

Watchung Pediatrics Messenger

Spring Issue

2016

Welcome Sapna Lalla



We are happy to welcome Sapna Lalla MS RD, to Watchung Pediatrics. Sapna believes in the power of food to optimize health and wellness and prevent disease. As a Registered Dietitian, 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, with her husband, two boys, and her dog, Rexy.

Sapna has afternoon appointments available Mondays in Warren, Tuesdays in Millburn and Wednesdays in Fanwood. To schedule an appointment, please contact our Warren office at (908) 755-5437, Fanwood office at (908) 889-8687 or Millburn office at (973) 376-7337.

Hoverboard Safety Tips

The hoverboard is one of the hottest commodities and most desired toys for many children. However, it comes with some risks. Recently, the U.S. Consumer Product Safety Commission (CPSC) has received numerous reports of the hoverboards both catching on fire while charging or being used and causing injuries to riders who have fallen off. The CPSC recommends that riders:

- Charge the hoverboards in open and dry areas, clear of any flammable objects;
- Wait an hour after use to charge;
- Keep an eye on it while charging and never let it charge overnight;
- Wear a helmet, knee and elbow pads, and wrist guards as if you were rollerblading;
- Ride in controlled environments, away from traffic.

The American Academy of Pediatricians (AAP) recommends that nobody under the age of 16 operate unlicensed motorized wheel vehicles which include the hoverboards. The AAP is currently researching the frequency and types of injuries caused by the boards. A study of ten health care facilities between Christmas and New Year's revealed that over 100 children suffered a broken arm or leg from falling off of the boards. While the hoverboard can be fun, safety precautions like buying from reputable sources that have products labeled with a certified national testing laboratory mark, using proper safety gear, and avoiding road traffic must be taken in order to ensure safety for children who operate them.

INSIDE THIS ISSUE

- 1 Welcome Sapna Lalla
- 1 Hoverboard Safety Tips
- 2 Answering Service
- 2 Website
- 3 Spring Allergy Tips
- 4 Emotional and Mental Health for Kids
- 5 Spring Break Safety Tips
- 6 Kids Korner

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.



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 a **Dr. B's** monthly blog and social media feeds.

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

To sign up for our patient portal:

watchpeds.portal@gmail.com

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



Patient Portal

Have you signed up for the patient portal? This secure, online website allows parents to view their child's history, immunization records and upcoming appointments. Using our secure email, parents can send non urgent messages to our nurses, as well as request appointments or referrals and so much more. To sign up for our portal, please send an email with your name, your child's name and date of birth, requesting access to the portal to

Watchpeds.portal@gmail.com

You will receive an email with a link to our portal and a temporary password.

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.

Spring 2016 Allergy Tips

Testing, treating, and managing allergy symptoms are important during this coming allergy season. If your child has certain chronic symptoms but doesn't appear to be sick, he or she may be suffering from allergies. Here are some common clues that indicate whether your child may have an allergy:

- **Environmental allergies or "hay fever":** Chronic cold-like symptoms that last more than a week or two and develop around the same time every year, including itchy, runny nose, stuffiness, sneezing, throat clearing, and itchy, watery eyes.
- **Asthma:** Recurrent coughing, wheezing, chest tightness, difficulty breathing, and other respiratory symptoms. Symptoms may increase with exercise.
- **Eczema:** Recurrent red, itchy, dry and sometimes scaly rashes in the creases of elbows and/or knees or on the back of the neck, buttocks, wrists, or ankles.
- **Food allergy:** Symptoms that occur immediately after eating a particular food that may include hives, swelling of face or extremities, gagging, coughing or wheezing, vomiting or significant abdominal pain.
- **Oral allergy syndrome:** Itching or tingling sensations in the mouth, throat and/or ears during certain times of year or after eating certain foods.

Managing symptoms is the best way to get through allergy season. Allergy testing should be performed to determine whether your child is allergic to any environmental allergens, such as dust mites, pets, mold, and pollen. One important step in managing symptoms is avoiding the allergens that trigger the symptoms. Some medications that are effective in controlling symptoms are antihistamines, nasal corticosteroids, and allergy immunotherapy (allergy shots). It is important to schedule an appointment with your provider before the allergy season starts. At the allergy follow up appointment, your provider will review the treatment plan, update any medications and renew any prescriptions. With a little preparation, you can help your child manage this allergy season.



Keeping Kids Mentally and Emotionally Healthy

National Children's Mental Health Awareness Day, observed on **May 9th**, serves as an excellent reminder to check up on your teen or child's emotional well-being this spring. Make your home an open and safe environment to talk about emotions and sensitive topics. It is important for your teens and children to feel comfortable sharing their thoughts and feelings with you, because it lets you know how they are doing and if they need help. Good communication can significantly improve how a child reacts to stressful or difficult times. If your child's mood, behavior, or social interactions are concerning you, talking to your pediatrician can help you work through problems, and find resources and tools to help. Let your children know that they should feel comfortable talking with their doctor, as he or she is a great person to confide in about worries or stress.

Practicing healthy habits can help your children cope with emotional stress and lead to feeling good overall. Getting a good night's sleep, proper nutrition, and regular exercise can all contribute to emotional health and well being, so encourage your children to develop healthy habits. Help your children manage stress. Although stress is an inevitable part of life, you should intervene when you sense it decreasing your child's physical or psychological well being. You may not be able to solve the problem, but you can help your children react appropriately in response to their stressors. Help them brainstorm possible solutions to encourage your child or teen to feel empowered to improve his or her life.



Spring Break Safety Tips

Spring break is a great time for the family to get together and relax after the cold, dark days of winter. Whether you are staying at home or going on a trip, these spring break safety tips will help you and your children enjoy a healthy and fun vacation. Sun safety should be a priority. Make sure adults, teens and children are wearing sunscreen at all times, including cloudy days. Even with sunscreen on, it is recommended to stay in the shade whenever possible to avoid getting burned. Make sure your children wear clothes to protect their skin in direct sunlight, preferably made of cotton material to keep them cool. Try to find a wide-brimmed hat that can shade the cheeks, chin, ears and neck. Sunglasses that protect the sun's UV rays are also a good idea.

At the pool or the beach, make sure your children are swimming in areas that are within the visibility of a lifeguard. Stay close to your young children while in the water, and never let them swim alone. Be aware of rip currents. If you happen to get caught in one, don't try to swim against it – swim parallel to the shore instead. Always stay near a lifeguard, and supervise your children closely while they are in the pool or the ocean.

Turn the screens off. School breaks are a wonderful way for parents and children to get to know each other better and enjoy spending time together without the usual stresses and strains of daily living during the school year.



KIDS KORNER

Ladybug Treats

Ingredients

- 2 red apples
- 1 tablespoon of peanut butter
- 1/4 cup of raisins
- 8 thin pretzels sticks



Directions

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

Spring Word Scramble

April showers bring...

YEWSAFORML _ _ _ _ _

All the flowers are...

BMGONOIL _ _ _ _ _

On a windy day you can...

KFILTYEA _ _ _ _ _

The trees grow back...

LVEEAS _ _ _ _ _

Birds Nest Collage

Materials

- Large paper plate
- Brown paint or marker
- Thin brown paper (tissue, greaseproof or packing will all work)
- Brightly colored card or paper
- Wiggle eyes
- Scraps of yellow card or foam
- Glue

Directions

1. Paint the back of the plate brown and leave to dry.
2. Cut the brown paper into strips and glue them to the plate. Don't worry about gluing all the edges as you are looking for texture. Cut in half.
3. Cut 3 ovals from colored card or paper and glue them along the edge of the plate.
4. Add a yellow beak and two wiggle eyes to each.



Silly Spring Jokes

What kind of key opens a banana?

A monkey!

What do you call a bear with no socks on?

Bare-foot!

What did the toucan say when he went shopping?

Just put it on my bill