

Watchung Pediatrics Messenger

Fall Issue

2015

Later Hours in Millburn

Starting September 19, our Millburn office offers Monday evening appointments. This will provide additional appointment options to our working parents and students.

Dietician added to Watchung Pediatrics

Please welcome Alexa Bacino, BS, RD to our Watchung Pediatrics Staff! After receiving her bachelor's degree in Nutritional Sciences from Rutgers University in New Brunswick, Alexa completed her Dietetic Internship Program from Rutgers University-School of Health Related Professions. Alexa began her career as a dietitian at Saint Barnabas Medical Center in Livingston, NJ and joined Watchung Pediatrics in June 2015.

Alexa has appointments available in all three offices. Contact our office today to schedule an appointment!



Welcome Dr Vineetha Alias

We are pleased to announce Vineetha Alias, DO, FAAP, joined Watchung Pediatrics in September, 2015. Dr. Alias received her undergraduate degree from The College of New Jersey and attended medical school at UMDNJ-School of Osteopathic Medicine. Upon completion of her pediatric residency training at the University of Connecticut, she worked as an academic pediatrician in Philadelphia for two years.

Dr. Alias is very excited to return to NJ where she grew up. Her special interests include newborn care, breastfeeding support, oral health, and asthma. Dr. Alias is a board certified pediatrician and a fellow of the American Academy of Pediatrics.



New Answering Service

As of July 1, Watchung Pediatrics has a new answering service phone number. Please update to our new number, **(303) 715-6014**. If you prefer, you can access the on call provider via our *Page My Doctor* link on our website or download the app to your mobile device.

Have You Signed Up For Our Patient Portal?

Get easy access to your family's immunizations, upcoming appointments, lab results, and standard children's health information. To sign up, please email watchpeds.portal@gmail.com with your name and the last 4 digits of your social security, your minor child(ren)'s name(s) and date(s) of birth, and an email address. You may also give us a call or stop by our practice to sign up!

INSIDE THIS ISSUE

- 1 Alexa Bacino
- 1 Dr. Vineetha Alias
- 1 Patient Portal
- 2 Flu Shot Vaccinations
- 3 Back To School Safety
- 4 Nutrition
- 5 Sports Injury Prevention
- 6 New Website and App
- 7 Kids Korner

Flu Shots Vaccinations

The single best way to prevent the flu is to get vaccinated, and it really is as easy as going to your doctor and receiving the vaccination. Influenza is a serious infectious disease that infects the nose, throat, and lungs. The flu is caused by three types of the Influenza virus: Type A, Type B, and Type C. Type A influenza virus is the most virulent strain of flu and is usually most active during the cold seasons- from late fall to early spring. Type B influenza causes respiratory illness throughout the year. Finally, Type C is the least common of the three and causes the mildest symptoms, and therefore is not included in the yearly flu vaccine.

Once a person is infected with the flu, he or she may be able to pass on the flu to another person even a day or two before that person realizes that they have the flu. Experts believe that the flu is spread through droplets that leave the body when a person talks, coughs, or sneezes. This is why it is extremely important to get the flu vaccination when it becomes available each year, to ensure that we are safe from accidentally catching the flu. In one person, the flu virus may show mild symptoms but this varies from person to person and can be extremely severe in some cases, requiring hospitalization.

The ideal time to get the flu vaccination is in late August, September or October in order to be prepared for seasonal outbreaks which can start in the Fall. There are several misconceptions when it comes to the vaccine side effects, the most popular being whether it is possible to contract the flu from the vaccine itself. The truth behind this is that the flu cannot be caused by the flu vaccine for many reasons. With the vaccine that is administered by needle, it is either an inactive and non-infectious form of the virus or contains no form of the flu virus at all. Concerning the nasal spray flu vaccine, the vaccine does indeed contain live forms of the virus, but the viruses are weakened and cannot cause illness. Although the flu vaccine cannot cause a person to develop the flu virus, there are certain side effects that are associated with the vaccination. With the flu shot, one may have soreness or redness where the shot was administered, a low grade fever, and/or body aches. Side effects with the nasal spray in children may include runny nose, wheezing, headaches, vomiting, fever, and muscle aches, while in adults, side effects may be runny nose, headache, sore throat, and/or cough. Since the circulating strains of the flu change each year, it is critical to get the vaccination annually to avoid becoming infected with this virus that can potentially be very dangerous and in some cases even fatal.



Back to School Safety

As we all know, going back to school in the fall can be both an exciting and nerve-racking time for our children- it involves new experiences and changes that our children are sometimes not used to. It is always important to remind your children that that many other children feel nervous and uneasy about the first day of school and that it is completely normal. It may be helpful to point out the exciting and positive parts about going back to school such as seeing all of their friends and meeting new ones. Also, if your child is taking the bus as means of transportation, it is always important to review the basic rules of riding the school bus. Your child should know to only walk where he can be seen by the bus driver and to always look both ways before crossing the street. Also remind your child to buckle up immediately on the bus and to not move around when the bus is moving.

Another important and sensitive topic to address around back to school time is bullying. There are different types of bullying including in-school bullying and cyber bullying and it is important to talk about it openly with your kids, including whether your child is being bullied or is the bully. If bullying is occurring, it is important to contact school officials to discuss the problem.



Nutrition

Start the school year off right by making healthier choices for you and your family! Nutrition is especially important for the growth and development of children. Help your child to succeed in school as well as extracurricular activities by providing them with well-balanced meals. It is often said that breakfast is the most important meal of the day. In addition to providing the body with much needed energy, breakfast helps to improve concentration and cognitive performance during morning work and activities. Research has shown that children who skip breakfast have shorter attention spans, become easily tired, and do not perform as well on standardized testing when compared to children who consume breakfast. Recent studies have also discovered that the majority of children do not meet the recommendation for vitamins and minerals from lunch and dinner alone. Breakfast is a great way to ensure your child consumes adequate amounts of the essential nutrients while succeeding in school.



Consuming a well-balanced breakfast can also help your child to make healthier choices throughout the day! Children who skip breakfast tend to snack on foods that are higher in fat and sugar with low nutritional value as well as eating larger amounts of food at lunch and dinner. As a result, missing breakfast in the morning can lead to excess weight gain due to excessive eating later on in the day. Eating a breakfast packed with fiber and protein will help to keep your child feeling full and energized throughout their day.

Ideally, each meal should contain 3-4 food groups. Fruit, eggs, whole grain bread and cereals as well as low fat dairy such as milk and yogurt are great choices for your morning meal. Find creative ways to incorporate multiple food groups into breakfast. Some well-balanced breakfasts include:

- Whole grain cereal with low fat milk topped with fresh fruit
- Whole grain waffles with 1 tablespoon of peanut butter and fruit
- Breakfast smoothies (low-fat milk and yogurt blended with frozen fruit)
- Scrambled eggs with a whole grain English muffin and a glass of low fat milk
- Low fat yogurt parfaits (yogurt layered with low sugar granola and slices fruit)
- Oatmeal mixed with un-salted nuts and fruit

Following a well-balanced diet will not only help your child excel in school and extra circular activities but it will also help them to develop healthy eating habits that will improve their overall quality of life. For more information on how to improve your family's eating habits, ask your physician about scheduling an appointment for nutrition counseling with Watchung Pediatrics' Registered Dietitian, Alexa Bacino.



Sports Injury Prevention Tips

Sports are a common and fun activity that promotes teamwork, exercise, and self-confidence. However, sports can result in serious injuries if the proper precautions are not taken. All sports have a risk of injury; however, there are some important injury prevention tips that can help parents promote a safe, optimal experience for their children. In terms of injury, generally the more contact in a sport, the greater the risk of a traumatic injury. Most injuries in young athletes are due to overuse and overworking the body. The most frequent sports-related injuries are sprains (injuries to ligaments), strains (injuries to muscles), and stress fractures (injury to the bone). These injuries result from abnormal stress placed on the tendons, joints, muscle, and bones. Even if there is minimal swelling, point tenderness over a bone in a growing child should be evaluated by a medical provider.

To reduce the risk of injury, take time off to prevent excessive amounts of physical stress on the body. It is a good idea to plan to take at least one day off per week from a particular sport to allow the body to recover. Players should always wear the right gear and use proper protective equipment during activities. This includes the proper pads, helmets, mouthpieces, protective cups, face guards, and/or protective eyewear. Many athletes or bicyclists may feel that they don't need a helmet or do not want to wear one, but even the smallest accident can result in a significant head injury which may cause brain trauma.

Athletes should strengthen their muscles by doing conditioning exercises, and should increase their flexibility by stretching before and after games. During the warmer seasons, avoid heat injury by drinking plenty of fluids before, during, and after playing sports or exercising. Remember to take breaks, play safe, and stop the activity if there is pain.



Have You Seen Our App?

Our 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!

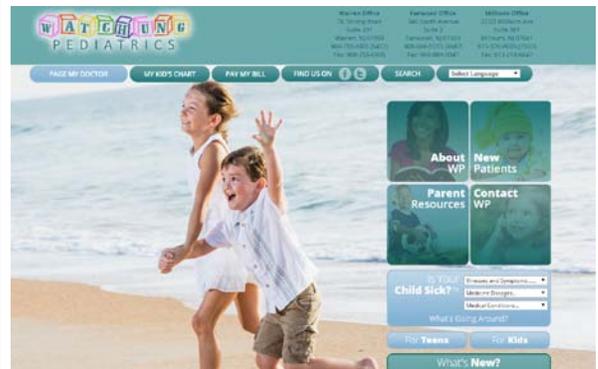
Please follow these instructions on how to download the app to your smart phone. 1. Search for **Your Practice** in the app store and download the app (later you will choose Watchung Pediatrics) 2. Open the app and search for Watchung Pediatrics 3. Choose Watchung Pediatrics 4. Connect with Watchung Pediatrics anywhere, anytime



New Website

Watchung Pediatrics is pleased to announce the launch of our new state-of-the-art website!

In addition to information about our offices, medical staff, providers and services provided, our new and improved website includes such useful additional 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 Watchung Pediatrics 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

KIDS KORNER

Halloween Oreo Eyeballs

Ingredients:

- Oreos
- Blue/Green gel icing
- Red food coloring
- Black/brown M&M's or Skittles
- Small paintbrush or toothpick



Directions:

1. Remove one cookie from the Oreo
2. Add a small glob of the blue/green gel icing
3. Place the M&M in the center of the icing
4. Pour a little bit of the red food coloring onto a plate
5. Paint on squiggly red veins on the white part of the Oreo using the tiny paintbrush or toothpick

Fall Word Search



ACORN
APPLE
FALL
JACKET

LEAF
PUMPKIN
RAKE
SCHOOL



Autumn Alphabet Challenge

Can you come up with an Autumn themed word for each letter of the alphabet?



A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____

Silly Fall-time Jokes

What type of pie do ghosts love most?

BOO-berry!

How do you make a skeleton laugh?

You tickle its funny bone!

What do witches put on their hair?

Scare spray!

What does a hungry ghost want?

Ice scream!