

# Pavilion Pediatrics Spring Newsletter

Spring 2020



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## Hello in There (We Miss You All!)

Quick quiz: which of these individuals are appropriately social distancing? Tough call, right. Assuming the chickadees are married, and the two children upfront are siblings, and the deer in the back are cohabitating partners, I think we're good :). These are strange and trying times. Here at Pavilion Pediatrics, we miss the busy flow of kids and parents through our doors, but we know that keeping our in-office visits to a limited and strategic set of well visits is the right way to go, as of now, to keep you all safe. At the moment, we are only seeing well infants and children for vaccine-related and newborn visits. For all other well visits, we are offering televisits. We know this is not as ideal as seeing you in the office, but it does afford us the opportunity to check in, talk about your child's development and growth, answer any questions you may have, and interact with you and your child; and for this we are truly grateful. Here are a few pointers to make these visits as productive as possible:

1. Please have height and weight measured ahead of time so that we can plot these on the growth curve to review with you. For infants and toddlers up to 18

months, please also measure head circumference. Information on how to can be found under the telemedicine visits link on our website, <https://www.pavilionpediatrics.net/news--announcements.html>

2. Please take your child's pulse ahead of time. The easiest way is to feel for the pulse in the wrist just below the lower part of the thumb. Count for ten seconds and then multiply that number by six (those of you trying to maximize distance learning, have your school-aged kids do the math :)



3. For well visits, you may find it helpful to review the expected developmental guidelines from the American Academy of Pediatrics, (<https://brightfutures.aap.org/families/Pages/Well-Child-Visits.aspx>) to prepare for our visit (though this is not necessary, we can walk you through these)
4. For all teenage visits (13 and above), please have your child fill out the Patient Health Questionnaire (PHQ-9) which can be found at our website here <https://www.pavilionpediatrics.net/docs/PHQ-9%20Modified%20for%20Teens.pdf>; and please be advised that we will plan to ask your child a few questions confidentially.
5. Please feel free to have a list of questions and current medications handy.
6. We welcome and encourage hellos and cameo visits from siblings (and especially pets :)), but please try to be in a well-lit and as quiet as possible environment.

## Questions on Social Distancing?

As we have been talking with parents over the last month or so, we know that social distancing is hard. It's hard on us as parents: to be out of our routines, to be, in some cases, teleworking and juggling the demands of remote-learning, to be running what feels like a 24-hour diner, with snacks at the ready at any given moment, to be planning for and executing these meals with limited access to groceries (while remembering how lucky we are if we are not scarce of food...)ack, you feel me? And then for our children: there are the missed events that just a few weeks ago occupied our joyous anticipation (graduations, proms, baseball, lacrosse, and soccer games, musicals, spring concerts), the daily routines of school prayers, the pledge of allegiance, raised and lowered flags, hoops on the playground, taken-for-granted games of hopscotch and tag, the smiles and hugs of teachers (can we please extend teacher appreciation week to at least the entire month!? **Thank you teachers!!** for all that we are realizing you do!) There is a lot of disappointment and grief out there. Not to mention the reality of those we love getting sick, or the fear of those we love getting sick. All of this in the setting of the unknown. We don't know when all of what we took for granted will be returned, and when it does, if it will look the same. This is really hard stuff.

That's why it's important to remember, as we keep hearing, **WE ARE ALL IN THIS TOGETHER**. There's not a one of us who isn't hurting in some way, as we adjust to this "new normal." And that is why it is all the more important to extend to ourselves and those around us a little extra grace, wiggle room, you name it. Try to take the pressure off. Have breakfast for dinner. Let the kids make their own lunch, and just look away if it's a marshmallow sandwich. Relax a little on screen time. Let the laundry pile up a bit. Many parents I've spoken to have expressed a sense of renewed gratitude for the gift of time with family, walks in nature, opportunities to bake and do crafts together. There are messages in this madness, if we can slow down and hear them.

As we struggle with the hardships and disappointments of social distancing, and if we are lucky enough to not as yet be personally touched by someone we know becoming very ill from coronavirus, we may find ourselves wondering: is all of this really necessary or

worth it? Can I just let my kids have one playdate or a small gathering of friends? But the truth is: if the news of the severity of Coronavirus isn't as bad as you thought it might be, it is precisely because of the sacrifices we are making. Hats off to you and your families for doing this. Now is not the time to lighten up your efforts; it's time to double down and keep at it.

It may be energizing to do something that makes you and your children feel like they are helping. Science tells us that not only does it help others, it helps us by giving us a sense of purpose and boosting feel-good neurochemicals in our brain. Who couldn't use a boost of those right now?

<https://www.nytimes.com/2020/04/09/well/mind/coronavirus-resilience-psychology-anxiety-stress-volunteering.html>:

Reach out to elderly relatives or neighbors to ask if they need anything (could you order them groceries or pick something up for them when you go out; do they need help with yardwork?);

Find a template to make cloth masks,

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> INF2003076 VW Hand-Sewn Mask instructions ICC APPROVED,

Color a poster and hang it in your window. Write letters of gratitude to front-line workers. You name it. You just might make someone's day a bit brighter and find yourself and your kids feeling better too.



## Mental Health during Coronavirus



As mentioned above, we know this is a hard time for all of us, including our kids. Furthermore, many of the events and distractions that keep us buoyed during difficult times are absent right now. And we're all feeling, working, schooling, freaking out, getting silly, cooking, bumping into walls, bouncing balls in the house, running up and down the stairs, eating, making messes, around one another ALL THE TIME, which is not our norm. This article in the New York Times about mindfulness during this time offers some tips for helping our children (and ourselves) to recognize our emotions and to find ways to calm the nerves.

[https://www.nytimes.com/interactive/2020/04/13/magazine/jack-kornfield-mindfulness.html?smid=nytcore-ios-share&fbclid=IwARoSvTw-fS7sUuyyVFO\\_oikWfEfvnSRxqYRL28pVYFkSxasSuSvMSoqJNY](https://www.nytimes.com/interactive/2020/04/13/magazine/jack-kornfield-mindfulness.html?smid=nytcore-ios-share&fbclid=IwARoSvTw-fS7sUuyyVFO_oikWfEfvnSRxqYRL28pVYFkSxasSuSvMSoqJNY)

Please remember that many mental health professionals are able to do televisits at this time. They are a wonderful resource, and may very well help mitigate some of the stress you may be feeling. Please feel free to contact us if you would like names and referrals.

## Televisits

As mentioned above, we are offering televisits for all non-vaccine related visits. We are available over FaceTime or Zoom to visit with you and your children for any sick concerns, including evaluating rashes, reviewing options for managing seasonal allergies, management of asthma, behavioral issues, medication consults, you name it. Though we cannot see one another as much as we'd like, we are grateful to have this capability to visit with you at this time. It actually is quite delightful getting to see your children's smiling faces over the screen.

## A Fond Farewell

It is with equal parts sadness in her departure and gratitude for her dedication and service to Pavilion Pediatrics, that we wish Dr. Gable all the very best as she leaves Pavilion Pediatrics to join a practice closer to home. The office just won't be the same without her, but we will do our best to reap the gifts of her example and to keep her loving and dedicated spirit in all the work we do. Thank you, Dr. Gable. We are all better for having worked with and benefited from your knowledge and expertise!

## Thank You!

Finally, a note of thanks. Sometimes it takes moments like these to appreciate the abundance in our lives. We at Pavilion Pediatrics realize how much, in your absence, we miss seeing you and your children. We also appreciate your patience as we adjust our practice to the current circumstances. Not only have you been understanding and expressed your gratitude for us, but you have reached out to ask how we are doing. We are hanging in just fine, grateful for the gift of you in our lives, and hopeful in anticipation of seeing you in the office as soon as it is safe to do so.

As always, please do not hesitate to reach out with questions or concerns!

In health and hope,

Pavilion Pediatrics