

Pavilion Pediatrics Fall Newsletter

September 2023



In this Newsletter, you will find...

1. Tips for navigating back to school (including for college-aged kids)
2. Information on our fall flu clinics
3. A recap on Covid vaccination and boosters for kids
4. General Housekeeping reminders

1. Happy Back to School!

We wish our Pavilion Families a smooth transition back to school this fall. We offer an extra boost of luck and well wishes to our families who are dropping children off at college. We know that these transitions can be bittersweet, filled with excitement and stress in equal measures. Here are a few tips at various ages and stages:

1. Let your adult child take ownership of their health information. Please know that even though your child is off to college, we remain accessible to him or her. We encourage you to help your adult child take ownership of his or her medical information by encouraging them to call the office to schedule their own appointments, ask questions, and request medication refills. Once a patient turns 18, we share lab results and discuss health information directly with them, so be sure to remind them to share their phone numbers and email addresses with us at that visit.

2. Take note of health services on campus. Remind your college-aged children to take note of the health services available on campus, especially mental health services. As exciting as going off to college may be, it can be difficult to navigate all of the transitions. Checking in with a mental health provider can be incredibly helpful.

3. Adequate sleep is essential. For all ages, getting enough sleep underpins almost every aspect of our physical and mental health. As summer days cede to school schedules, give your children time to adjust sleep cycles gradually so that they are able to be rested and ready for school. (of course, no matter how ideally you do this, remember the first week of school is exhausting even under the smoothest of transitions. Carving out time for rest at home during the first week of school can help limit the inevitable grouchiness that arises toward the end of that first week). The following are the recommended hours of sleep for each age:

- Infants, 4 months and up: 12-16 hours
- Ages 1-2: 11-14
- Ages 3-5: 10-12
- Ages 6-12: 9-12
- Teens: 8-10

4. **So is Breakfast.** Make sure your child has high-quality breakfast with some protein before they set off. It's a good time to get in some of the recommended servings of fruit for the day too.

5. **Communicate with teachers.** If you have concerns about your child academically or socially at school, be proactive by reaching out to teachers early to let them know your concerns. They are a wealth of information not only in their subject areas, but also with regard to the learning styles and expectations of the age they teach. Do remember to allow time for your child to settle in. At the start of the school year, I remind myself that, in adult terms, each new school year can feel like starting a new job. It's normal to feel like a "pig on roller skates" those first few weeks.



2. Fall Flu Clinics

It's that time again. When your child starts to plan his or her Halloween costume, it's time to get the flu vaccine. We advise everyone ages six months and older to receive a flu vaccine each year (those who are under eight and receiving a flu vaccine for the first time require two shots spaced one month apart; otherwise, it's a one shot deal). We will be hosting our fall flu clinics where all members of the immediate family can receive

their flu vaccines. Appointments are required. **Keep an eye out for a separate email in the coming weeks with a link to schedule online.** Clinics will be held at our office on the following days:

- Saturday, September 23rd
- Sunday, October 1st
- Saturday, October 7th
- Sunday, October 14th
- Sunday, October 22nd

A note on **fear of shots**: it's normal for kids to feel nervous about shots. We understand. We don't judge. Depending on the age of your child, some strategies may help. Keep in mind, you as a parent have a powerful influence over your child's perception of getting shots. Staying calm and upbeat and modeling that getting a shot is no big deal can go a long way towards calming kids' fears.

For kids 3 and younger, it's probably best not to preview much about the shot, and again stay calm and comfort them when the inevitable tears come. A handy treat such as a lollipop or distracting toy can help them recover quickly. We'll of course have stickers and our awesome MAs to help out too.

For kids in the 4-6 age range, watching an episode of Daniel Tiger or Doc McStuffins can help to normalize shots. Maybe even let them give one of their stuffed animals a pretend shot and consider the fun bandages they might get afterwards.

For older kids who continue to have a real phobia around shots, it may be helpful to strategize ahead of time tactics to help calm their anxiety. Let them know what works for you. Suggest they look away and distract themselves with some mental activity such as listing every baseball team, or Taylor Swift song (you knew we'd find a way to work her in!), or animal they know that starts with each letter of the alphabet. It'll be over before they get past A. Deep breathing, especially box breathing (inhale, count to four, hold for four, exhale for four, hold for four, you guessed it, four times) has been shown to physiologically counteract our stress response. Finally, remind them that they've had shots many times before (even when they were tiny babies) and that they've been just fine and that you and we will be there to help.

3. Covid Update

- As of this writing, Covid cases appear to be on the rise. Our advice to vaccinate remains the same. Children can get their primary series as early as six months of age.

→ All children ages six months and up should also get a booster/updated Covid vaccine after the primary series. At the link below from the CDC, you can find a brief summary of requirements for being up to date, broken down by age and type of vaccine received.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html#All>

4. Housekeeping Matters

1. We hope you find it easy to use our new **portal** which allows you to request medication refills and ask billing and front desk questions. Please remember to route ALL clinical questions through our phone system. **All clinical correspondence must be part of the medical record.** As such, please refrain from texting or emailing providers on their personal accounts as these are not part of the medical record. If you have trouble establishing access to the portal, please call the front desk so that we can assist you.
2. Just a reminder: **seasonal allergies** may begin to flare this time of year. Take this time to review your seasonal [allergy action plan](#), and be sure that if your child has asthma, that you have relevant rescue and maintenance inhalers on hand as we go into the season. As always, if you want to review your child's asthma or allergy action plan, please reach out to your provider.
3. Some of you have reached out with questions about the newly approved **RSV vaccine**. We are as excited as you are about this, but it appears that it may be some time before it is ready to roll out. We will keep our eye on the news around this, and let you know as soon as we have updates.
4. **Quick Sick** visits remain available on a walk-in basis from 7:30 AM -8:15 AM for acute issues such as colds, concern for ear infections, sore throats, rashes, etc..Please be sure to schedule a focused visit with your child's provider during regular business hours for any ongoing issues such as abdominal pain, headache, mental health concerns, concussion, or any other matter requiring more extensive evaluation