



OCTOBER/NOVEMBER 2023

LIGHTHOUSE

Newsletter

Learning gratefulness and teaching kids appreciation should not be taken for granted. Your children are an important part of your life and finding meaningful ways to teach your kids appreciation and gratitude helps build confidence and social relationships. Children learn things early and we often do not give them credit for the things they will pick up at an early age. Set an example for your children to foster good behaviors. Taking time to point out generosity to your children, talking to them will certainly benefit their understanding. Asking your children how they feel when someone says thank you to them and finding ways to say thank you to others shows the importance of feeling comfortable speaking to people. Asking your children what occurred in their day is an example of thoughtfulness and learning from their perspective. Making acts of kindness an important part of your life leads to children to follow in your footsteps. Paying attention to your child's acts of thoughtfulness that may be different than yours and acknowledge their unique way of showing gratefulness. Again, if it matters to you then it will matter to your child, your acts of kindness are a learned behavior for your child.



DR. WILSON'S CORNER

I don't know about you, but the combination of Daylight Savings and the holidays always makes me feel like the end of the year never has enough time in the day. Darkness hits before a lot of us get in the car to head home, and there's so much still to do to prepare for travels, holiday meals, and celebrations. Despite that, every year I'm reminded why it is my favorite time of year. Time with family, whether bundled up outside or cozy in front of the fire is just around the corner. Hugging people at celebrations that perhaps we haven't seen since a year ago. And bringing out those favorite decorations and recipes (or finding new ones) just puts a smile on my face, and it all puts a smile in my soul. I hope the same for everyone in our Lighthouse family this year. Wishing you all a wonderful holiday season full of family, friends, and gratitude for the simple pleasures in life.

It's holiday season where we can all get together with family and friends to celebrate and give thanks. Thank you all for being part of our Family.
The Lighthouse Team



Holiday Office Day Closures
November 23 & 24
December 22 & 25
Please call the office where you will be directed to the answering service for assistance.

OCTOBER BOOK READING

Lighthouse Pediatrics October 2023, Book Reading focused on expressing emotions and self acceptance. Of course kids deal with many of the same emotions as adults. From the time they are born they start learning the emotional skills. Dr. Wilson, through the book reading, discussed how to do this through social interactions. The book emphasized that it is perfectly normal to express how you feel even if you are frustrated. Please join us at the next book reading in January which will have a relatable & fun topic to build a brighter future for your child.



FRONT DESK TEAM

We enjoy seeing smiling faces coming into the office both familiar and new. We would like to thank you for being part of the Lighthouse Family and look forward to seeing you each time you visit. We see so many family members each day whether communicating over the phone or in person, customer service to you is our #1 GOAL. We love seeing you all and thank you for allowing us to serve you.



NURSE CORNER

Exercise is an important factor in our lives especially in children. Besides enjoying the benefits of regular exercise, fit kids sleep better. Exercise improves school performance providing better academic achievement results and helps with being able to handle emotional challenges. It improves self esteem and builds strong bones, muscles and joints. KEEP EXERCISING!

Happy Halloween



Dr. Wilson's RECIPE Corner



It's pumpkin season and pumpkin spice lovers are celebrating. If you love everything pumpkin, then you may love making this easy pumpkin bread from scratch. The majority of the time is spent waiting for your dough to rise, and kids will love helping to roll out the dough. You can also use the same recipe and roll it then cut it to make pumpkin rolls (an alternative to the always loved cinnamon rolls) for your holiday breakfast.

Pumpkin Pull-Apart Bread

Dough:

- 3 Cups (plus 1-2 Tablespoons) all-purpose flour**
- 2 ¼ teaspoon instant yeast**
- ½ teaspoon salt**
- 4 Tablespoons brown sugar**
- 1 ½ teaspoon pumpkin pie spice**
- ½ Cup milk**
- 4 Tablespoon unsalted butter**
- 1 egg**
- ¾ Cup pumpkin puree (not pumpkin pie filling)**

Filling:

- 1 Cup brown sugar**
- 2 Tablespoons butter (melted)**
- 2 Tablespoons cinnamon**

Instructions:

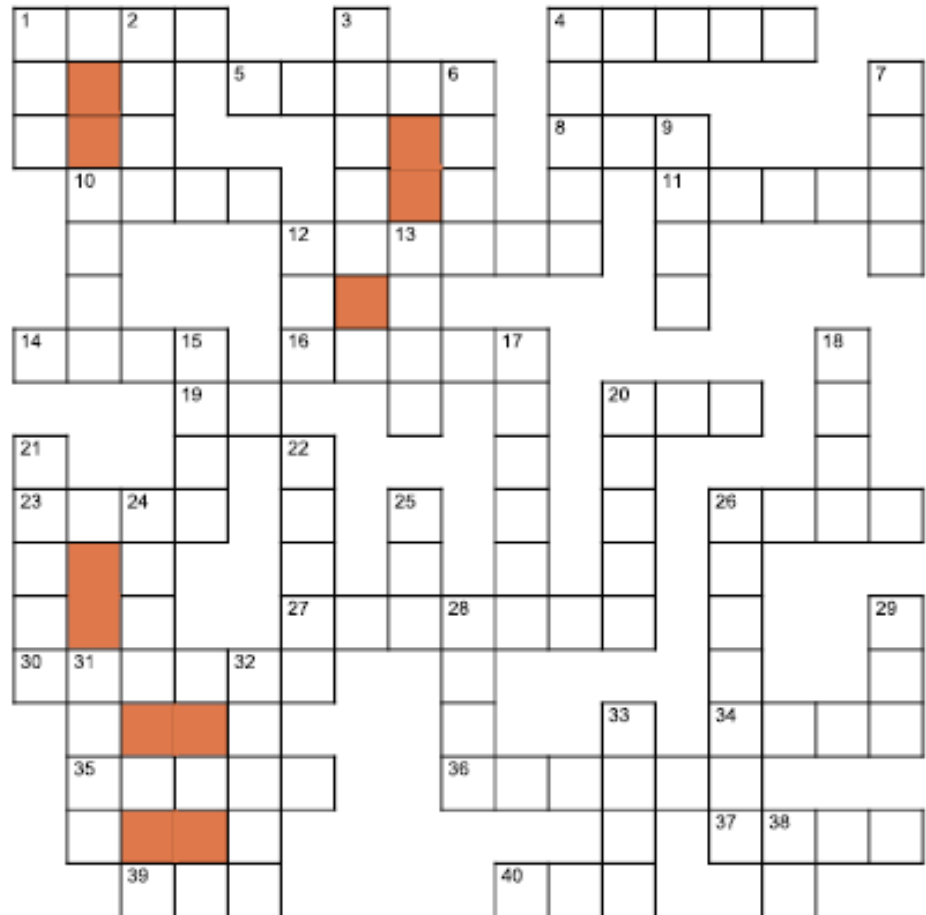
- 1. Coat a standard loaf pan with nonstick baking spray OR grease the pan with butter then coat with flour.**
- 2. In a bowl of a stand mixer, whisk flour, yeast, salt, brown sugar, and pumpkin pie spice.**
- 3. Microwave milk and butter until butter is almost melted (the mixture should be warm, not hot).**
- 4. Mix the milk mixture with the egg and pumpkin puree.**
- 5. Add the milk and egg mixture to the dry ingredients, and start mixing on medium using the dough hook. Keep mixing until the dough comes together. It tends to be sticky once it comes together.**
- 6. Add 1 or 2 more Tablespoons of flour and keep mixing the dough for about 7 minutes.**
- 7. Transfer the dough into a bowl coated with oil and brush the dough with a little oil.**
- 8. Cover the bowl with plastic wrap and a towel and let the dough rise for 1 ½ hours.**
- 9. Transfer the dough onto a floured surface and roll it out into a big rectangle (about 11x20in).**
- 10. Brush the melted butter for the filling over the dough up to the edges.**
- 11. Cover with the brown sugar and cinnamon.**
- 12. Cut the dough into 5 long strips (each about 2x20in).**
- 13. Stack all 5 strips on top of each other very carefully and cut the stacked dough into 5 equal pieces (now you have 5 stacks of 5).**
- 14. Place them in the loaf pan (stacked vertically like a loaf of sliced bread), cover the pan with a towel and let the dough rise for 30 minutes. Preheat the oven to 350F while the dough rises.**
- 15. Remove the towel, put the pan on a baking sheet and bake in the oven for 20 min.**
- 16. Cover the pan loosely with aluminum foil (so the top won't burn) and bake it for an additional 20 minutes.**
- 17. Let it cool for 15 minutes and transfer to a serving plate.**
- 18. Enjoy!**

Recipe courtesy of Unicorns in the Kitchen (www.unicornsinthekitchen.com/pumpkin-pull-apart-bread/?utm_medium=yummly&utm_source=yummly&utm_campaign=yummly)

Fun Puzzle

Antonyms

DIRECTIONS:
Find the opposite
of each word and
write it in the
crossword grid.



Across

1. Sick
4. Asleep
5. True
8. Bottom
10. Leave
11. Teach
12. Worse
14. More
16. Old
19. Off
20. Skinny
23. Under
26. Messy

Down

27. Absent
30. Full
34. Soft
35. Cry
36. Rude
37. Sink
39. Dry
40. Subtract

Across

1. Lose
2. First
3. Open
4. Before

Down

6. West
7. Short
9. Work
10. Different
12. Girl
13. False
15. Sweet
17. Rough
18. Hot
20. Sink
21. South
22. Sad
24. Odd
25. Truth

Across

26. Student
28. Go
29. Begin
31. Beautiful
32. Wrong
33. Tame
38. Out

