

LIGHTHOUSE PEDIATRICS

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Upcoming Events

- ◆ Book Reading by Dr. Wilson-March 18, 2023
- ◆ Sarah Smith Elementary Fundraiser, March 3, 2023, at the Carlyle
- ◆ Family Free Day-Children's Museum of Atlanta, Feb. 8th 9:30am-12:30pm OR 1:30pm-4:30pm
- ◆ Atlanta Groundhog Day Jugglers Festival, Feb 4 @ 2pm
- ◆ Trolls-Save The Humans at the Atlanta Botanical Garden (Feb 18-Sept 17th)

CHECK US OUT

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.

January Book Reading Event

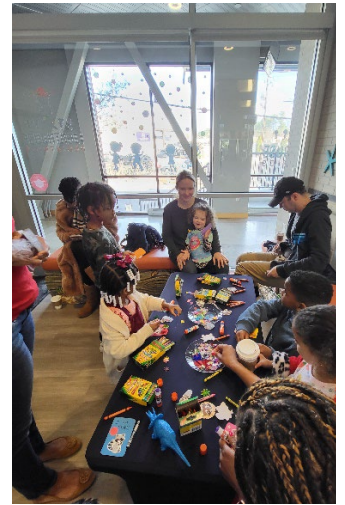
January's book reading was a great success. Dr. Wilson presented the book *Bravery Soup* by Maryann Cocca-Leffler. The book was selected for the 2004 Maryland's Children's Books Award Master List.

During the reading Dr. Wilson connected with each child and parent as she read with enthusiasm, illustrating theatrics page by page. The bright pages and detailed illustrations within the book added fun and a themed connection of bravery. It showed examples of how facing fears helps to conquer them. Each child that participated in the book reading was given their own personal copy of the book as a memento.

After the book was read, the children were given the opportunity to participate in a craft with 'Bravery' being the central theme as outlined in the book.

Each child created their personalized bravery card and placed the bravery card in a lanyard holder as their personalized bravery badge.





Sharing a moment with Dr. Wilson after the book reading.



PICTURE OF THE MONTH with Mr. Turtle. Got to love this picture!!



Each month a picture is selected as the 'picture of the month'. Mr. Turtle is always waiting to take a picture with ALL our family members. For the monthly submission please send the picture to office@lighthousepediatriccare.com.

February 2023, Who Knew?

February 1

- Decorating With Candy Day
- National Dark Chocolate Day
- National Girls and Women in Sports Day

February 2

- Groundhog Day
- National Tater Tot Day



February 3

- American Painters Day
- Bubblegum Day
- National Carrot Cake Day
- National Wear Red Day
- National Women Physicians Day

February 4



- National Eat Ice Cream for Breakfast Day
- National Homemade Soup Day
- National Stuffed Mushroom Day

February 5

- National Chocolate Fondue Day
- World Nutella Day



February 6

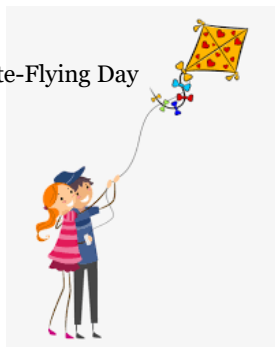
- National Frozen Yogurt Day
- Pay a Compliment Day
- Time to Talk Day

February 7

- National Fettuccine Alfredo Day
- National Periodic Table Day
- National Send a Card to a Friend Day
- Rose Day

February 8

- National Kite-Flying Day



February 9

- National Pizza Day
- Read in the Bathtub Day

February 10

- National Flannel Day
- National Umbrella Day

February 11

- International Day of Women and Girls in Science
- National Make a Friend Day

February 12

- Abraham Lincoln's Birthday
- National Plum Pudding Day
- Super Bowl Sunday

February 13

- National Cheddar Day
- National Tortellini Day

February 14

- Valentine's Day

February 15

- National Gumdrops Day

February 19

- National Chocolate Mint Day
- Tug of War Day

February 20

- National Cherry Pie Day
- National Muffin Day
- Presidents' Day

February 21

- National Pancake Day
- National Sticky Bun Day

February 22

- Cook a Sweet Potato Day
- George Washington's Birthday

February 23

- Digital Learning Day
- National Banana Bread Day
- National Chili Day
- National Toast Day

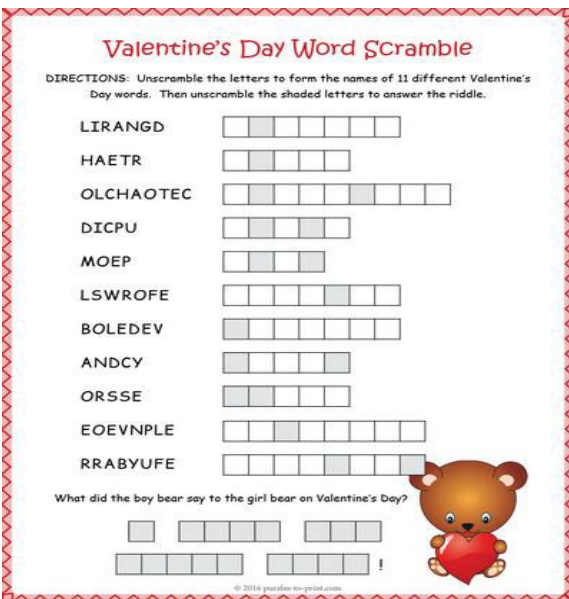
February 24

- National Tartar Sauce Day
- National Tortilla Chip Day

February 25

- Introduce a Girl to Engineering Day
- Let's All Eat Right Day
- National Chocolate Covered Nut Day
- National Clam Chowder Day





Dr. Wilson's Baking Corner

Girl Scout Thin Mint Brownies

The end of February kicks off Girl Scout Cookie season and the whole month is basically a celebration of chocolate, so I am combining my love for both into this month's recipe. This recipe takes about 20 minutes to prepare but tastes like you spent hours slaving in the kitchen. This is a more fudgy brownie rather than a "cakey" brownie. For the gluten-free dieters out there, I've substituted brown rice flour for the all-purpose flour in the past and they came out delicious. You can also substitute anything you like for the Thin Mint cookies (e.g., crushed peppermints, caramel drops, dark chocolate chips). Guilt-free since a little square is rich enough to be satisfying.

- 1 Cup all-purpose flour
- ¼ Cup unsweetened cocoa powder
- ½ teaspoon baking powder
- ½ teaspoon salt
- 8 Tablespoons (1 stick) unsalted butter, cut into pieces
- 8 ounces semisweet baking chocolate, chopped
- 1 ¼ cup sugar
- 3 large eggs
- 1 sleeve of Girl Scout Thin Mint cookies, crushed

Preheat oven to 350 degrees. Line a 9 x 9 square pan with parchment paper and butter or spray the pan with Pam with flour. In a small bowl, whisk flour, cocoa, baking powder, and salt. Set aside.

Place butter and semisweet chocolate in a large heat-proof bowl set over (NOT in) a saucepan of gently simmering water. Heat, stirring occasionally, until smooth. Remove bowl from heat. Add sugar, mix to combine. Add eggs one at a time and mix to combine. Add flour mixture next, mix just until moistened (do not over-mix). Fold in the crushed Thin Mint cookies. Transfer batter to the prepared pan and smooth the top.

Bake until a toothpick inserted in the center comes out with a few moist crumbs attached, 30-50 minutes depending on how your oven cooks. Cool in the pan for 30 minutes. Using paper overhang, lift brownies out of the pan. Transfer to a rack to cool completely (still on paper). On a cutting board, use a dampened serrated knife to cut into squares.

Enjoy the deliciousness!

Dr. Wilson's Editorial Corner

Special Note: Thank you for those who were able to join us for our Inaugural Book Reading on Saturday, January 28th. It was such a fun way to spend the morning!! The kids' animated responses to the book made it come alive for all of us, and they were simply adorable during craft time! If you get a chance to pick up a copy of the book that was read, Bravery Soup by Maryann Cocca-Leffler, at your local library or bookstore, I highly recommend it. Your kids will be taught (and we adults reminded) that bravery comes from the inside, and we all have it in us to face scary obstacles.

These days there always seems to be a shortage of something. A shortage of eggs, a shortage of cars, and now a shortage of children's fever reducer medicine. With the record-setting number of pediatric illnesses across the country, stores can't seem to keep Tylenol, Motrin, or their generic counterparts (Acetaminophen and Ibuprofen) on the shelf. What can you do if your child has a fever, and you can't find any medication? First, don't panic. You have not failed. Fever is the body's natural way to fight infection. If your child is drinking well, not fussy, and able to sleep comfortably, you don't have to treat the fever. Fever helps to fight infection in your child's body and the goal of the medicine has always been to control the fever enough, so your child is comfortable.

If they are spiking a fever and fussy, not drinking well, or cannot sleep giving them a tepid bath is a tried-and-true way to help reduce their body's temperature. Tepid is the temperature of water that is only slightly cool, where you can comfortably leave your hand in the water, recognize it is cooler than your body temperature, but is not "cold". Allow your child to sit and play in a bath of tepid water. You can also place cool packs wrapped in towels (never place cool packs directly on the skin) in the armpit area and between the upper thighs to cool the body. If your child's fever only comes down by one degree but they are now comfortable enough to drink and sleep well then you have succeeded. NEVER use rubbing alcohol on the skin to treat fever. It is absorbed into the skin and can get into the bloodstream and cause harm to your child. If the two methods I mentioned do not help, or you are concerned about how high the fever is, always call the office or seek medical care. Hopefully, this shortage will end soon, and parents can reliably find over-the-counter relief for their children's fever and pain again. Hope this month finds us all healthy!