

LIGHTHOUSE PEDIATRICS

NEWSLETTER JUNE/JULY 2023 EDITION



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**“RELAX, REVIVE, RETHINK,
REJOICE, AND REIMAGINE
ENDLESS POSSIBILITIES WITH
YOUR CHILD”**

Summer fun, an enjoyable outdoors part of the year where simple outdoor pleasures brings a full season of happiness and togetherness. During the summer months, many families tend to travel and spend time taking advantage of the warm weather by going to the beach/pool and taking in what nature has to offer with its beautiful greeneries and the assortment of colorful flowers. In fact, there is a direct link with nature and health. Meaning, our outdoor activities leads us to be more physically active and connected with the outside versus focusing on electronics inside. Summer is an opportunity to do several things with your child:

1. Relax: Going to the beach, hiking, bike riding, nature trails.
2. Revive: Reviving ourselves to be strong, active and healthy.
3. Rethink: A new perspective on life with family and friends helps connect closeness for an enjoyable summer.
4. Rejoice: Think positive, have spontaneous activities with your family.
5. Reimagine: Create an environment that is healthy for your family to enjoy and appreciate life.

Take advantage of the outdoors and connect with friends and family to discover your next adventure for life.



Dr. Wilson's Corner



The Beauty of Nature

I've been enjoying the beautiful weather recently (shorts and sandals are finally back!), but it seems like the mosquitos are lying in wait to attack as soon as I step outside. You know the person that all the bugs seem to zoom towards and terrorize while everyone else seems to be ignored and can enjoy the outside peacefully? I'm that person. There are some simple solutions that I and everyone else can take to protect against bug bites. It cuts down on the nuisance of bites, but more importantly, cuts down on the risk of skin infection and insect-borne diseases. Here are my tips for parents to protect their children and enjoy a fun Summer outside.

- Wear lightweight cotton clothing that covers as much skin as possible. While older active kids may not be able to get away with long sleeves through a Georgia Summer, short sleeves instead of a tank top, for example, offers additional protection. This goes for long, light pants instead of shorts as well.
- Cover the stroller/baby carrier with mosquito netting when outside.
- Insect repellent should be used on everyone 2 months old and older. Products containing DEET have been tested and are safe for even 2-month-olds. Parents should spray the repellent onto your hands and then apply to the child's face and body not protected by clothing AVOIDING your child's hands, eyes, mouth, and any cut or irritated skin. Insect repellent should be reapplied as directed on the product's container. IF YOU ARE ALSO USING SUNSCREEN, apply the sunscreen FIRST.
- Parents can also purchase permethrin-treated clothing for children for additional protection against insects such as ticks. There are many online stores and even standing stores such as REI carry various items. You can also send clothing through the mail to be commercially treated by companies such as InsectShield.
- To minimize mosquitoes outside of your home, it is recommended to empty and scrub, turn over, cover, or throw out any items that hold water like tires, buckets, and planters ONCE A WEEK by the CDC. They also recommend tightly covering water storage containers and using outdoor lying insect spray in dark humid areas such as under patio furniture or in garages.
- To control mosquitoes inside of your home, the CDC recommends keeping windows and doors shut and using air-conditioning when possible. Empty or throw out any items that hold water such as vases and flowerpot saucers ONCE A WEEK.

Hopefully these tips help you and your family enjoy a fun Summer outside. Stay safe and be healthy!



SUMMER FUN TIPS AND EVENTS



5 AWESOME TIPS

1. Listen to your body: If it is hot to you, it is also hot for your child.
2. Stay hydrated: Drink plenty of fluids, preferably water.
3. Use sunscreen in direct sunlight.
4. Cover up when necessary to avoid sunburn, take a break.
5. Have fun and Stay Safe!



JUNE/JULY EVENTS

- Atlanta Children's Film Festival June 9-25
- Fireworks at Centennial Olympic Park July 3
- Christmas in July at Town Center at Cobb - July 9
- Reptile Day at Fernbank - July 16
- Atlanta Ice Cream Festival - Midtown July 23
- Wild World Weekend at Zoo Atlanta - Grant Park July 30 & 31

DR. WILSON'S BAKING CORNER

The Southern experience is not complete without trying a good cobbler, and while in Georgia in June it should be a peach one. Berries are also in season right now if peaches don't go over well in your household, but I've had cobbler "haters" convert to lovers with this recipe. It's a family recipe that I've been making since I was 11 years old, so it's a good opportunity for some family baking fun in the kitchen this month.

Grandma's Peach Cobbler

2 Cups Fresh ripe Peaches, cut into medium slices (peeled or unpeeled as preferred)
 ½ Cup Sugar (for mixing fruit)
 Nutmeg & Cinnamon (or Allspice) spices
 3 Tablespoons of Butter
 ¾ Cup All-purpose flour
 2 teaspoons Baking Powder
 1 Cup Sugar
 ¼ teaspoon Salt
 ¾ Cup Milk

Preheat oven to 350 degrees Fahrenheit.

Mix the peaches and ½ cup of sugar together in a large bowl. Sprinkle with cinnamon and nutmeg (or allspice) to your desired taste. Allow the fruit to sit while preparing the cobbler batter. Place butter in a 2 quart deep baking dish and set in oven to melt. Remove from oven once butter melted. Mix together the remaining ingredients in a bowl along with a sprinkle of cinnamon and nutmeg and pour over melted butter in baking dish. DO NOT STIR THE BUTTER AND BATTER TOGETHER. Place sugared peaches on top of the batter so they cover the whole bottom of the dish (from edge to edge). DON'T STIR THE PEACHES IN EITHER (the peaches will sink to the bottom as the dish bakes). Place dish back in oven and bake until the crust is golden brown, about 40 minutes. Serve with ice cream or enjoy alone.

Mr. Turtle Photos of the Month

Each month there is an opportunity to take a picture with Mr. Turtle and the cutest photos 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.

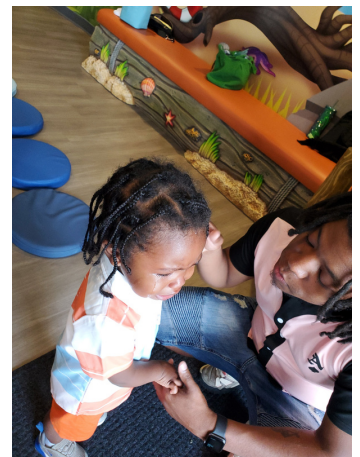




JUNE BOOK READING



JUNE'S BOOK READING WAS A BLAST FOR EVERYONE THAT ATTENDED! DR. WILSON READ PEANUT BUTTER AND JELLYFISH BY JARRETT J. KROSOCZKA AND CRAFT TIME MAKING JELLYFISH, CRABS, AND SEAHORSES WAS A FUN MESS. DETAILS ON OUR AUGUST READING TO COME.





Summer Word Search

B F G P W W S C A M P I N G S P X
A A N R V D L X T C B N B B F O Q
A I R C I W V O X W Q Y E B G O H
T E R B W L H G I C S A B T J L U
G U N C E S L N V N C L Z E E L N
Z O B Q O C Z I O H O Y C F K I N
J Q I K B N U W N I W I M K W A W
E E S J T E D E K G T Y T Q H T L
N H N T W R B I K R W A R A I N R
S T G X A E A G T M A E X U C E M
A A K H N O N V A I N P S A L A F
P B F G Z I B E E I O M R C L H V
I N Z X M V R D H L I N I E N E T
V U V M X C P S E W I S I A T Y R
R S I F E W N J S E P N E N Y A J
S W V C W U Y W H O P C G V G J W
S C I Z S I M B P J O S J A S Y V

RELAXATION
TRAVELING
HOT
SUNSHINE
POPSICLE

BARBECUE
OCEAN
BEACH
SUNBATHE
GRILLING

VACATION
SWIMSUIT
AIR CONDITIONING
SWIMMING
ICE CREAM

WATER PARK
LAKE
POOL
CAMPING
SPEEDBOAT