

Lighthouse Pediatrics

March 2023

NEWSLETTER

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“The best advice I
ever got was that
knowledge is power
and to keep reading.”



MARCH: NATIONAL BOOK READING MONTH

March is designated as National Book Reading Month, a month where you can connect with your family of all ages can be very rewarding. There are many benefits to reading, it strengthens the brain, reduces stress, improves sleep and general knowledge to name a few. At Lighthouse Pediatrics, we encourage our children to read as we support reading by presenting bi-monthly book reading sessions with Dr. Wilson. Dr. Wilson reads aloud to each child and presents the book to each child as a keepsake. Reading also provides confidence to our youth, allowing them to be more creative and improve critical thinking. Reading today can be done through books, tablets, and phones. Reading to your child during bedtime also creates an everlasting bond that will be cherished forever. So read, it's fun and rewarding.

DR. WILSON'S CORNER



SPRING IS JUST AROUND THE CORNER!

While I'm proud to be born and raised here in Georgia, I find myself frequently apologizing to newcomers for our Allergy seasons. The beautiful trees and flowers along with our (mostly) mild weather equals months of torment for many of us. The itchy, watery eyes. The constant battle with a runny nose. Morning congestion and cough. Makes me tired just thinking about it. And yippee (insert sarcasm here), one of our peak seasons is just around the corner. In fact, because of the recent rains and mild winter weather many of us are already suffering. Here are a few tips to hopefully prevent your child from suffering:

If the pediatrician has prescribed over-the-counter or prescription medicine for your child's allergy symptoms, make sure they are taking them as directed. Most daily allergy medicines work better for PREVENTING symptoms rather than QUICKLY RELIEVING symptoms. This is why I often instruct parents to start the medicines one month before the allergy season starts. Keep taking them even once your child is symptom-free until the allergy season is over.

Change your child's bedding more frequently during the allergy season and move bath time from bedtime to immediately after coming in from playing. Our Georgia pollen settles everywhere, including in your child's hair and clothing. Bathing immediately after playing outdoors can help decrease exposure time, as will washing their bedding frequently. This should also include that favorite blanket or stuffed animal they like to carry everywhere.

Lastly, if your child is still experiencing symptoms or worsening, always consult with the pediatrician. Your child may benefit from a different type of treatment or may need allergy testing or referral to a specialist. Every child deserves the chance to enjoy playing outside without feeling miserable afterwards. Even in Georgia. In the Springtime. With that yellow dusting everywhere.

Lighthouse Pediatrics March Book Reading



MARCH EVENTS

- March Madness NCAA Basketball (March 14th)
- Spring Kickoff
- St. Patrick's Day
- Daylight Savings (March 12th)
- International Women's Month
- Atlanta Home Show: Cobb Galleria (March 17-19th)
- Atlanta Science Festival (March 10-25th)
- Dr. Wilson's Book Reading (March 18th)

Join US FOR A LIGHTHOUSE BOOK READING



SATURDAY, MARCH 18th, 10:30-11:30 a.m.

PLEASE RSVP TO office@lighthousepediatriccare.com OR CALL 470-697-1396 BY MARCH 10th, 5 PM.

*The first 10 kids to RSVP will go home with a complimentary copy of the book. **CRAFT TIME** will immediately follow the reading, as well as **light refreshments** being provided for parents.*

St. Patrick's Day Word Search



O	E	E	A	R	P	P	S	M	L	C
G	A	E	E	L	A	H	A	E	N	D
R	E	A	U	T	A	G	P	K	T	N
E	P	C	R	M	I	R	O	R	D	A
E	K	I	R	C	E	I	A	A	L	L
N	C	O	H	C	R	A	M	I	A	E
K	C	T	H	R	I	I	I	N	R	R
K	O	A	A	R	H	O	R	B	E	I
P	U	H	S	I	W	I	I	O	M	T
N	C	L	O	V	E	R	S	W	E	N
V	O	D	L	O	G	H	H	T	K	N

GOLD
LEPRECHAUN
PATRICK

GREEN
POT
CLOVER

SHAMROCK
LUCK
IRISH

MARCH
EMERALD
WISH

RAINBOW
IRELAND
MAGIC

thejennyevolution.com

Mr. Turtle Photo of the Month

Each month there is an opportunity to take a picture with Mr. Turtle and the cutest photo will be selected and featured in the monthly newsletter. Since this month was a short month, we did not have a cute photo of you, therefore Dr. Wilson is featured with Mr. Turtle. You can submit all photos to office@lighthousepediatriccare.com.



We are waiting to see all the cute pictures with Mr. Turtle!!!!



Dr. Wilson's Baking Corner



LEMON CREAM PIE (a.k.a KEY LEMON PIE)

A dessert favorite in my family. This one disappears quickly and not everyone is lucky enough to get a slice at a large gathering. It's easy to make and people will think you spent hours putting together this simple but delicious pie. The actual prep time is about 30 minutes. If you are looking for a lower carb, non-dairy substitute for the sweetened condensed milk in the recipe, check out this recipe at <https://www.godairyfree.org/recipes/dairy-free-sweetened-condensed-milk-vegan>. If you have the time making your own sweetened condensed milk cuts out a lot of sugar in the recipe, especially if you use monk fruit granulated sugar for the sweetener.

9 rectangular graham crackers (whole sheet), crushed until finely ground (or 1 1/3 cup of store-bought graham cracker crumbs)

3 Tablespoons granulated sugar

5 Tablespoons salted butter, melted

2 cans (14-oz each) sweetened condensed milk

3 large egg yolks

¾ cup plus 2 Tablespoons fresh lemon juice (from about 5-6 lemons)

1 cup heavy whipping cream

½ teaspoon vanilla extract

Preheat the oven to 325°F and make sure one of the racks is in the middle of the oven. Mix the graham cracker crumbs, sugar, and butter together in a bowl. Press the crumb mixture into the bottom and up the sides of a 9-inch pie plate. Bake the crust for 12-14 minutes, until it is just beginning to brown. Cool the crust completely on a wire rack.

Once the crust is cool, preheat the oven to 375°F. Measure out 3 Tablespoons of the sweetened condensed milk and set aside in a small container (it will be used later). Whisk the remaining sweetened condensed milk with the egg yolks until smooth. Slowly whisk in the lemon juice. Pour the filling into the cooled crust and bake the pie until the edges are just set (slightly firm on edges) and the center still jiggles when the pie pan is lightly moved, about 15 minutes. Let the pie cool completely on a wire rack and then cover and refrigerate until well-chilled and set, about 3 hours or up to 24 hours.

When ready to serve, whip the heavy cream, reserved sweetened condensed milk, and vanilla together with a mixer until stiff peaks form. Spread the whipped topping over the chilled pie. Serve and enjoy a refreshing creamy dessert!

Original Recipe Courtesy of Mel's Kitchen Cafe website.