

»»» MARCH/ APRIL «««
NEWSLETTER

Lighthouse Pediatrics



WELLBEING AND MINDFULNESS



READ MORE

Did you know the month of March has several days to celebrate and focus on your wellbeing and mindfulness? National day of unplugging and World Teen Mental Wellness Day just to name a few. Inside this edition: What impact do electronics and screens have on our wellbeing, and how can unplugging benefit our mental health? (Page 1)

READ MORE «««

Did you know that March 30th was National Doctor's Day? Lighthouse Pediatrics is lucky to have the BEST Doctor around! Inside this edition: What we love most about Dr. Wilson. (Page 2)

NATIONAL
DOCTOR'S DAY

Wellbeing and Mindfulness

I

Unplugging for a healthy mind

»»» What is Unplugging?

Our lives these days seem to be centered around electronics. Think about everything in the world these days that have a screen. Cars, phones/tablets, televisions, even appliances! It is easy to feel consumed by technology when you are constantly surrounded by it. It is not only detrimental to the way we socialize with one another, but also to our mental health. Have you ever had a conversation with someone who is staring at their phone? How did that make you feel? We must be more mindful of how we communicate with one another and model this behavior for our children. Take a step back from electronics. Plan a meal with no phones at the table, play a game instead of watching TV. Be present with your family! Simply unplug

WHY DOES MENTAL HEALTH MATTER?

»»» How does it benefit our health?

If you take the chance to unplug, it allows you to be present in the moment with those around you. Being present and living in the moment can take your mind off of the hustle and bustle of daily life. That email you need to reply to can wait. That silly video on Tick Tock is not as entertaining as your own children/ pets/ family. We may not even notice how much screen time we all have daily but take a break and watch your mental clarity and wellbeing bloom!



NATIONAL DOCTOR'S DAY

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SOME OF THE MANY REASONS WHY WE LOVE DR. WILSON!

"Dr. Wilson is such a joy to work with. She is the most caring and dedicated Physician I have ever had the privilege to work with. As a nurse I feel as though I am her equal. She makes work so fun and lively, plus she is always spoiling us with treats and goodies! She is simply the best!" -Megan F, RN

"A few things I love about Dr. Wilson is how dedicated, compassionate, patient and caring she is. She goes over and beyond to provide stellar care and makes sure all concerns are addressed and recommendations are thoroughly explained. Dr. Wilson truly embodies creating a welcoming and fun environment for staff and patients. She is the 'Light' in Lighthouse and I am glad to be work beside her!" -Britany F, MA

"I could make a list longer than a CVS receipt about how amazing Dr. Wilson is. A few of my favorite traits about her are her compassion and dedication. Dr. Wilson delivers the utmost compassion to her patients and staff. Though I've only been here for a short period of time, she has treated me like family since day one. Dr. Wilson's dedication makes a real difference in our patients and their families lives, bringing comfort and hope to those who rely on her expertise and compassion." -Hinali P, RN

NATIONAL DOCTOR'S DAY

2

SOME OF THE MANY REASONS WHY WE LOVE DR. WILSON!

"Dr. Wilson is a good doctor because she exhibits exceptional medical expertise, shows genuine care and empathy towards her patients, communicates effectively, and is committed to providing the best possible care. Her dedication to continuous learning and staying updated with medical advancements also contributes to her excellence as a doctor. She makes a great mentor with her qualities of being an active listener, honesty, and her ability to give constructive feedback."-Sobrena R

"What makes Dr. Wilson the best doctor is that she genuinely cares about the families she sees. Dr. Wilson treats each patient and family as she does her own family which motivates the staff to treat everyone at Lighthouse like family. The level of care Dr. Wilson provides is unmatched, she does everything she can to make the patients and families feel comfortable." -Eric F, PM



March Book Reading



Dr. Wilson's Baking Corner

Classic Lemonade

Spring & Summer Georgia heat is the perfect time to enjoy a frosty, delicious glass of lemonade. It's also the perfect time to teach your kids that lemonade doesn't only come from a mix 😊. This is a simple recipe that any kid will enjoy helping with. Who doesn't enjoy squeezing lemons and making a mess in the kitchen?? Just make smaller slices for little hands to help out. Use a natural sweetener such as monk fruit to make a healthier version.

Add ice and enjoy!!

Simple syrup

1 Cup water

1 Cup sweetener (your choice of granulated sugar, stevia, or monk fruit, etc.)

Lemonade

4-5 Cups of water

1 Cup of fresh-squeezed lemon juice (about 6-8 medium lemons)

1. Combine the simple syrup ingredients in a small saucepan. Place over medium-low heat and stir until sugar dissolves. Remove from heat and set aside, allow to cool for 10 minutes.
2. Pour 1 cup of fresh-squeezed lemon juice into a pitcher. Add the sugar/water (simple syrup) mixture.
3. Add the remaining 4-5 cups of water to taste and stir well. Pour over ice and serve or transfer to the refrigerator and allow to chill for several hours before serving.

Recipe courtesy of <https://sugarspunrun.com/homemade-lemonade-recipe/#recipe>

Cute Kids of the Month



Snap a photo with Mr. Turtle at your next visit and send it to us via email to be featured in our next newsletter!

Spring Word Search with Riddle

Find the words in the Word Search. Color each word a different color. When you have found them all, go across the rows and write the letters that are left on the lines below. This will give you a spring riddle.



butterfly



snail



cloud



kites



flowers

c	w	h	y	r	k	a	r	c
e	l	f	l	a	i	b	o	a
d	w	o	e	i	t	u	f	t
r	r	s	u	n	e	t	l	e
a	l	a	z	d	s	t	o	r
g	s	n	a	i	l	e	w	p
o	y	b	t	h	e	r	e	i
n	w	y	i	a	r	f	r	l
f	o	e	a	r	l	l	s	l
l	r	w	a	y	d	y	s	a
y	m	i	n	b	e	d	s	r



dragonfly



worm



rain



bird



caterpillar

_____?

Answer: _____
