

# Johns Creek Pediatrics, P.C.

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Children, Our Bridge to the Future

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## Pediatric Pages Holiday 2010 Edition



### Holiday Safety

Deck the Halls with safety in mind! When choosing gifts for children, select toys that are age-appropriate. Check recommended ages on the package of the toy. Do not let children under three years old play with toys meant for an older child, as they could pose a choking hazard. Check the website [www.CPSC.gov](http://www.CPSC.gov) for listings of recalled toys, especially those toys that might contain lead. Decorations can pose a hazard. Secure the Christmas tree so that little climbers cannot pull it over. Avoid using weighted stocking hangers that can be pulled over on curious children. Place the tree in a room that can be gated so that toddlers cannot visit the tree without supervision. Young children may be tempted to play with breakable decorations that could cut them or pose a choking hazard. Keep poisonous holiday plants out of reach, including mistletoe and poinsettia. Children can be burned when reaching for hot drinks or decorations. Ask guests to place purses out of reach, as they could contain dangerous items, such as prescription medications. Remember when visiting, that other homes may not be baby-proof. Accidental falls, burns, poisonings and choking can be prevented with careful observation of the surroundings. If staying with friends or relatives, or in a hotel, consider bringing some baby safety items, such as outlet covers. Ask your host to move dangerous items like household cleaners to high cabinets. With a little planning, you will ring in the New

- Dr. Maren Bear, M.D. will join our practice in February!
- Children's Healthcare of Atlanta is opening an Immediate Care, Radiology and Lab, and Rehab services in The Avenue Forsyth, June 2011!

**NEWS  
FLASH!**



### Office Hours

- ☺ Monday through Friday  
8:30 am—5:00 pm
- ☺ Saturday Same Day Sick  
Appointments 9:00-11:30



### Cold Care

How do I make my child, who is sick with a cold, feel better?

As you know, the FDA banned all over-the-counter cough and cold preparations for children under two and has extended this ban this year for children under 6 years. Pediatricians were thrilled with the ban, because we know that these medications are ineffective and can cause serious side effects. As a parent, you want to make your sick child comfortable, so what can you do that is safe?

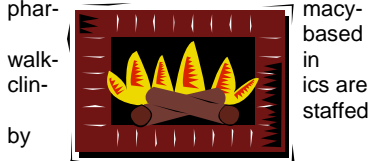
- Instill nasal saline drops, such as Little Noses, in your infant's nostrils. Use a saline spray in older children. Use a cool mist humidifier in the room.
- Acetaminophen (Tylenol, ages three months and up) or ibuprofen (Motrin or Advil, age 6 months and up) can provide relief from fever and pain associated with viral upper respiratory infections, such as sore throat. Benadryl does nothing for the common cold. If your child is under three months old, call us before administering any medications.
- Encourage extra fluids and rest. Babies often do better with smaller, more frequent feedings. Remember that cough is an important protective reflex that clears mucous and germs from the lungs.
- If your child is not improving after two days, or has a very prominent cough or labored breathing, call us. Signs of respiratory distress include rapid breathing, poor feeding, flaring of the nostrils or ribs pulling in with each breath. Call immediately if you notice any of these serious signs.

It's not too late to schedule your flu shot!



## WHAT DO I DO IF MY CHILD IS SICK WHEN THE OFFICE IS CLOSED?

- ☺ Remember, we have Saturday morning hours. Also, there is always a doctor available to assist you after hours if you have an emergency. Just call our office number. Our answering service can send your call to the nurse advice line, or they can page the on-call doctor. The nurse or doctor can help you decide if you need to seek care immediately, or she can give you advice that will help your child until the office opens.
- ☺ If your child cannot wait until the office opens, we recommend going to a Children's Healthcare of Atlanta urgent care center. They can handle fevers, sore throats, minor injuries and illnesses.
- ☺ If your child has a more serious illness or injury, or is sick past the operating hours of the urgent care centers, we recommend the Emergency Department at Children's Healthcare of Atlanta. If you call an ambulance, ask to be transported to Children's Healthcare of Atlanta, unless the child is too sick to be transported there.
- ☺ **Children are not little adults!** They require special equipment and specially trained staff with experience. There are many emergency rooms and urgent care centers in our area that do not specialize in the care of children. The phar-



### Nutrition Corner

With a little planning, you can follow healthy eating through the holidays while enjoying treats in moderation.

- Avoid juices, soda and other high calorie drinks. Drink water with a splash of juice or lemon instead.
- Don't go to a party hungry. Snack on carrot sticks or fruit first. You won't be as tempted.
- Decide what you are going to eat before you fill your plate. Stick to your plan.
- Measure portions at home. Most people don't realize they are eating more than a serving of rice, cereal, etc.
- Don't let your busy holiday schedule get in the way of exercise.

## Holiday Word Search

Q S O I E S Z S F E  
 B F Y H L L T A R E  
 Y M C E O N V N I R  
 P L I O E H I T E T  
 M G L S O C O A N H  
 H G E O C K G H D T  
 P R S T H G I L S A  
 P F A M I L Y E K E  
 C A R O L I N G S R  
 A R S D R A C F H W



Words: Holly  
 Caroling  
 Cards  
 Cookies  
 Family  
 Friends  
 HoHoHo  
 Lights  
 Presents  
 Santa  
 Sleigh  
 Tree  
 Wreath



## After Hours Contact Information:

We do not recommend retail clinics or urgent care facilities that are

### Children's Healthcare Of Atlanta

#### Urgent Care Centers

**Hours:**  
 Mon-Fri 11am-9pm  
 Sat-Sun 9am-9pm

#### Locations:

3795 Mansell Rd  
 Alpharetta, GA 30022  
 404 785 8540

2660 Satellite Blvd  
 Duluth, GA 30096  
 404 785 8330

For immediate wait times call  
 404 250 KIDS

For call ahead care call  
 404 785 CALL

For map  
[www.choa.org](http://www.choa.org)

### Hospital and Emergency Room

Children's Healthcare of Atlanta at Scottish Rite  
 1001 Johnson Ferry Rd  
 Atlanta, GA 30342  
 404 785 2273



#### Check Our Website!

[www.johnscreekpediatrics.net](http://www.johnscreekpediatrics.net)

- Schedule advance appointments
- Request prescription refills
- Request school forms
- Updated regularly with news
- Become a fan of Johns Creek Pediatrics on Facebook!

