

Watchung Pediatrics Messenger

Summer Issue

2015

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!



Later Hours in Millburn

Starting mid-September, the Millburn office will offer evening appointments on Mondays. This will provide additional appointment options to our working parents and students.

Welcome Dr Vineetha Alias

We are pleased to announce Vineetha Alias, DO, FAAP, will be joining 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.



Labor Day

Watchung Pediatrics will be closed on Sept 7 in observance of Labor Day. Our on call pediatrician will be available until 6pm by contacting our answering service at (303) 715-6014. We hope you and your family have a safe and happy holiday weekend!

Patient Portal

Your child's records at the click of a button.

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 New Answering Service
- 2 New Website
- 3 Sun and Water Safety Tips
- 4 Dangers of Social Media & Sexting
- 5 Healthy Tips for the College Freshman
- 6 Kids Korner

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.



New Website

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

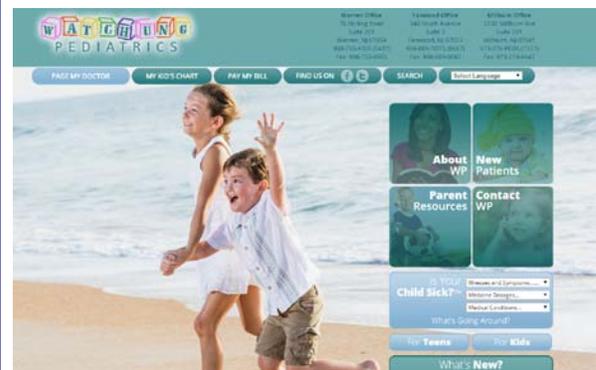
In addition to information about our offices, medical staff, providers and services provided, our new and improved website includes such useful additional features as a user friendly Pediatric symptom checker, a library of medical information with content from the American Academy of Pediatrics, a **What's 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.

Our new website is also seamlessly linked to our new answering service with a Page My Doctor online feature which allows our families to securely contact the provider on call for Watchung Pediatrics after hours, bypassing the need for a live operator. All patient information is encrypted and private.

Patients are encouraged to sign up for the **Page My Doctor** service at any time and the information is stored securely in our data base and available when our families need to contact the provider on call.

Another amazing feature is our Watchung Pediatrics mobile app that 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



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

Sun and Water Safety Tips for the Summer

It's summertime, and it is important to enjoy the sun and warm weather safely. The first and best line of defense against harmful ultraviolet rays is to cover up when exposed to the sun. Infants are especially sensitive to sunlight, and therefore should be dressed in lightweight long pants, light long-sleeved shirts, and brimmed hats that shade the neck to prevent sunburn or other skin damage. Whether it is summer or winter, the sun is at its peak intensity between 10 A.M. and 4 P.M.; extra care is needed during this time. On both sunny and cloudy days, be sure to use sunblock with an SPF of 30 or greater that protects against UVA and UVB rays. You should apply sunblock regularly throughout the day (about every two hours) or after swimming or sweating. When you are outside, be extra cautious near water, sand, and snow, as they reflect UV rays and may result in a harmful sunburn more quickly.

In addition to sunburn, heat stress is something to look out for. Children who are exercising or playing sports outside are more likely to experience heat stress and dehydration. Before participating in any outdoor physical activities, children should drink plenty of water and should not feel thirsty. Children should always have water or a sports drink with electrolytes while participating in intense outdoor activities, and should take a break every twenty minutes to drink.

The pool is a popular place in the summertime, and proper pool safety is important. To prevent drowning, never leave children alone in or around the pool area; close supervision by a responsible adult is advised. Whenever children under five years old are in the water, an adult (preferably one who knows how to swim and perform CPR) should be within arm's length, providing "touch supervision" at all times. If you have a pool and young children, install a fence that is at least four feet high around all sides of the pool, and make sure the fence self-latches at a height your children can't reach. Inflatable swimming aids such as "floaties" are not a substitute for approved life vests and should not be relied on as a sole form of safety in the pool or ocean. Ocean swimming should only be allowed when a lifeguard is on duty, as currents can be extremely dangerous. Be sure to follow these precautions for a fun and safe summer!



The Dangers of Social Media and Sexting

Although the overwhelming presence of social media in society has proved to be extremely beneficial, it also poses dangers and risks that are sometimes overlooked. Social media, since it is so public, is accessible by anyone, including private information posted on social media profiles. People often post personal information on forums such as Facebook, intending only for their close acquaintances to see, but this information can easily be accessed by strangers. In addition to this problem, people often use social media as a place to post inappropriate pictures and posts which may lead to severe repercussions in the future. Other issues concerning social media include cyber bullying, which has become very prevalent in the current generation. Cyber bullying is not considered violent or physical; however it can be just as mentally harmful and can severely impact the lives of its victims. Parents are encouraged to monitor their teens' internet activity and emphasize that everything sent over the internet can be shared with the entire world, so it is important to use good judgment in sending messages and posting pictures. Remind your teens that if they do not want a future employer to see a status or a picture, don't post it.

Additionally, parents should be encouraged to talk to their teens about the dangers of sexting. "Sexting" refers to sending a text message with pictures that are suggestive, naked, or otherwise sexual in nature. Teens and kids of all ages should understand that sexting is serious and considered a crime in many jurisdictions. Sexting could possibly involve the police, suspension from school, and notes on the sexter's permanent record that could affect their chances of getting a job or into college. Just like social media, text messages cannot be removed once they are sent. Once a person sends a text, it is out of their hands and they cannot control who the receiver shares it with. It is important to remember that once you put something on the internet, it will be there forever, so use caution when texting and using social media.

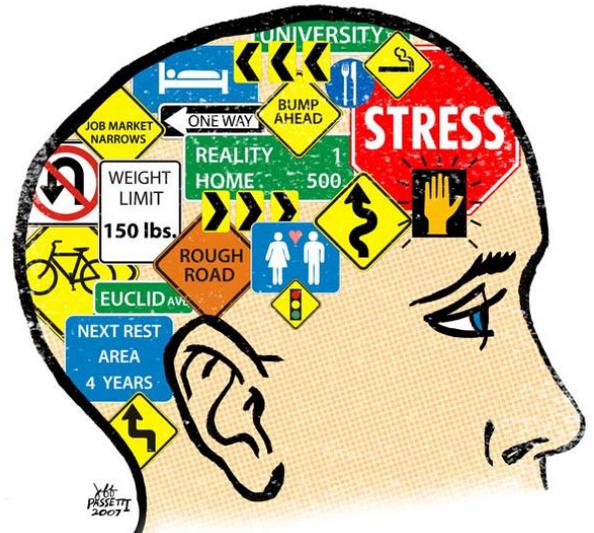


Healthy Tips for the College Freshman

The transition from high school to college can be exciting but also intimidating. Planning ahead for your health and safety needs can help make the transition easier for you and your family. The first thing on the college checklist should be a trip to the pediatrician's office. Your pediatrician can be a terrific source of advice and support, not just physically, but emotionally as well. In addition to making sure you have all of the vaccines and tests recommended for this age, your pediatrician can address any concerns you may have about starting college. It is important for you to know where to go for emergencies or urgent health care on campus. Find the campus health center on or before move-in day to ensure that you know where to go in case of an urgent health care situation. Next, make sure that you have health insurance and know how to use it. Most colleges offer plans for students who are not already covered..

If you are a young adult about to start college, in addition to thinking about your classes and making friends, it is also important to think about taking charge of your own health and knowing where to go when you need help. If you are taking medication to treat a medical condition or a mental health condition, make sure you know all the facts about the medication: what it's called, what dose you take, and when to take it. Also know how and where to refill prescriptions on or around campus.

In addition to taking medical precautions, it is also important to consider your mental health. College is an adjustment, and it is helpful to have good stress management techniques, eat right, get plenty of sleep and exercise. Participating in activities promotes your overall health and being active will keep you feeling energized and can reduce stress. Remember that it is normal to feel sad or homesick, or a bit lost at first, but you are not alone with these feelings. Reach out to the health center or the college counseling center if these feelings begin to interfere with your ability to study or enjoy your college experience.



KIDS KORNER

Watermelon Strawberry Pops

All you need is two ingredients to enjoy this refreshing treat!

4 cups watermelon, cubed
2 cups strawberries

Instructions: Puree watermelon and strawberries until very smooth. Pour into Popsicle molds and freeze until firm.

Fun Summertime Puzzles!

Great for long car rides or for some poolside fun!

Summer Sudoku

Every row, column and mini-grid must contain the letters B U C K E T.
Don't guess - use logic



	T			K	
	U	K	B	C	
T					U
K					C
	B	E	C	T	
	K			U	

www.ActivityVillage.co.uk - Keeping Kids Busy

Seashell Creatures

What you need:

1. Shells
2. Red and Green paint
3. Green foam paper
4. Red pipe cleaners
5. Wiggly craft eyes
6. Glue
7. Magnets



1. Wash and dry shells well
2. Once shells are dry, paint the shells
3. Let paint dry and then glue green foam paper to the back of green shell for the turtle (cut the shape of the turtle out first before gluing) Add eyes.. For the crab: glue red pipe cleaners to the back of the red shells, and glue eyes
4. Once project is dry you can add a magnet to the back of the shell and keep on the fridge to remind your family of the fun day you had at the beach (for the magnet you may want to use hot glue.. it will hold the weight of the shell better)

Silly Summertime Jokes

Why did the peanut butter go into the ocean?

He wanted to be with the jelly fish!

What's the best day to go to the beach?

SUNday!

What part of a fish weighs the most?

The scales!

What did the ocean say to the sailboat?

Nothing... it just waved!