

Lighthouse Pediatrics

April 2023

NEWSLETTER

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“Having a safe and loving home and spending time with family are very nutritious for everyone.”



APRIL: EVERY KID HEALTHY

Your child's health is the foundation of all growth and development. There are many benefits to health and different variations of things you can practice promoting good health for your child. Developing a 'good health' strategy can include more than just physical growth. Other determining factors to consider are cognitive development, social and emotional growth, and mental health. We live in an age of electronics, where screen time overshadows physical activities and adequate sleep. Our lives are busier where less emphasis is placed on developing healthy eating habits. Taking time to plan your day/week/month with your child ensures you are closer to developing a healthier lifestyle. Just remember there are certain benefits to physical activities, limiting screen time, reading with your child, preparing nutritious meals, and most importantly spending quality time with your child. All these factors are ingredients to a healthy future with your child that is everlasting, and they will cherish for a lifetime.

DR. WILSON'S CORNER



SPRING SUNSHINE & FUN!

Well, it is finally here and upon us, the springtime weather with summer peeking around the corner. Typically, spring brings mild weathered temperatures that are more tolerable for outside enjoyment. Spring sunshine is also a reminder of the potentially harmful UV rays that your child's skin can be exposed to. Being outside doesn't mean families can't enjoy themselves and partake in outdoor activities. Being very mindful keeps us all safe and helps prevent skin damage caused by the sun.

Parents wait months and months while being held hostage inside their homes due to cold or rainy weather and unknowingly let their guards down when the first stretch of spring begins. Venturing outside for fun should be enjoyable but it's important to also plan for safe outdoor activity. For instance, a simple bike ride during the peak of the day without proper protection can cause harm to your child's skin and their eyes. We also tend to poorly hydrate while enjoying outdoor fun, as well as overexerting our body temperatures to the point of exhaustion and becoming dehydrated. Remember to hydrate both your child and yourself well, wear sunglasses and protective clothing, and use sunscreen (remember to reapply every hour you are outside!).

Being a 'sun role model' to your child helps condition your child by emphasizing good behavior. Give them the tools they need by showing them how to apply sunscreen and sun protectant clothing along with hats and sunglasses. Understanding that fun time and time in general passes by quickly, and we sometimes are unaware of how long we are in the sun. Tracking your outdoor time means being aware of how long you and your child are in direct exposure without taking a break. Following good practices and taking time to be 'sun smart' is the most effective way to increase your chances of good health.

Lighthouse Pediatrics March Book Reading

Reading takes on many different life changing elements for your child. Reading improves brain connectivity, increases your vocabulary and comprehension, reduces stress, and improves focus to name a few things. Our March book reading was a great success, allowing time for us to share moments with you and your children. This is our way of saying 'Thank You' for being part of the Lighthouse Family. We appreciate you and truly take pride in the development of your child. You may have missed March's opportunity, there is another book reading event around the corner in May, so stay tuned for the upcoming date.



APRIL EVENTS

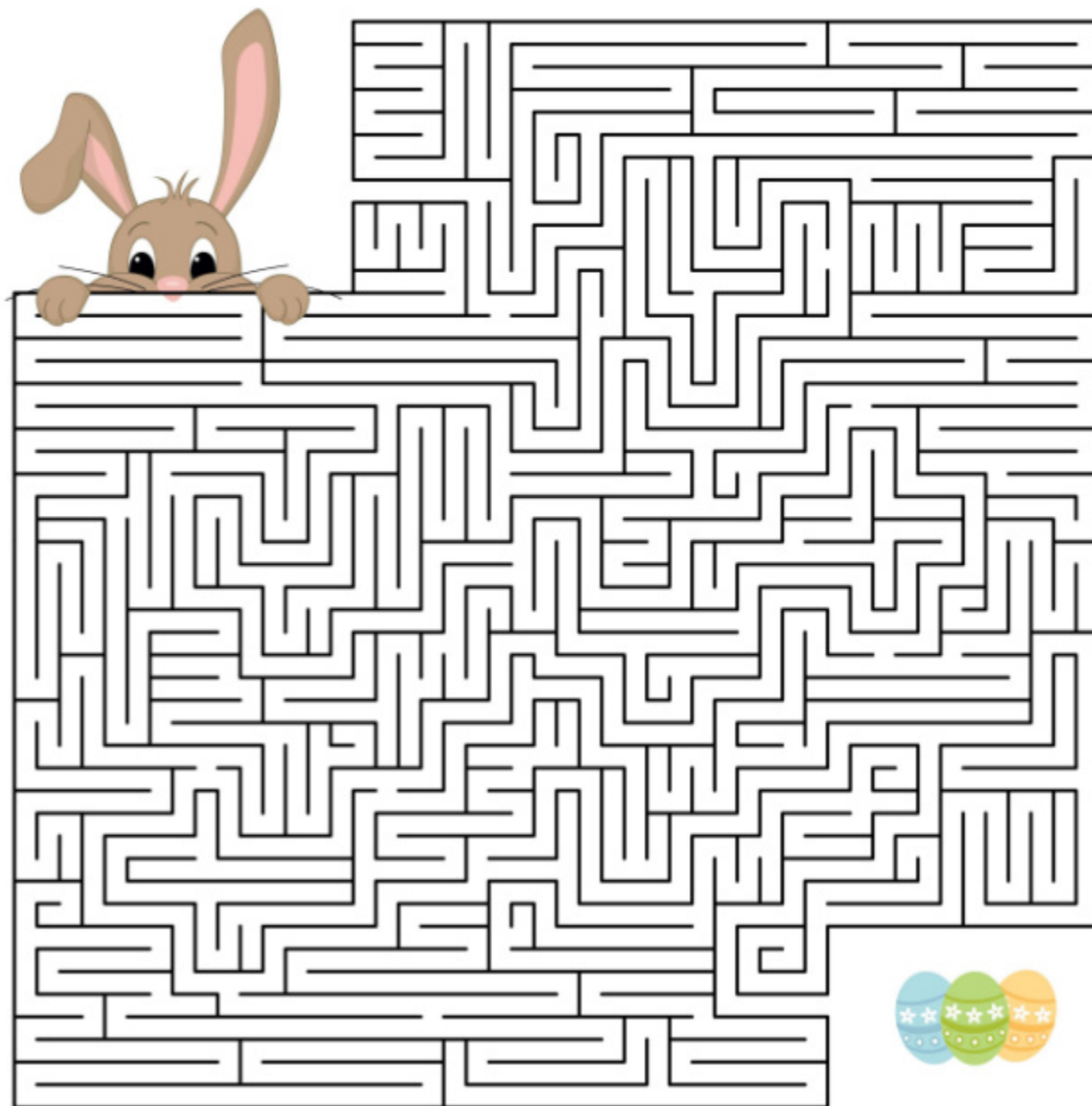
- **Movies on the Square – *Minions***, April 6, 2023
- **Sandy Springs Artspalooza**, April 8-9, 2023
- **Charlotte's Web**, April 4 - May 21, 2023
- **Atlanta Dogwood Festival**, April 14-16, 2023
- **Atlanta Film Festival**, April 20-30, 2023
- **Earth Day**, April 22, 2023



Our book for the month of March celebrated Disability Awareness Month. *"Different: A Great Thing To Be"* celebrates the light that shines in everybody and recognizes that having someone "different" in our lives can be a gift for us all. Pick up a copy and read it with your child!

Lighthouse Pediatrics Monthly Activity

Let's test everyone's skill at this puzzle, Moms, and Dads you can try too...



Mr. Turtle Photo of the Month

Each month there is an opportunity to take a picture with Mr. Turtle and the cutest photo will be selected and featured in the monthly newsletter. The decision was tough, and competition was fierce, we have concluded ALL our kids this month are the cutest kids. Please keep the pictures coming as we love to show off our cute kids for everyone's enjoyment. You can submit all photos to office@lighthousepediatriccare.com.





Mr. Turtle is always in search or new friends, so let's continue to support Mr. Turtle!

