

Lighthouse Pediatrics

May 2023

NEWSLETTER

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MAY: MENTAL HEALTH AWARENESS MONTH

“Take time to Love,
Live and Laugh with
your child it is
therapy.”

Your child's mental health and emotional health is fundamentally necessary to ensure proper development. Adults are not the only ones to encounter stressors throughout the day, your child is faced with stress from adjusting to a new environment to dealing with stress they see from adults. Included are some helpful tips to assist your child stressors. 1. Connect: Give your child your full undivided attention during conversation, 2. Movement: Exercise with your children, 3. Slow Down: Don't be in a hurry all the time, 4. Play: Have fun and laugh with your child, 5. Journal: Teach your child to write their thoughts down, 6. Create: Do something constructive with your child like a puzzle, color or draw, 7. Music: Use music to generate relaxation and to slow down, 8. Go Outdoors: Many times we often do too many things that involve electronics and television, do an outdoor activity (walking, play ball, biking, hiking). Hopefully the tips provided can assist you and your child with reducing stressors to protect their mental health.

DR. WILSON'S CORNER



MAY CELEBRATION

This month we celebrate Spring, Nurses, and Mothers. If you've seen me with your newborn, at some point you've probably heard me say "healthy mom, healthy baby". I use it as a reminder for moms (and families) to give every mom some grace to not be perfect. So, I want to say it again, but to every mom reading this. Healthy mom, healthy family. Mental Health Awareness month specifically includes a Maternal Mental Health Awareness Week in the first week and emphasizes the importance of that statement. While moms are amazing, at times seemingly superhuman lynchpins that keep homes running, they are still human and need to nurture your own mental health as well as their families. I hope every mom gets to take at least one power nap while your child naps this month. I hope every mom gets to go outside and enjoy a peaceful, quiet walk in this beautiful Spring weather. I hope you have a fun get-together with a friend or partner where you can just focus on adults and adult conversation. I hope every mom finds freedom in being perfectly imperfect and celebrates this Mother's Day with joy and some relaxation. Your children will notice and benefit from a healthier, less stressed parent and your family will be healthier for it.

NOTE: In consideration of family celebrations for Mother's Day and Memorial Day weekends, this month's Book Reading has been rescheduled to Saturday, June 10th.

Nurse Megan's Corner

May represents a significant week in healthcare, Nurse's Week. Nurses are our unsung heroes, providing care to patients from a hospital to an office setting. This month as we celebrate Nurses Week, we have a very special nurse, Nurse Megan. Nurse Megan is our unsung hero, we asked her why she became a nurse, and her favorite part of the job.

Why I became a pediatric nurse.... Honestly, children are so much more fun and entertaining than adults! Children are so innocent, and while it's heartbreaking to see them when they are sick or injured, it's very heartwarming to be able to help them feel better, and hopefully put a smile on their face. I also enjoy seeing children in their wellness exams, because preventative care is such a crucial part of medicine and staying healthy as they grow.

My favorite part of my job is.... being able to watch our precious patients grow and change at every visit, especially when they start with us as newborns. It's very rewarding that parents trust me with their babies, and I am forever grateful for our Lighthouse families. Thank you for letting our family at Lighthouse be a part of yours!

Thank you, Nurse Megan, for being our Hero!



MAY EVENTS

- **Lanier Island Water Park Opens**, May 13th
- **Georgia Renaissance Festival**, May 6 - June 4th
- **Charlotte's Web**, April 4 - May 21
- **Duluth Derby Day**, May 6th
- **Bluey's Big Play @ Fox Theatre**, May 20th
- **Mother's Day**, May 14th

DR. WILSON'S BAKING CORNER

Dutch Apple Pie

Apples are a favorite of kids and adults alike. They are easy to cook with and are in season right now. This apple pie recipe is a staple at family dinners and soooo easy to make that any age kid can help out. It can be made with your favorite apple or a combination of different apples to get your preferred tart to sweet ratio. I usually use a combination of Granny Smith and Fuji apples to get a blend of sweet and tart with every bite but have made it with only Fuji apples for the sweet lovers in my life. The crumble topping can be made with your preferred sugar substitute (e.g. Splenda or monkfruit) if you want to cut the total sugar amount. Tastes great by itself, with a cup of coffee, or a la mode. Hope you and your family enjoy!

1 pie crust (favorite homemade OR ready-made crust)
5 ½ cups peeled, cored, and thinly sliced apples
1 Tablespoon lemon juice
½ cup granulated sugar
¼ cup brown sugar, packed
3 Tablespoons flour
½ teaspoon ground cinnamon
¼ teaspoon nutmeg

TOPPING

¾ cup flour
¼ cup granulated sugar
¼ cup brown sugar, packed
1/3 cup butter OR margarine, room temperature

Preheat oven to 375 degrees F.

1. Fit pie crust into pie plate.
2. In a large bowl, mix sliced apples, lemon juice, both sugars, flour, cinnamon and nutmeg.
3. Pile apple mixture into crust.
4. PREPARE TOPPING: In a medium bowl, with a pastry blender or a fork, mix flour, both sugars, and butter until coarsely crumbled.
5. Sprinkle evenly over apples.
6. Bake at 375 degrees F for 50 min (crust and topping should be golden brown).

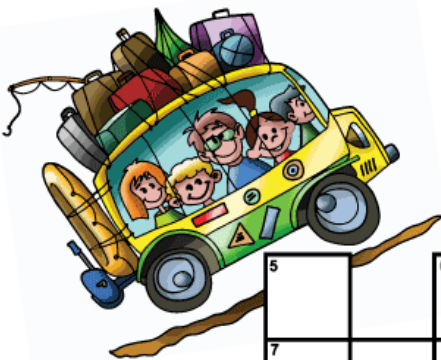
(Recipe courtesy of Food.com)

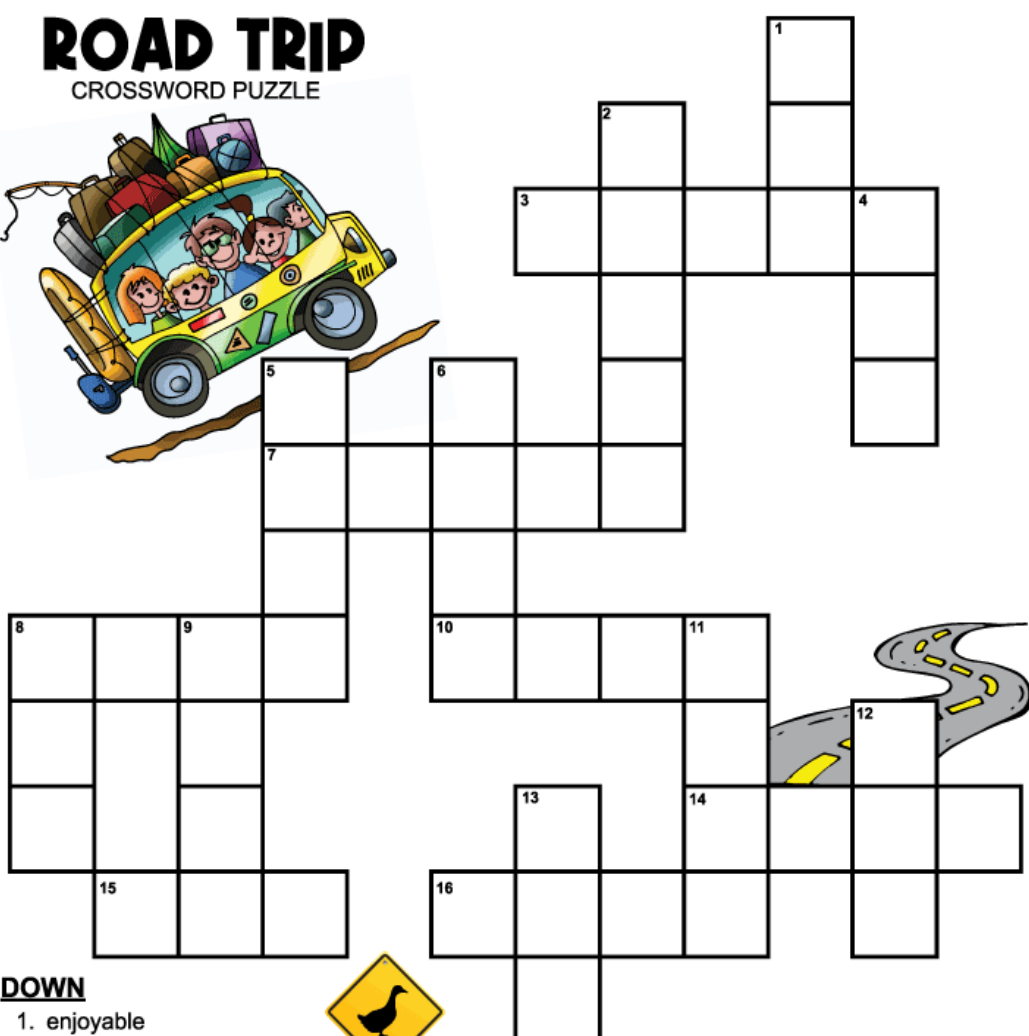
Lighthouse Pediatrics Monthly Activity

Let's test everyone's skill at this puzzle, Moms, and Dads you can try too...

ROAD TRIP

CROSSWORD PUZZLE





DOWN

1. enjoyable
2. past tense of drive
4. a car needs this to run
5. not at home
6. past tense of go
8. a vehicle that has four wheels and an engine
9. when you travel somewhere quickly, you can say that you "made good ____"
11. to leave a car in a particular place
12. a vehicle that is larger than a car
13. a picture showing the roads of an area

ACROSS

3. take something with you
7. "____ are we going?"
8. a place where people live that is larger than a town
10. a journey to a place
14. a hard flat surface for vehicles to travel on
15. Kids often ask: "Are we there ____?"
16. to put things into a bag to take with you



Tree Valley Academy

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. 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.



Mr. Turtle is always in search or new friends, so let's continue to support Mr. Turtle!