# LIGHTHOUSE PEDIATRICS



# NEWSLETTER

## SPRING/SUMMER EDITION 2026

## SEASONAL HEALTH & SAFETY

As we are now transitioning to the spring and summer when the days stretch longer, children naturally gravitate toward the outdoors. While the transition into Spring/Summer offers incredible opportunities for physical activity and recharging Vitamin D, the change in season also brings specific health considerations. Keeping children vibrant and safe during these months requires a proactive approach to hydration, skin protection, and allergy management.

## TABLE OF CONTENTS


1. Seasonal Health Safety
2. Spring and Summer Treats
3. Dr. Wilson's Corner
4. Things to Do
5. Meet the Team
6. Mr. Turtle Cute Kid
7. Spring Maze Game


## THANK YOU

We at Lighthouse Pediatrics would like to take this moment to thank you for the continued trust you place in us to care for your children. It is a genuine privilege to serve you all and support the health and well-being of your families. We truly enjoy the opportunity to watch each child grow and thrive, and we remain dedicated to providing the highest standard of compassionate, professional pediatric care. Thank you again!

# SNACK TIME

Keep your child well hydrated with healthy snacks that contain high percentages of water. These snacks are great for children 6 months and older. They can be prepared in various ways: from pureed and frozen for the younger groups, to simply chopped up for that crunchy delight for older kids.

## TOP 10 HYDRATING FOODS

Zucchini- 95% water
Watermelon - 91% water
Strawberries - 91% water
Cantaloupe - 90% water
Carrots- 89% water
Peaches - 89% water
Oranges- 87% water
Kiwi - 85% water
Plain yogurt- 85% water
Greek yogurt- 81% water







# DR. WILSON'S CORNER

As the weather warms, our practice sees a significant shift in patient visits. While winter is dominated by respiratory infections, Spring and Summer bring a different set of challenges—ranging from severe seasonal allergies to environmental and outdoor hazards.
For parents and caregivers, staying ahead of these seasonal shifts is the best way to ensure that "fun in the sun" stays safe and fun. Below is a guide to the most critical health and safety priorities for the upcoming months.

**1. Mastering the Sun and Heat**
Being a 'sun role model' to your child helps condition your child by emphasizing good behavior. Give them the tools they need by showing them how to apply sunscreen and sun protectant clothing like hats and sunglasses. Understanding that fun time and time in general passes by quickly, we sometimes are unaware of how long we are in the sun. Tracking your outdoor time means being aware of how long you and your child are in direct exposure without taking a break. Setting an alarm on your phone or watch for one hour increments can be a reminder for hydration breaks and reapplying sunscreen and insect repellent. Following good practices and taking time to be 'sun smart' is the most effective way to increase your chances of good health.

**2. Water and Outdoor Safety**
The reality of water safety is simple: every second counts. Distraction is the leading cause of childhood drowning, which happens silently and without warning. The absolute key to keeping children safe is constant supervision—always stay within arm's reach when they are near the water. Every adult should be looking out for every child in and near water.

**3. Summertime Nutrition**
Summer nutrition should focus on active hydration, nutrient-dense snacks, and seasonal whole foods. Because heat and outdoor play lead to increased sweating, prioritizing water-rich foods, fresh fruits, and balanced protein sources helps sustain energy levels and supports healthy growth all season long.

**Final Thought:** As we head outdoors for Summer nature and water activities, taking a brief moment to prepare is the key to keeping our children safe. Plan your days with active supervision in mind and always keep essentials nearby—including a first aid kit, sunscreen, and insect repellent.
We hope you all enjoy a safe, fun-filled season! As always, the team at Lighthouse Pediatrics is here to answer your questions and support your child's health every step of the way.

# SCREEN-FREE FUN!

Here are 3 fun activities you can enjoy with your child while supporting and improving fine motors, concentration, hand eye coordination, discovery of shapes and colors and exploration of the outdoors.

## U-PICK FARMS

- **Southern Belle Farms**
  - McDonough, GA
  - U-pick strawberries offered early April through May
  - U-pick peaches offered late May to mid-July
  - U-pick Blueberries offered early June to mid-July
  - They have lots of different activities for kids in addition to the U-pick fields, as well as an extensive farm store with locally grown produce, various jams, butters, and preserves. Plus they have a mouth-watering bakery with freshly baked sweets and homemade ice cream!
  - https://www.southernbellefarm.com/
- **Warbington Farms**
  - Cumming, GA
  - U-pick strawberries offered late March to early June
  - They also offer hayrides, a barnyard with animals, and a mega slide for the kids, as well as a farm store with locally made jams, jellies, and honey.
  - https://www.warbingtonfarms.com/spring

## WEAVING

Use a flat object, for example a paper plate. Punch or cut some holes out and have your child weave some string or yarn through the holes. You can be creative with themes and colors.



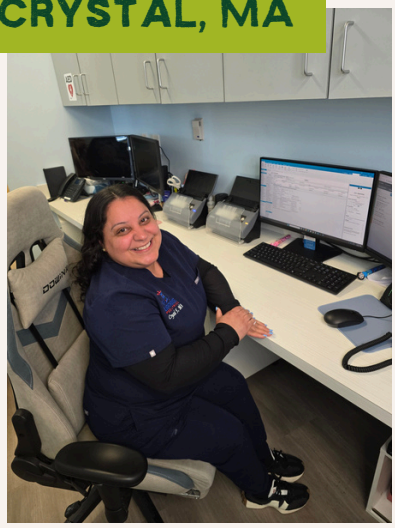
## NATURE PAINTING

You and your child can take a walk in the park and find some objects to take back home to paint with. For example, a pinecone, flower, leaf and branch.



# MEET THE TEAM

## CRYSTAL, MA



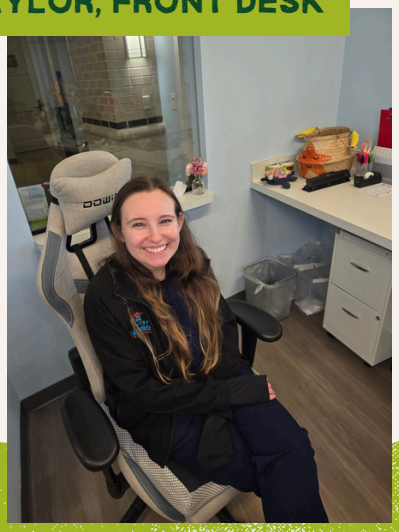
Crystal has recently moved to Atlanta from Pennsylvania. She decided to pursue her passion of helping others 10 yrs ago and went back to school for Medical Assisting. She now has 9 years of medical assistance experience, with 7 years of that experience in pediatrics. She loves to spend time with her grand kids in her free time.

## DESTINY, MA



Destiny is a true Southern girl, born in Alabama and raised in Georgia. She has been working in the medical field for four years and recently transitioned to pediatrics. When she is not studying for the MCAT, she enjoys watching criminology shows and listening to whodunit podcasts. As a 10-year vegetarian, she loves cooking and trying new recipes to share with her friends and family.

## TAYLOR, FRONT DESK



Taylor is an Orlando native raised on all things Disney and Universal. When she's not at work, she likes to travel or spend time with her family, including her miniature dachshund puppy, Mocha!



# MR. TURTLE MISSES YOU

LATELY, MR. TURTLE REALIZED JUST HOW MUCH HE MISSES SEEING THOSE GENUINE EXPRESSIONS AND BRIGHT SMILES IN THE OFFICE TAKING A PICTURE WITH HIM. HE MISSES THE PHOTOS AND CANDID PICTURES THAT SHOWCASE THE WORLD THROUGH YOUR CHILD'S EYES. YOU ARE ALWAYS A PART OF OUR PRACTICE FAMILY. DON'T FORGET TO TAKE A PICTURE WITH MR. TURTLE AND SEND IT TO US. WE LOOK FORWARD TO SEEING THOSE HAPPY HEALTHY FACES!

## LOOK AT THIS CUTE KID - WE CANNOT SAY ENOUGH ABOUT HOW COOL HE IS!









# Spring Maze

## Help the Bee Find the Flower!

