

THE PEDIATRIC GROUP PLAYGROUND

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INFORMATION IS THE BEST WAY TO STAY HEALTHY WHEN YOU TRAVEL

Summer is the season of fun in the sun and travel with the family, but nothing can ruin a good time as quickly as a medical emergency. Even the simplest injury can turn traumatic if you are not armed with the right information. Many healthcare professionals urge patients to keep a health record with them while they travel and it is simpler than it might sound.

The first step is to keep a detailed list of all allergies and medications everyone in your household has. If the list is extensive, it might be a good idea to go to your pharmacy and ask for a printout of all the information. It is also important to have a shot record to prevent your family from unnecessary immunizations such as if a tetanus shot is needed. It is also a good idea to have a good idea of what your child's height and weight are.

The important second step is to be aware of the location of the nearest hospital and urgent care center. This information is often easily found online or by dialing 411. It doesn't take long to compile this information and doing so can save you critical moments when you need them most!



HOW TO BE THE BEST SINGLE PARENT YOU POSSIBLY CAN

It is challenging to be a single parent in today's world. Many needless stereotypes exist about single parent families that can cause us to overlook the beauty of all families, no matter what the makeup. Good parenting has less to do with the number of people in the home and more to do with the quality of parenting taking place inside the home. With some appropriate strategies, you can optimize your parenting and help ease the pressure of being a single parent.

- 1) Have a positive attitude about your family and focus on the benefits of single parenting. Attitude is everything!
- 2) Establish clear and firm boundaries that confirm that you are the boss and head of the family.
- 3) Reach out for help if you need it. There are

many friends, family members, and organizations that are willing and able to lighten the load of a single parent. Single parents with healthy support systems usually feel better mentally and physically and demonstrate to their children that it is OK to ask for help.

- 4) Take care of yourself, so that you will be better able to care for your child and all the responsibilities you have.
- 5) Have realistic expectations and focus on your successes rather than your failures or missteps. You are doing the very best you can!

Your TPG healthcare providers are here for you as an integral part of your healthcare support system. If you have questions or concerns, please contact our office to set up an appointment.

PLANNING CAN HELP YOU RECEIVE A+ CARE

When your child is ill or injured, time is of the essence to make everyone feel better and The Pediatric Group understands this. Your child is our highest priority, which is why we employ many different professionals who can help your child receive the quickest and highest quality care available. While your child's pediatrician would always like to be the first care professional you call, they are not always available due to high demand. Monday or Friday are often the doctor's busiest days due to all the patients who are not able to be seen on the weekends. Your pediatrician's schedule may be less busy on Tuesday, Wednesday and Thursday, so it is often easier to book appointments on those days.

Another way to get your child in quickly is to see if there are any Nurse Practitioner appointments, The Pediatric Group employs four highly qualified

and experienced Pediatric Nurse Practitioners who can perform many of the diagnostic and treatment activities of a physician. The Nurse Practitioners are always backed up by a physician in the office. Appointments for well child visits and the care of routine childhood illnesses with the Nurse Practitioners are often easier to obtain. We also offer a Saturday Morning appointment option for sick children at our Manchester Lakes location. The phones open at 8:30 and appointment run until approximately 11 am or until the last patient is seen.

Every healthcare professional at TPG puts your child's health and welfare first and will be pleased to assist you in any way possible. Contact us today at any of our offices to set up your appointment today!

WHAT IS NEW WITH THE PEDIATRIC GROUP

* The Pediatric Group, P.C. and its employees support the Pancreatic Cancer Action Network and the planned Purple Stride Washington, DC 5k Family Walk & Fundraising event which will take place on June 19, 2010 from 7:30 to 11:00 AM at Freedom Plaza, at Pennsylvania Ave. NW and 13th Street. The event is planned by volunteers who live and work in the local community and have been affected by this devastating disease. Our support is in memory of Dr. Vito A. Giannuzzi.

*Please remember to schedule your kindergarten, camp, or sports physicals, as well as annual physicals for your 4, 5, or 6 year-old early. Unlike 3 and 4 year-olds, 5 and 6 year-olds do not have to have reached their actual birthday before they come for a physical. By scheduling early, we can usually accommodate you better in terms of the time of the appointment.

*The Pediatric Group's physicians, all of who are Fellows of the American Academy of Pediatrics (AAP), are committed to offering the latest proven recommendations for the care of children. A recent recommendation from the AAP is that all newborns should get an initial pediatric examination after birth, as well as a follow-up visit at two weeks of age and a well check at one month of age. The two week visit is a new AAP recommendation which is part of a more comprehensive body of advice under the "Bright Futures" (c) program. The Bright Futures program is designed to support improved health outcomes for children and adolescents, as well as coordinate with the recent National Health Reform legislation.



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Visit our website at www.TPG-PC.com.

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