

Lighthouse Newsletter

The Official Newsletter of Lighthouse Pediatrics



The Season of Love

The Importance of Friendship Love in Your Child's Life

February is the month of love, happiness and showing acts of kindness. Demonstrating healthy behaviors for your child to learn from is critical to their development. Acknowledging feelings is important and your children knowing that you are listening to them helps them understand the importance of friendship and developing positive techniques to deal with stressful situations. Teaching positive social skills such as saying "thank you" and "you are welcome" encourages positive behaviors. Neglecting to pause for a brief moment, interrupting and over-criticizing your child's actions versus listening to how they are attempting to express themselves, may cause your child to not be patient and feel insecure about themselves. As we all know, children ask questions and often times the same questions over and over. Maybe the reason is that we perhaps were not giving our undivided attention approach. As always, show concern and acknowledge your child's words with love and attention.

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January Lighthouse Book Reading

Because A Little Bug Went Ka-choo by Rosetta Stone (a penname of Dr. Seuss) helped Lighthouse celebrate International Skeptics Day on January 13th. A skeptic is a person who questions or doesn't believe something is true without evidence. Skepticism, historically, is how we have made great advances, discoveries, and inventions. Encourage your child to ask questions, research, and discover the world around them by reading this book and starting a conversation.



Celebrating International Skeptics Day with a book that helps kids learn to question truth in what they're hearing.



At the end of the book, a parade of unbelievable goings-on is wonderfully illustrated. This month's craft time celebrated the parade in the book with a nod to the current Mardi Gras season. Kids (and parents!) made Mardi Gras masks out of their hand prints.

The creativity and final masks were a joy to see. Thank you to all who attended and made a cold Saturday morning a fun one. Hope to see you there next time!





ICEBREAKERS

with the Staff



Hi, my name is Hinali! I have been a Pediatric Nurse for over 6 years and love every minute of it. During the pandemic, I realized that I wanted to do more for my patients and decided to get my Masters. I am currently a Primary Care Pediatric Nurse Practitioner student at Emory. A few things that most people don't know about me is that I was born in Kenya and was fluent in Swahili. Those dear to me know I am a huge college basketball fan- GO WILDCATS! I joined the Lighthouse Pediatrics family in January, and I am excited to be a part of such a stellar team!



Hi, My name is Britany! I have been a Medical Assistant for 5 years, and I strive to give my patients the best care. My love for children began as a child myself and eventually I would like to become a Neonatologist. A few things most people don't know about me is that my favorite animal is an elephant. I draw, paint, and do pottery in my spare time. I am also very outdoorsy; I enjoy hikes and love international travels. I joined the Lighthouse Pediatrics' family in January, and I am thrilled to be a part of such an amazing team!



Hi, my name is Sobrena, I have been in the medical field for 20 years and it brings me joy to put smiles on children's and families' faces. I joined Lighthouse in July, my favorite color is red, and I enjoy listening to music in my spare time. I currently am studying to be an oncology aesthetician and consider everyday a great day.

Hi everyone! My name is Megan and I have been a nurse for 7 years, and I have been with Lighthouse Pediatrics since we opened back in 2022. Lighthouse Pediatrics has been my favorite place to work by far! The most rewarding part about my job is watching our patients grow and develop over the years, and really building a relationship with our families. In my free time I enjoy watching sports, (Go Pack and Go Braves!) relaxing with family and friends, and most recently preparing for the arrival of my baby girl which I am expecting in May. Thank you for allowing me to care for your children over the years and thank you for being a part of the Lighthouse family!





DR. WILSON'S CORNER



I've gotten a lot of questions recently from parents about screen time, particularly in the infancy and toddler stages. Friends and family members are pressuring you to have your child watch "Ms. Rachel" or other similar shows, and parents aren't sure what the best and healthiest thing is for their child. Is your child missing out on the single ingredient that can give them a leg up on learning skills? If so, how much time is the right amount of "learning" time for screen time? Here's a good breakdown on screen time recommendations for your infants and toddlers:

LESS THAN 2 YEARS OLD: Kids this age learn best by exploring the world around them, NOT by viewing a screen. They even have a hard time relating what they see on screen to what they see in the world around them. The only recommended screen time should be video chatting with family with parents standing by to co-view and talk with the child. ***Between 18-24 months old, if parents insist on screen time, high-quality educational material can be introduced IF parents play or view with the child AND reteach the lessons away from the screen. Screen time should be 20 minutes or less daily.***

AGE 2 to 5 YEARS OLD: Parents may choose to allow ***less than 1 hour daily*** of well-designed, educational programs such as *Sesame Street* to reinforce social, language, and reading skills that parents are teaching at home away from screens. Parents should co-view or co-play with the kids during the allotted screen time.

5 YEARS AND OLDER: Your child should only have SUPERVISED screen time and it should still be limited to ***less than 1 hour daily***. Children still grow and learn best through the physical world and interactions around them. Make sure your child spends any screen time on educational shows or games and is not allowed to freely swipe through the world of You Tube (Kids version or now) or social media sites.

The bottom-line is that while technology can be amazing, in order to make sure your child is healthy both mentally and physically, and their growth and learning is on track, screen time should be limited. Screens should be used as educational devices only and always with close parental supervision. Keep your child's brain healthy and limit Ms. Rachel's appearance in your life.

Puzzle Time

FIND THE OBJECTS IN THE HIDDEN PICTURE PUZZLE



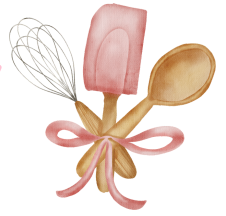
www.hiddenpicturepuzzles.com



Courtesy of hallmarktimes.com



Dr. Wilson's Baking Corner



CHOCOLATE COVERED STRAWBERRIES

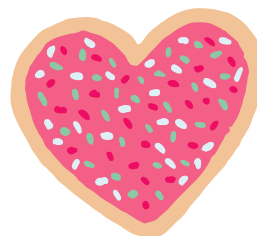


This is an easy recipe and easy to involve your kids for some family fun. Use fresh strawberries and high-quality chocolate for your ingredients. You can try substituting Lily's or Lakanto chocolate to reduce the amount of sugar in the recipe. Have fun picking out different toppings with your kids such as sprinkles, different crushed nuts, or mini marshmallows. Encourage their creativity by seeing who can come up with the best combination and colors for their strawberries.

12 strawberries (275 grams), washed and dried
4.5 oz semi-sweet chocolate (3/4 cup), melted
4.5 oz white chocolate (3/4 cup), melted
food coloring (optional)

1. Wash and dry the strawberries very well. The strawberries have to be really (SUPER) dry or else the chocolate will not stick on.
2. Melt the chocolate EITHER on the stove or in the microwave:
 - a. On the stove: Bring 2 inches of water to a low simmer in a saucepan over medium-low heat. Then turn the heat to low and place a large heatproof bowl of chocolate chips on the mouth of the pot. Make sure that there is a gap of a few inches between the bottom of the bowl and the water. You can also place a bowl on the steamer attachment on top of your pot. Stir the chocolate constantly as it melts. Stir until the chocolate is completely smooth and melted. This should take a few minutes.
 - b. In the microwave: Place the chocolate into a microwave safe bowl and microwave in 30 second intervals. Remove the bowl at each interval and stir well. Repeat until the chocolate has completely melted. Stir until completely smooth.
3. Dip half the strawberries into melted semi-sweet chocolate and place on a quarter sheet baking pan lined with parchment paper. Dip the remaining half into melted white chocolate. (Tip: You can make the chocolate pink for Valentine's Day by adding a drop of red gel food coloring to the white chocolate first. Or have fun making the white chocolate your kid's favorite color with any color gel food coloring).
4. Use a piping bag and round tip to drizzle the remaining chocolate on top. You can also add sprinkles or coat the chocolate with crushed nuts or any other favorite topping.
5. Place the baking sheet in the refrigerator and chill for 30 minutes until the chocolate is set.
6. Store chocolate covered strawberries on a plate uncovered at room temperature (away from sunlight) for a few hours, or for up to one day in the refrigerator. Chocolate covered strawberries cannot be frozen, as the chocolate thaws the strawberries will get mushy and the chocolate will get watery.

Recipe courtesy of <https://www.aheadofthyme.com/2017/02/chocolate-covered-strawberries/>



♡♡ Cute Kids of the month ♡♡



Mr. Turtle was a little sad this month not to have any cute pictures to share. Send us your cute pics at office@lighthousepediatriccare.com!!