



# Pediatric Associates of Medford Spring / Summer Newsletter 2015

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Until every child is well!



## A Recipe for Spring

By Dr. Jeanne Clifford

Healthy bodies need healthy foods! I often give advice about how important vegetables are, but sometimes families need ideas about how to prepare vegetables in ways children will enjoy them. I love to cook, so I often give my patients a new recipe for them to try at home. It is very educational, and fun, for children to learn to cook, so I hope you will prepare and enjoy this recipe!

### Zucchini-Crusted Pizza

(Adopted from the Moosewood Cookbook)

Preheat oven to 350 F

The Crust:

3 1/2 Cups grated zucchini

(grate it coarsely)

3 eggs, beaten

1/3 cup flour

1/2 cup grated mozzarella

1/2 cup grated Parmesan



Salt and pepper

Salt the zucchini lightly and let it sit for 15 minutes. Squeeze out all the

excess moisture.

Combine all crust ingredients, and spread into an oiled 9 x 13 inch baking pan. Bake 20-25 minutes, until the surface is dry and firm. Brush the top with oil

and broil it, under moderate heat for 5 minutes.

Top the pizza with the toppings of your choice. (Tomato sauce, mushrooms, strips of peppers, lots of cheese, etc.) and heat in a 350 degree oven for about 25 minutes.

Cut into pieces and serve!

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## Table for Ten Fundraiser for NF New England

On Wednesday, April 1st, ten physicians, staff and guests at PAM enjoyed a special dinner at the Omni Parker House as part of PAM's generous yearly donation to research a cure for neurofibromatosis, (or NF for short.)

NF comprises of genetic disorders that causes tu-

mors to grow along various types of nerves. NF can also affect the development of non-nervous tissues such as bones and skin and can cause tumors to grow anywhere on or in the body. These tumors often cause learning disabilities, deform-

ation of bones and spine and hearing loss. To find out more about how you can help, log on to

[nfincne.org](http://nfincne.org)



## Hiking with your Children

By Natalie Kingsbury

Growing up in the Pacific Northwest, I grew up camping and hiking and enjoying outdoor activities with my family. I was frustrated to find out that maybe from a parent's perspective it is not always easy to acclimate your child to this lifestyle.

Young children may run around and play in a play ground for hours but ask them to go on a short walk and it seems like a monotonous, eternal task to them.

In addition, if they're not exposed to being in nature early on, they may feel uncomfortable hiking through the woods and encountering bugs and animals.

The following are some tips for incorporating hiking with your children into your activities:

- Make sure you choose a reasonable hike that is not too strenuous

or lengthy for your child's age range.



- Allow time to explore. Children love to investigate and touch objects in their surroundings.
- Choose a trail with an interesting feature, such as a stream, or waterfall, or view to maintain their interests.
- Allow the children to feel they

have a turn to lead and be involved in choosing the path.

- Bring a healthy snack and water and appropriate clothing, layers if necessary.
- Make a treasure hunt game out of finding objects in nature such as pine cones, leaves, etc.
- Take breaks so children, especially younger children can 'recharge their batteries.'
- Remember to bring sun block and bug repellent and dress appropriately if in a tick infested area.

The more often you include this activity into your routine and make it a positive experience, the more your children will appreciate the natural world around them and get fresh air and exercise in a fun way.

### Family Hikes-Great Website Links:

<http://www.thetrustees.org/?gclid=CPLS9PLb6cQCFUg6gQod8jwABg>

<http://greatkids.outdoors.org/2011/04/early-season-family-hikes-near-boston.html>

[http://www.localhikes.com/MSA/MSA\\_1123.asp](http://www.localhikes.com/MSA/MSA_1123.asp)

<http://www.trekaroo.com/list/stroller-friendly-hikes-and-walks-around-boston>

<https://alltrails.com/us/massachusetts/boston>

## Staff Profile: Rob Burnett, Credit Manager

Robert Burnett has worked for PAM for over three years. Born and raised in Stoneham, Rob is married and has three children, a daughter in high school and two older boys.

He enjoys movies and is, to put it mildly, a Patriot's fan. He is also a big fan of Disney World and he and his family have just come back from his first family Disney Cruise.

Handling the practice's collections can be a thankless job but Rob prides himself in working with patients and

their families to create affordable payment plans to help alleviate the stress of accrued insurance deductible charges and also educate them regarding specific parameters of their individual insurance policies to provide them a better understanding of what type of coverage they have. He also is extremely helpful in navigating the application process for Mass Health and related

insurance matters.

In addition, Rob is a jack of all trades and assists the office with IT related issues, which is crucial to our daily operations.

If you have insurance related questions or concerns about payment plans please call Rob at (781) 396-1288, Ext. 394 or email him at [rob@pedimed.comcastbiz.net](mailto:rob@pedimed.comcastbiz.net)



## PAM's Behavioral Health Initiative - Part 3

Many of you are aware that we are happy to introduce Dr. Laura Luff, PsyD to our team here at PAM. Laura's calm and cheerful demeanor have led to a seamless transition into our mission to provide the best and most complete pediatric care to our patients and families. In these hectic, overly connected times we live in, raising happy, resilient children can be challenging for everyone at one time or another.

Dr. Luff is always happy to do a quick meet and greet when you are in the office for a well or sick visit. This is often a good way for a child or teen to make an initial connection, especially if they are shy or hesitant about talking to someone they don't know.

Making an appointment with Dr. Luff in the same office they have always come to is also more comfortable and convenient for both parents and kids.

Just some of the areas that Dr. Luff is already working on with our families-

challenging behaviors/tantrums in toddlers and small children, anxiety and/or sadness in children of all ages, difficult family transitions such as divorce, older teens stressed over transitioning to college or adult life.

Dr. Luff will be offering classes of interest to parents, and has also taken the initiative to work with our doctors on screening new mothers for difficult transitions after delivery.

So please join us in welcoming Dr. Luff to PAM. Don't hesitate to speak with your pediatrician regarding something of concern or to reach out to Dr. Luff directly. We are here to work together!



### Consultation, Parent Guidance & Targeted Treatment

#### Developmental

Eating \* Sleeping \* Toileting \* Shyness  
Behavioral Challenges & Tantrums  
Developmental Delays & Disorders  
Social Problems & Bullying

#### Medical

Fear of Shots & Swabs  
Pill Swallowing \* Tics \* Tourette  
Headaches \* Pain \* GI Problems  
Medical Diagnoses: Adjustment & Coping  
Weight Management

#### Educational

ADHD: Diagnosis, Treatment Planning & Review  
Learning Disorders, Problems & Styles  
Review of Special Education Plans  
Grade Readiness  
Homework, Planning & Organization  
School Risk Assessments  
Separation & School Resistance

#### In the Family

Adjusting to Change \* Grief & Loss  
Separation & Divorce  
Family Member Distress  
Sibling Acceptance, Adjustment & Conflicts  
Trauma

#### And of course...Traditional Emotional

#### Concerns

Anxiety \* Panic \* Phobias \* OCD  
Body Image & Disordered Eating  
Depression & Moodiness  
Drug & Alcohol Misuse  
Trauma

*All our Primary Care Psychologists are trained in CBT, Exposure Response Therapy & Biofeedback*

## Q&A with Psychological Care Associates

*Q: "My high school senior will be hearing from colleges soon. I fear how she'll handle rejections & comparisons with her classmates. What can I do if/when this happens?"*

*A: Don't you wish you could shield your child from all disappointments? Senior year is a whopper of a test of self-esteem & resilience, but ironically our teens are not nearly as equipped for these challenges as they will be when they're even a little older. It helps if you demonstrate faith in your daughter's potential for resilience, even if hers' is not robust yet. Resilience is also something you will need to model & reinforce in your child. The tricky balance to strike is to share*

*in your daughter's pain & disappointment but communicate that it will pass, & do NOT share in her belief that the rejection makes her unworthy, less-than, or doomed to mediocrity or failure. Periodically make note, but not persistently, of those who had similar college disappointments or took an indirect route to eventual personal success. Share your own esteem rattling experiences, your wandering paths, & the varied definitions of success. Help your daughter be compassionate with herself just as she would be for a respected friend. Encourage engagement in things that she values & which bring her pride, & distract her from this overly charged moment.*

*Intentionally create relaxing moments & family bonding time, showing her that love & pride are not defined by single accomplishments. Feel free to call for a Consultation with our Psychologist.*

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**Boston Children's Hospital**  
Community of Care  
Preferred Pediatric Practice

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)!**

## Medford's Running of the Leprechauns

For the second year in a row, Pediatric Associates of Medford participated and was a sponsor in Medford's Running of the Leprechauns 5k road race to support Boston Children's Hospital.

Although it was a cold and rainy day, runners came out to support the cause and wear their St. Patrick themed finery. We were happy to continue to support this great community event!



Thank you to all of the organizers and the volunteers who served the finishers Irish stew and provided live Irish music and an Irish step dancing performance from a local group.

We look forward to participating in this Summer's Circle in the Square community events.



**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!**