n | d | c | s | x | n | m | r | s |
| k | h | l | s | r | r | i | k | e | c | i | n | p | e | n |
| n | u | e | o | a | v | e | q | u | i | n | c | i | t | a |
| i | o | t | d | t | t | m | a | r | a | g | e | n | n | p |
| l | t | p | i | c | n | i | c | s | e | c | n | g | u | p |
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| c | v | a | s | w | i | m | m | i | n | g | s | o | u | g |
| f | v | a | c | a | t | i | o | n | o | m | k | o | y | s |

- | | |
|----------|----------|
| beach | park |
| bucket | camping |
| spade | picnic |
| swimming | vacation |
| bikini | shorts |

Ice Cream Cone Craft

Materials

- Pom-poms
- Glue
- Brown paint
- Paint brush
- Small terra cotta rose pot



Directions

1. Use the brown the paint to paint a crisscross pattern on the terra cotta pot to make it look more like an ice cream cone.
2. Fill the inside of the pot with different colored pom-poms as desired. Glue layers together as you get outside of the rim.
3. Finish the craft with a red pom-pom (cherry) on top.

Silly Summer Jokes

What do frogs like to drink on a hot summer day?

Croak-o-cola

What does the sun drink out of?

Sunglasses.

When do you go at red and stop at green?

When you're eating a watermelon.