



3610 Piedmont Rd.NE, Ste 100 (470)697-1396

December 2022

NOW ACCEPTING NEW PATIENTS!!!



Happy holidays from our family to yours!

Holidays are a time when family and friends can come together and rejoice in happiness and making new memories. The best part of the holiday season is remembering those who make the holidays meaningful. We wish you all the love and happiness this season can bring and may it follow you throughout the coming year.

Special Events

- **Lighthouse Pediatrics Open House Event!**
- **Dr. Wilson's Editorial Corner**
- **Did You Schedule Your Next Visit?**



“Family is loving and supporting one another despite faults.” Thank you for being part of our Family!



Lighthouse Pediatrics Grand Opening Event!

Located in Buckhead, on the corner of Piedmont Rd. and Habersham Rd., Lighthouse Pediatrics first opened its doors on October 17, 2022. Our Mission is to partner with parents to build bright futures for all our patients. We believe that excellent pediatric care starts with establishing a strong relationship with parents.

Please come and join us at the open house celebration event to see our facilities and meet the staff. We encourage you to bring your family, friends, and neighbors to the open house.

The Open House will be on **January 14, 2023**, located at **3610 Piedmont Rd. NE Suite 100**, and will be from **2pm-5pm**. There will be light refreshments and hors d'oeuvres served during the open house.

Please come as you are and celebrate with us at Lighthouse Pediatrics. Feel free to call for directions, parking is in the garage off Habersham Rd. and is complimentary.

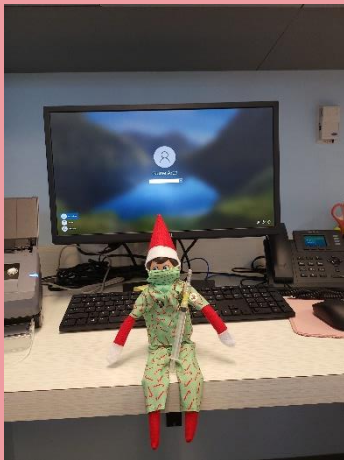


Dr. Wilson's Editorial Corner

Winter seems to have hit with a vengeance this year. Colds, RSV, Flu, and record-breaking hospitalizations for pediatric hospitals are in the headlines every day. Hospital resources are stretched to see the hundreds of kids going through pediatric emergency rooms on a daily basis. Many parents are wondering what, if anything, they can do for their child to avoid these serious strains going around.



Guess where he will be next?



GAME TIME!!!

Our Friend Dr. Elf needs your help to locate his next position. Check out our Instagram & Facebook Pages (click on the image below) to see pictures and a fun filled game to find Dr. Elf. All of the game images are on Social Media.



Dr. Wilson's Corner cont.

Routine hand washing, avoiding large crowds, and staying home if your child is sick are still the best policies to avoid spreading illness. We even saw a downtrend in flu in prior years when people were wearing masks consistently, so consider pulling out your masks again to get through this season. If your child is sick, please call our office for an appointment, and please remember that any child that has been sick and is worsening, should be seen immediately by a medical professional. Wishing you and your family a healthy, safe, and love-filled Holiday season.

-Brittany Wilson, MD

Did you schedule your next visit?

Check out our website for additional information about Lighthouse Pediatrics, www.lighthousepediatriccare.com. Please feel free to call or email for additional information at (470) 697-1396 or office@lighthousepediatriccare.com. We appreciate having the opportunity to care for you and your family. Our friendly staff is always willing to help and answer questions you may have. Thank you for allowing Lighthouse Pediatrics to be part of your family.

Dr. Wilson's Baking Corner

A tried and true (**Christmas**) **Breakfast Casserole** recipe, it's easy enough to involve your child and build these Christmas memories together. No overnight prep & it is DELICIOUS!

2 Cups Dry Chicken Stove Top Stuffing Mix (I use Pepperidge Farms Herb Seasoned Stuffing Mix as a preference)
 2 Cups Milk (okay to substitute Unsweetened Almond Milk to reduce the dairy if you prefer)
 1 ½ Cups Cooked Breakfast Meat (e.g. ham, sausage, turkey sausage crumbles, vegetarian breakfast crumbles)
 6 eggs, beaten
 2 Cups Cheddar Cheese, shredded (I use the Triple Cheddar mix to add extra flavor)
 ½ teaspoon salt & ½ teaspoon pepper
 Optional: Add 1 cup of your favorite cooked veggies.

Preheat oven to 350°F. Lightly grease a 9x12 baking dish with No-Stick Cooking Spray. Mix all ingredients together in a large bowl, including 1 Cup of shredded cheese. Pour into the prepared baking dish and sprinkle the remainder of the cheese on top. Bake for about 40 to 50 minutes or until set (knife comes out clean when testing the middle of the dish). ENJOY!