



# Pediatric Associates of Medford PAM Newsletter

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## Annual physicals



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The American Academy of Pediatrics (AAP) recommends that babies visit their pediatrician for a well-child check-up as a newborn, by one month; at two, four, six, nine, twelve, fifteen, eighteen, and twenty-four months of age; and then once a year from age's three to six.

During a well-child visit, your child's pediatrician will provide preventive care by assessing and tracking a child's physical, behavioral, developmental and emotional status as they grow. A well-child visit is a critical opportunity to detect a possible developmental delay or disability, early treatment of which can lessen the future impact on

both the child and the family.

Well-child visits are also a key time for parent-doctor communication. Make the most of these visits by writing down important questions and concerns and take them with you. Sleep patterns and nutrition are a few topics parents can inquire about.

Your child's doctor will also assess their age-appropriate body mass index (BMI) to make sure that they are in a healthy percentile range for their height and weight. You will likely be asked questions about your child's exercise habits to ensure that they are getting the recommended physical activity.

Well-child visits are a great way to make sure your child's immunizations are current. Studies show that children who are not vaccinated are at a much higher risk for getting sick. A study by the (CDC) showed that the implementation of routine childhood immunizations has caused the largest ever decline of some of the most devastating diseases.



## Flu mist option not being offered this year.

People who prefer to get the nasal spray version of the flu **vaccine**, as opposed to the flu shot, will not have that option next season: Health officials say the nasal spray should not be used this coming fall and winter. The effectiveness of the flu vaccine can vary from season to season depend-

ing on a number of factors, including which flu viruses are circulating and how well the viruses in the flu vaccine match those that are circulating. It's important to note that the new recommendation against using the flu nasal spray is only for the upcoming 2016 to 2017 flu season.



## Guess how many pumpkins!!

Join us for some October fun. For the month of October, we will be having some Halloween fun by guessing how many candy pumpkins are in a jar.

Whoever guesses the closest to the actual amount will win a Barnes & Noble gift card. (Not the actual candy pumpkins) The next time you are in the office,

stop by the front desk to ask for a raffle ticket so you can fill out your name, phone number & the amount of pumpkins you think are in the jar.

We will pick a winner on 10/31/16 and you will notified by one of our office staff

**Happy Halloween & Good luck!**



## Halloween Safety

For young children, Halloween night is one of the best of the year. But trick-or-treating can be dangerous if kids and parents aren't careful. ...

- Plan a route in advance.
- Wear comfy shoes.
- Stay in well-lit areas.
- Wear short costumes as long costumes can be dangerous if they are dragging.

- Avoid masks and use non toxic make up instead as masks can be hard to breathe through.
- Use flexible props made of rubber or plastic Choose a prop that won't cause injury to your child or their friends.

Always have a parent/guardian check your child's candy!!!



## P.A.M New Employees: Ashley Stone, Timarra Warren & Ihsane Akib

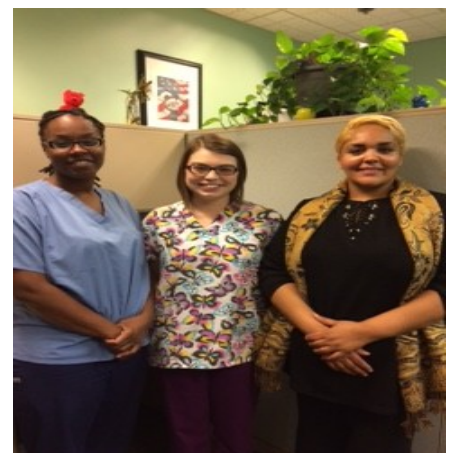
Ashley is one of our RN's & earned her degree in nursing from Salve Regina University in 2015 and Before working at PAM, she worked as a nurse at a sub-acute rehabilitation center for seven months. In her free time, she enjoys baking, crafting, and reading. Ashley loves all things Disney and her favorite place to go on vacation is Disney World.

Timarra is also one of our RN's & earned her degree in nursing from La-bourne College and comes to us from Mount Auburn Hospital where she was a Clinical/Administrative Floater.

Timarra is the proud mother of two children and loves nothing more than spending quality time with them. She also is an avid basketball fan.

Ihsane "Izzy" is our administrative floater who works at the front desk but will also be learning referrals & assisting in collections related matters. Izzy is a personable and kind person who enjoys traveling, looking at art and mostly spending time with her family.

They all joined P.A.M in July 2016 . We feel they have been a tremendous addition to the P.A.M family.



## Pumpkin Pancakes By Dr. Jeanne Clifford

Trying to find a new way to incorporate more vegetables into your family's diet? Well, it is pumpkin season, and who doesn't like pancakes? These are easy to prepare, and extras can be frozen for future snacks or meals.

### INGREDIENTS

- 2 -1/2 cups all purpose or whole wheat flour
- 1/2 cup white or brown sugar
- 4 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg



Delicious homemade pumpkin pancakes.

- 1 tsp salt
- 2—1/2 cups of milk
- 1 cup pumpkin puree
- 2 eggs, beaten
- 2 Tbsp vegetable oil

Mix all the dry ingredients together in a large bowl. In a separate bowl, whisk together the milk, pumpkin, eggs and oil. Pour the milk mixture into the flour mixture and stir until moistened. (the batter will be lumpy)

Heat a lightly oiled griddle over low/medium heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and edges are dry, about 2-3 minutes. Flip and cook until browned on other side, then remove from pan. Repeat until all of the batter is used.

Makes about 10 pancakes, depending on their size.

Variation: For a real treat, serve these pancakes for dinner! Omit the sugar and instead add 1/2 cup of finely ground or finely chopped COOKED chicken or ham.

## Alternative Halloween Treats for Kids

Don't get stuck handing out just candy to trick-or-treaters. Prevent the sugar overload with these Halloween treat ideas.

- Halloween themed temporary tattoos or stickers
- Spooky themed school supplies such as pencils, pens, notepads & pencil cases.

- Crayons & coloring books
- Puzzles
- Trading cards

You don't need a doctor to tell you that all the candy corn, chocolate, and other high-calorie goodies your kids collect at Halloween aren't healthy !!

- Rasins (or any dried fruits)
- Small bags of unsalted pretzels
- Trailmix
- Air-popped popcorn
- Pure fruit & veggie strip chews

## Developmental Screening

Developmental screening is a short test to tell if a child is learning basic skills when he or she should, or if there are delays. Developmental screening can also be done by other professionals in health care, community, or school settings.

The doctor might ask you some questions or talk and play with the child during an examination to see

how he or she plays, learns, speaks, behaves, and moves. A delay in any of these areas could be a sign of a problem.

The American Academy of Pediatrics recommends that all children be screened for developmental delays and disabilities during regular well-child doctor visits at:

- 9 months

- 18 months
- 24 or 30 months

Additional screening might be needed if a child is at high risk for developmental problems due to preterm birth, low birth, or other reasons.

Visit [www.cdc.gov/ncbddd.html](http://www.cdc.gov/ncbddd.html)



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Until every child is well™

At Pediatric Associates of Medford, P.C., we offer a full range of pediatric care including prenatal visits for expecting parents, well-child check-ups, immunizations and sick appointments. Our caring team is committed to providing quality service in a comfortable, safe office setting where children and parents can feel at ease. We also set aside time to equip parents with the tools and resources necessary for the development of healthy children from birth to adolescence.

**We are open 7 days a week, including  
Saturdays and Sundays.**

**We are open 364 days a year (except  
Christmas)!**



**We now schedule yearly physicals a year ahead to ensure continuity of care for our patients and to offer flexibility in booking ahead of time. If your child does not have his/her next physical booked already, please call (781) 396-1288 today!**