

Watchung Pediatrics Messenger

Fall Issue

2016

Welcome Dr. Chapman



Margaret Chapman MD, MS, FAAP received her bachelor's degree from Duke University and her medical degree from UMDNJ - New Jersey Medical School, now Rutgers - New Jersey Medical School.

Dr. Chapman did her residency training in pediatrics at Babies Hospital in New York City, now known as Morgan Stanley Children's Hospital - New York Presbyterian. She has worked in private practice, most recently in Wayne, NJ, and in hospital-based pediatrics. Dr. Chapman is board-certified in pediatrics and clinical informatics and is a fellow of the American Academy of Pediatrics.

Dr. Chapman is passionate about caring for children and families. She also is interested in improving health and healthcare through technology. She has three children.

Staying Safe on Your Pokemon Hunt

The brand new Pokémon Go game has taken the world by storm, already surpassing the popular social media app, Twitter, in daily users. The augmented reality game's objective is for players to catch as many Pokémon as they can by exploring the real world and throwing virtual Pokeballs at these digital characters to capture them. The game has promoted physical activity and comradery by encouraging players to go outside to walk around and find more Pokémon. However, the game has also led to some health risks and dangers, specifically for avid children trying to "catch em all."

Pokémon Go has already led children into some dangerous situations with strangers and unfamiliar territory. In order to stay safe while roaming around in search of Pokémon, try to "hunt" with at least one other person, if not in a group. Also, never wander alone into unfamiliar or unsafe areas in the pursuit of Pokémon. There have already been numerous incidents of people walking into objects like light poles and mailboxes or stumbling into potholes and ditches. Finally, one feature of Pokémon Go that parents and children need to be cautious of is the lure. The lure is a feature that can be activated to attract Pokémon to a specific spot for any player to obtain. However, these lures can lead your children to encounters with strangers who are also in search of Pokémon. Be sure to talk to and remind your children about the importance of staying safe and alert around strangers. While Pokémon Go has connected gamers across the world together, all this interaction has to be monitored and children playing should be reminded to be aware of their surroundings and stray away from potentially dangerous situations in unfamiliar territory or with strangers.



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Checking up on Your Teen's Mental Health

Parents know how to take their children to the pediatrician for physical checkups, but mental health is just as important as physical well-being. A child's teenage years can be stressful as they deal with physical changes, emotional changes, and environmental changes such as entering high school, where they must make new friends and keep up academically. Increased academic and athletic competition can make teens feel inadequate or overwhelmed. Parents should help their teenagers navigate these challenging years by supporting them and letting them know that they are not alone. Parents should ask their pediatrician to evaluate their teen's mental wellbeing – since pediatricians often develop close relationships with their teen patients, teens might feel more comfortable talking to them openly about topics such as depression, stress, and sex.

In addition to this, parents should make sure that they're not putting too much stress or pressure on their teens. Too-high expectations can become damaging and put a strain on the parent-child relationship. Parents should listen to their teenagers and help them feel empowered to change circumstances if they're struggling. For example, if your teenager says that she feels stressed, help her identify the source of her stress and encourage her to brainstorm possible solutions to the problem. Discuss the pros and cons of her suggested solutions, and decide together on the best course of action. Parents can help teens learn from their mistakes, develop better judgment, and gain a stronger sense of identity – the tools that will help them throughout their lives.



Halloween Safety Tips for Kids

Halloween is an exciting time of year for kids, and it is best to make sure they are safe while they are having fun. To keep children safe while trick-or-treating, plan costumes that are bright and reflective, or consider adding reflective tape to dark costumes that may go unnoticed by passing cars in the street. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement, or contact with flame. If a sword, cane, or stick is part of your child's costume, make sure it is not sharp or too long. A child may be easily hurt by these accessories if he stumbles or trips. Make sure all children and their escorts are carrying flashlights with fresh batteries.

While trick-or-treating, a parent or responsible adult should always accompany young children. If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home. Because pedestrian injuries are the most common injuries to trick-or-treaters on Halloween, remind your children to stay in a group and communicate where they will be going, always use the sidewalk or crosswalk, and remain on well-lit streets.



Helping New High School Graduates Transition

Transitioning from high school to college, work, or the next stage in life can be a time of excitement for young people, but also a time filled with great uncertainty. Whether your child is off to college, starting a new job, or entering another big adventure, he or she may need some extra emotional support. Whenever your child is going through a major life change, it is important to consider his or her mental wellbeing. If your child is going to college, make sure he or she is familiar with the health and mental health support services available on campus. If your child has a diagnosis such as ADHD or depression, be sure to find out what kind of medical information your child's college will need and learn how to set up prescription refills if your child takes medication. Your child's pediatrician can be a good source of support and advice, and it may be helpful to keep in touch with them.

If your child is entering the workforce, be sure to give him or her some extra space as an adult, but offer to help them navigate new responsibilities such as paying bills. Stay connected and pay attention to your child's behavior and look for any "red flags," such as signs of stress, depression, or anxiety. Keep in close contact with your child and check up on how they are doing socially and academically. By offering emotional support as a parent, you can make your child's transition from high school to the next life stage a smooth one.



Falling Back into a New Routine

By Sapna Lalla MS, RD

A new school year is at hand. With busy lifestyles, some days you may wonder how to prepare nutritious and delicious meals for your family. Have no fear, there is a way. We rounded up some tips on how to minimize stress and maximize time, giving your loved ones a healthy start to their school year.

1. Pack balanced lunches at night and store in a certain spot in the refrigerator. Try to include a serving of fruit, vegetable, protein, and whole grain to create balance.
2. Store insulated lunch boxes in a designated area. Keep ice packs for cold foods and thermoses for hot foods on hand to keep lunches from spoiling. When the kids get home from school, ask them to empty their lunch box, place it in the designated area and then place the ice pack in the freezer.
3. Eating a healthy breakfast every day improves concentration and mood. For those busy mornings, shop for breakfast essentials like eggs, fruit, yogurt, low-fat milk, cereal, whole-grain breads, and individually wrapped granola bars with 3 or more grams of fiber, less than 10 grams sugar, and no more than 1 gram saturated fat. Aim to balance the breakfast with a protein and carbohydrate for lasting fullness and energy.
4. Placing nutritious snacks in plain sight makes everyone more likely to pick them up. Try keeping fresh fruit on the counter – apples, oranges, clementines, peaches, bananas.
5. For those on-the-go days, aim to hit two food groups in a snack like a fruit and yogurt, nuts and fruit, whole grain crackers and cheese, or veggie sticks and hummus. Stash homemade trail mix and fresh popcorn in little baggies for easy grabbing instead of packaged food snacks.

Sides can be a fun way to add nutrition and fun to your child's lunch meal. Add some of these to round out your child's lunch, and see you this fall!

- Fruit cups (with no sugar added) or fresh fruit salad
- Yogurt with less than 10-12 grams of sugar per pack
- Applesauce (also with no sugar added)
- Raw veggies such as carrot sticks, sugar snap peas or celery sticks
- Cheese sticks like 2% sharp cheddar or part skim-milk mozzarella

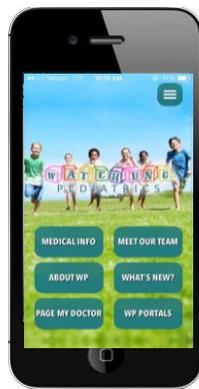


Practice Contact

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.

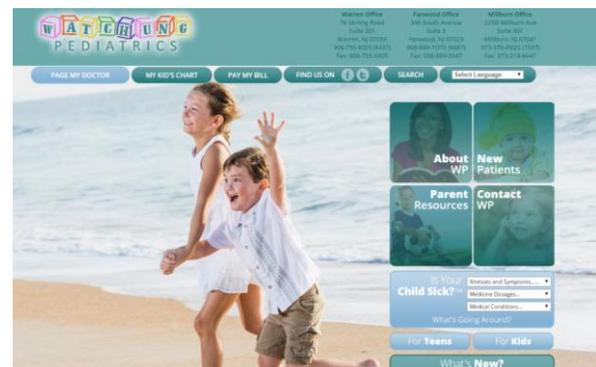
1. Search for **Your Practice** in the app store and download the app (later you will choose Watchung Pediatrics)
2. Open the app and search for Watchung Pediatrics
3. Choose Watchung Pediatrics
4. Connect with Watchung Pediatrics anywhere, anytime

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



Halloween Pretzel Kisses

Ingredients

- 25 mini pretzel squares
- 25 Hershey kisses (milk chocolate, dark chocolate or pumpkin-spice)
- 25 pieces of candy corn

Directions

1. Preheat the oven to 250 degrees F.
2. Place the pretzels on a baking sheet.
3. Top each pretzel with an unwrapped Hershey kiss. Bake 3-5 minutes, just until the kisses are softened.
4. Remove from the oven and immediately press a piece of candy corn into the center of the kisses, pressing down gently and being careful not to burn your fingers.
5. Let the kisses cool completely.
6. Refrigerate until ready to serve.

Fall Word Scramble

CSRARECOW _ _ _ _ _

PPLAE _ _ _ _

OHWAELELN _ _ _ _ _

ORCN MZEA _ _ _ _ _

HOGST _ _ _ _

Paper Strip Pumpkin Craft

Materials

- orange construction paper
- brass fastener ("brass brad")
- hole punch
- printer
- paper
- scissors
- glue

Directions

1. Cut out 12 identical strips of orange construction paper. You may want to use a few more strips if you feel that your pumpkin isn't "full" enough.
2. Punch a hole in each end of all the paper strips.
3. Stack them all one on top of the other.
4. Put a brass brad through all of the holes on one end and put another brass brad through all of the holes on the other end.
5. Make a "U" shape with all of the paper strips and fan them out to make a ball.
6. Use glue to add a green leaf or two and a vine to the top of the pumpkin (to make the vine cut the circle on the template out in a spiral).

Silly Fall-Time Jokes

Why was the broom late?

It over swept!

Why can't the vampire get a girlfriend?

He has bat-breath!

How do aliens serve tea?

In flying saucers!