



Moore Pediatrics & Associates Patient Newsletter



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ART GALLERY

Now that we're back to school, your little artist is probably bringing home numerous masterpieces. We would love to **display your child's artwork in the reception room**. If your child has an art project, he or she is particularly proud of, bring it with you next time you are in the office. We will add it to our revolving art exhibit for a few weeks and send it back home with you at your next visit.

FORGET THE APPLE: WASHING HANDS KEEPS THE DOCTOR AWAY

As fall sets in many of us begin taking extra vitamin-C or getting flu shots to prevent illness in the approaching winter months. What we often forgot is **the simplest, yet most effective means of prevention: hand washing**. According to the Mayo Medical Clinic, hand washing can prevent infectious illnesses, such as the common cold, influenza, and diarrhea, which are spread by direct contact. **Encourage your children to frequently wash their hands** including before eating, after touching animals, after blowing their nose or when they cough/sneeze into their hand, and when they walk in the house. For an effective hand washing, use warm water and rub soaped hands together for 10-15 seconds (or sing the ABC song)

FLU SHOTS

Beginning in October, we will be offering flu shots to our patients. The Centers for Disease Control (CDC) has changed its recommendations for 2006, and now **all children 6-59 months** are advised to have a flu shot. If your child has never received a flu shot in the past, your child will require 2 doses one month apart. If your child has received a flu shot in the past, only one dose is needed to continue your child's immunity. Shortages have occurred in previous years, and if the country faces limited availability again these recommendations may change.

EPI PEN WEBSITE

The manufacturers of EpiPen have created a consumer website: www.epipen.com. The informational website also has a reminder service that will send you a message when your EpiPen is about to expire. EpiPens are by available by prescription only and are intended for emergency use by persons with a history of severe allergic reaction.

THE EMPOWERED PARENT LEARNER'S SERIES FALL CLASS SCHEDULE

Both of instructors are back to offer classes on nutrition and parenting. We have had waiting lists for several of our events, so we encourage you to sign up early.
If you have taken a class before, you can take it again.

Parenting Classes with Dot Tetrault, CSW

September 6: I am, too, the boss of you: Toddler Version This workshop is a one night version of the popular 8 week course of the same name. Dot gives practical advice for setting consistent boundaries and introduces you to concepts that will help your child listen and cooperate and enable you to communicate honestly and effectively.

October 4: Living with Your Teenager without Losing Your Mind: This class is for parents who want to help guide their teenager to independence

Nutrition Classes with Paula Herzog, RD

September 20: Great Plate Workshop I: This workshop will give you the tools to plan, shop for, and quickly serve nutritious meals on any schedule. You will receive sample menus and grocery lists to take home.

September 27: Great Plate Workshop II: Take this class separately or as a continuation of Great Plate Workshop I.

October 11: Great Plate Packs Lunch: Apply the Great Plate concepts to packing nutritious lunches that your child will eat and you will feel good about.

October 18: Feeding your 2-5 Year Old: This class will give you the tools to plan snacks and meals for your young, active child, introduce new foods, and provide fun ways for you and your child to learn about healthy choices together.

All classes are held at the office and are open to the community. Please call the office (734-475-4500) with any questions or to reserve a space. Class fee is \$10 (\$25 for 3 classes). Classes begin at 6:30 pm and usually last until 7:30 pm. Class size is limited to 15.

AFTER HOURS ADVICE AND CARE

Children do not get sick on schedule, which means that you will sometimes need medical advice or treatment **outside our regular office hours**. If it is a medical emergency that requires immediate attention, call 911. **Otherwise, you should always call the office and follow the instructions on the answering machine.** Sometimes, Dr. Moore or Dr. Stefanie will remain available after hours and can be reached by pager. When one of our physicians is not available, the answering machine will instruct you to call our automated answering service. You will be instructed to leave a call back number and the nurse triage system will be paged. Your call will be returned by a nurse, and you will be referred to an on-call physician if needed. A physician is on call for our practice 24 hours/day 7 days/week.