

Lighthouse Newsletter

The Official Newsletter of Lighthouse Pediatrics



This Issue's Top Articles:

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- Puzzle

It's School Time

The past few months just flew by so quickly for the summer fun in the sun. Now it is time to reflect on the summer and focus on the upcoming learning development for your child. The importance of educating and raising caring children is critical for their future. Raising caring children who become future productive adults is the most important thing we will do as a society. Teaching kids' emotional intelligence is just as important as curriculum-based learning. To list a few suggestive ideas to assist the growth and development are:

- Social and Emotional Development
- Compassion, Kindness, and Respect
- Social Connection
- Understanding the forever changing time

Having social and emotional development prepares your child for a more personal outlook. Helping your child understand the everyday challenges and listening to them when things matter most.

Learning about their day and allowing them to tell you about their day is a critical step in self-reflecting and helping them understand they are not alone.

Teaching your child to have compassion, kindness and respect ensures they will get the full benefit of others to participate in their development. Showing compassion, kindness and respect provides a foundational fellowship of giving, where this is more interpersonal interaction. By us being their coach as adults involved in their interactions with others, by paying attention to how your child conducts themselves towards others, in return is developing an interpersonal outlook on life and others alike.

Connecting socially systematically helps children recognize positive learning environments and utilize others in your network for assistance/suggestions. As parents you should get to know others around your children like educators, friends, and other parents. Make a healthy approach in surrounding your child with the tools to progress. Understanding what your child is doing during school and away from school gives you the best chance to make the right decision for their future.

Times are changing, especially in a world of the media frenzy of internet use. There is a tremendous amount of non-essential items related to the internet including social media. Somehow as parents we should get back to basics by limiting screentime and replacing it with one-on-one time with your child. Interact with your kids more in-person and provide them with another avenue to learn. Be creative, like perhaps taking a visit to the local library or book fair to introduce them to other children socially in a positive learning environment. Day-by-day hopefully as parents we are teaching children something new where they will understand the importance of principles and acts of kindness. We all live busy lives, therefore, make every attempt to carve out time for your child so you can make the best decision as a parent to have a positive influence on their lives.



**Each Year brings
an opportunity for
communities,
schools, and
parents to build
our children for
tomorrow...**

DR. WILSON'S CORNER

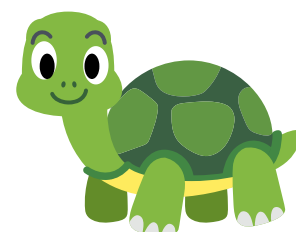


Summer break flew by and it's already back to school and back to school germs again. I hope your family enjoyed a hiatus on sniffles, coughs, and fevers this Summer. Now that the kids are spending most of their day away from you and possibly bringing home illness, here are some tips that may help cut down on days missed from school and work.

- Improve ventilation indoors by bringing in as much outdoor air as possible (e.g., open windows), changing air filters frequently and choosing higher filtration, and turning your thermostat to "On" instead of "Auto" to ensure continuous airflow and filtration.
- Move indoor group activities outdoors.
- WASH HANDS FREQUENTLY.
- Getting sufficient sleep, eating nutritious meals, and staying active to promote healthy bodies helps to build healthy immune systems in children (and adults).
- Teach children to cough and sneeze into their elbows or a tissue.
- Keep your child's teacher well-stocked with surface cleaning materials such as Clorox wipes, Lysol spray, etc.
- If respiratory infection rates are on the rise, consider wearing masks when indoors with groups of people.
- Stay home when you are sick. Keeping your child home with fever, vomiting, diarrhea, sore throat, and other contagious illnesses can prevent the spread to other children and families.

Last Fall/Winter season was record-setting for pediatric illnesses, and we all have our fingers crossed that this year is better. The emotional, physical, and financial strain placed on families and even the healthcare workers taking care of them was astronomical. I hope we all do what we can to help prevent the spread of illness.

MR. TURTLE CUTE PICTURES OF THE MONTH



Keep the CUTE pictures coming!! Email your child's pic to office@lighthousepediatriccare.com

DR. WILSON'S BAKING CORNER

Blueberry Ricotta Coffee Cake

This is the perfect, not-too-sweet but just sweet enough, crumbly, cinnamon coffee cake that the whole family can enjoy. I made it for a Summer Brunch, but it can easily be a delicious Summer family dessert that looks more intricate than it is to make. As usual, fresh blueberries and freshly squeezed lemons will make for a better tasting cake, and both are in season right now.

For the Cake:

- 1 Cup low fat Ricotta cheese
- $\frac{3}{4}$ Cup white sugar
- 2 eggs
- 2 Tablespoons lemon juice (fresh-squeezed always tastes better)
- 2 teaspoons vanilla extract
- $\frac{1}{4}$ Cup unsalted butter, melted
- 2 Cups all-purpose flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt

For the Cinnamon Swirl:

- $\frac{1}{2}$ Cup brown sugar
- 1 $\frac{1}{2}$ teaspoon cinnamon
- 2-3 Cups fresh blueberries

For the Streusel Topping:

- $\frac{1}{2}$ Cup all-purpose flour
- $\frac{1}{3}$ Cup white sugar
- $\frac{1}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon cinnamon
- 3 Tablespoons melted butter

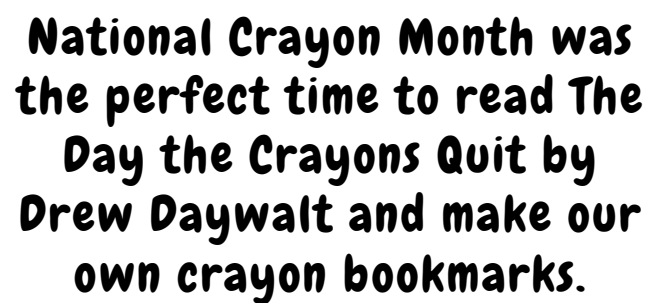
Preheat the oven to 350 degrees Fahrenheit. In a large bowl, combine the ricotta, sugar, eggs, lemon juice, vanilla, and melted butter with a wire whisk until well combined. Add the flour, baking powder, baking soda, and salt and mix with a rubber spatula just until combined. Prepare a 9-inch spring form pan, greasing it well. Spoon half the batter into the bottom of the pan (the batter will be very thick).

Combine the brown sugar and cinnamon in a bowl and sprinkle half the mixture over the amount of batter in the bottom of the pan. Spoon the second half of the cake batter over the cinnamon sugar layer and smooth out the top as much as possible. Sprinkle the remainder of the cinnamon sugar over the top of the batter and then add the blueberries to the top.

Combine the streusel topping ingredients in a small bowl until the mixture reaches the texture of coarse crumbs. Sprinkle the streusel topping evenly over the top of the blueberries. Bake at 350 degrees for 55-65 minutes, or until a toothpick inserted into the middle of the cake comes out clean. Allow to cool completely before releasing the spring form pan and slicing to serve. *Courtesy of The Busy Baker (thebusybaker.ca)*



K READING



Summer Word Scramble

HEBCA

KBCTEU

DSAPE

KAPR

NVCIAOTA

NIPCCI

KIBNII

PNICMAG

MUMERS

HSRTOS

