

“Keep the kids warm and dry this winter. Parker Pediatrics will be helping those in need in our area by collecting pajamas.”

**PARKER PEDIATRICS
AND
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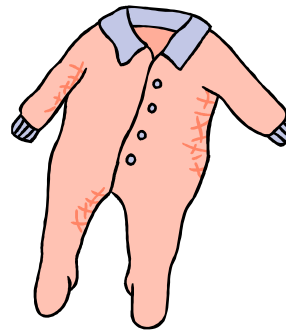
PAJAMA AND BLANKET DRIVE

Let No Child Sleep in the Cold

Keep the kids warm and dry this winter.

This is our goal, as Parker Pediatrics will be helping those in need in our area by collecting pajamas (new or gently used—all sizes), as well as blankets, diapers, pull ups and wipes.

All items will be donated to the Parker Task Force and Advocates for Children (CASA).



Items can be brought to our office during September and October.

We will have bins at our office, and will give receipts for your charitable donation, if desired.

Thank you for helping us support those in need in our community.

INFLUENZA INFORMATION—2010-11

See page 2 for details of this year's influenza recommendations and vaccine clinic schedule.

Early Childhood Developmental Assessments

We have incorporated the **ASQ, or Ages and Stages Questionnaire**, into our health supervision visits. These are a series of 30 questions which parents answer concerning their child's development at various ages from 2 months to 4 years.

This will assist us in more accurately detecting any developmental delays in young children, and in turn getting them therapy earlier. In addition, a handout which has many age appropriate activities will be given to parents at each visit.

Parents will receive these questionnaires at their child's preceding visit through 18 months of age. For children age 2 years or over, forms will be mailed. Parents can also fill these out in the office before their child's visit.

INFLUENZA INFORMATION—2010-11

Please read the following information carefully and save for future reference.

What is influenza (the flu)? Influenza is a viral illness causing significant fever, chills, cough, and muscle aches, and lasting as long as a week. More serious complications are possible. It appears each winter, some years worse than others.

What is the flu vaccine? The flu vaccine can prevent, or at least lessen, the severity of influenza. It contains strains of influenza which are most likely to occur this winter. It does not prevent against all types of flu or other illnesses that resemble flu. **The vaccine can be given as a shot or a nasal spray; we should have ample supply of both.** The spray can only be given to children over 2 years of age and those who do not have asthma or chronic illnesses. Side effects are infrequent, but may include soreness around the vaccine site (if a shot), fever, malaise, and muscle aches. We use **thimerisol free vaccine** for all children under 3 years.

Who should get the flu vaccine? It is now recommended for **all persons over 6 months of age.** It is especially important for high risk individuals (those with asthma, reactive airway disease, pneumonia, bronchitis, heart disease, diabetes, a chronic condition, or pregnant), as well as parents of babies less than 6 months old. One must be at least 6 months old in order to receive a flu vaccine.

How many vaccines does my child need? Anyone less than 9 years old who has not received 2 flu vaccines in the past or did not receive an H1N1 vaccine last year, needs 2 vaccines spaced at least 4 weeks apart. Everyone else needs only one.

When can my child receive a vaccine? There are 2 ways your child can receive it. First, it can be given during a regularly scheduled office visit (i.e. health supervision exam or an acute visit), but not as a “vaccine only” visit. If siblings are present, we will also give them theirs, as long as you inform us ahead of time. Second, it can be given at one of our flu clinics.

What do I need to know about these clinics? Patients must have an appointment. We will not accept walk-ins. Also, we will not perform any other services during these clinics. We ask that you come at your appointed time. These clinics will be crowded; we ask that you keep your children under control at all times. Since many children need 2 vaccines, please schedule accordingly and take into consideration any pre-scheduled office visits. Our clinics run very smoothly with minimal waiting.

Can parents receive flu vaccine? Yes. We will give parents a flu vaccine, on a cash only basis, and only during flu clinics (not during regular office hours). Appointments are necessary.

What is the cost? For parents or those who pay at the time of service during flu clinics we discount the price to \$30 for the shot and \$35 for the spray. Otherwise, we submit our patients’ charge to their insurance, and we bill you for any copay or coinsurance that may be required.

When can I make an appointment? Call for an appointment now. Check our emails for updates or changes. We will not be sending postcards nor will phone reminders be done.

When are this year’s flu clinics?

These will be on **Wednesday evenings from 6 to 8 PM on September 22, 29, October 6, 13, 27, and November 10 and 17; and Saturdays from 12:30 to 3 PM on October 16 and November 20.** More times will be opened as needed. Please allow those younger children who need 2 vaccines (and their families) to schedule the earlier clinics.

THIS AND THAT

Parker Pediatrics has once again been chosen as “**Best of the Best**” in 2010 for Pediatricians in Parker by the Colorado Community Newspapers.

This year’s scholarship winners were **Neil Gulley** from Ponderosa and **Amy Drissel** from Chaparral High School. These are awarded to graduating seniors who show promise for a career in the healthcare field.

We will now be offering **fluoride varnish treatments** to all Medicaid or CHP+ patients from 1 to 4 years of age during their health supervision exams. This will greatly decrease their risk of dental caries, and is very safe.

A recent study has confirmed that **viruses are rarely transmitted** to children in pediatric waiting rooms, despite some toys testing positive for viruses.

Our waiting room now has **KidCare TV**, an educational network which parents can watch while in our waiting area.

Remember to check (or buy) your **carbon monoxide detectors** before you turn on the furnace.

Colorado’s newly revised **Child Passenger Safety Law** requires children to be in a **booster seat until their 8th birthday**. Safety advocates suggest they remain in one until they reach **57 inches**.

We now do a **15 month health supervision exam**, at which time we administer the MMR and chickenpox vaccines (instead of at 1 year).

We are also committed to continue to see our young adult patients **through age 21**. There are many changes that occur during the years after high school, and a yearly exam is beneficial.

We are asking all moms to fill out a questionnaire at their baby’s 2 month visit, which helps identify those with **post partum depression (or anxiety)**. We can offer assistance, if needed.

As of this September, the new health care law requires all insurers to cover preventative care, including annual exams, without any out of pocket charges.

Childhood obesity is an issue which we take seriously. We hope to prevent or, when necessary, treat this condition. We now do **BMI (Body Mass Index)** on all children starting at their 2 year old visit. We also have our own **Registered Dietician, Tracy Stam**. In addition, our providers counsel parents and teens about this at their annual exam. Two tips today: do not use sweetened beverages except on special (rare) occasions; be sure your child does at least one hour a day of physical activity.

Our policy is to guarantee all same day acute appointments if called before **2:30 PM** on that day.

If your child is having behavioral or mental health problems, you can make an appointment with our **psychologist, Dr. Barbara Gueldner, PhD**.

We will be closed on **Thanksgiving Day**, but open for regular hours on that Friday. We will be closed on **Christmas and New Year’s Day**, but open the Monday after each. We will be open the morning of **Christmas Eve**, and all day on **New Year’s Eve**.

“QUOTABLE QUOTES”

The following conversations occurred in our office.

3 year old telling the doctor how he went on the potty: “I told dad to come over and see that big boy” (pointing to his BM).

Provider: “What sports do you do?”

6 year old: “Wii sports.”

Provider: “What grade are you in?”

6 year old: “First.”

Provider: “What school do you go to?”

6 year old: “Kindergarten.”

Dr.: Does anything hurt you?”

5 year old: “Shots hurt”

Nurse, asking parent about safety, “Do you have ATV’s?”

5 year old interrupts: “No, but we have Direct TV.”

Bullying=Relational Aggression

by Barbara Gueldner, PhD,

“Did you hear that she said this about...”, “She’s so stupid”, “Don’t hang out with him...”

Sound familiar? We’ve all experienced being talked about negatively, had rumors spread about us, or felt excluded from a social group or work project in a way that felt hurtful. This experience is called **relational aggression** and it’s been occurring for generations. Spreading rumors, gossiping, revealing secrets, name-calling, vicious teasing, eye-rolling, sharing a glance, and purposely isolating others is actually a type of bullying that has received more attention in recent years (e.g., the movie *Mean Girls*). Females are best known for these behaviors, although males are relationally aggressive too. Relational aggression damages relationships and self-esteem by altering people’s perceptions of an individual or group and leaving people feeling unwelcome and unworthy. WARNING! If you are a parent of a tween or teen, you and your child are probably in the eye of this storm.

Here are some ideas that may be helpful:

- **Talk about relational aggression in terms your child can understand.**
- **Encourage your child to not engage in relationally aggressive actions. Be specific.**
- **Encourage your child to defend victims. This is one of the most successful strategies against bullying.**
- **Focus on listening to your child’s account of a relationally aggressive situation. Resist “fixing it” immediately.**
- **Validate your child’s feelings: “Wow, that was hurtful”, “Sounds like you felt sad, hurt, annoyed, upset, embarrassed...”**
- **Encourage verbal and written expression of these events to you, a trusted friend, or a private journal.**
- **Problem-solve the situation with your child. Generate possible actions to take, decide on one, and discuss afterwards.**
- **Understand the school’s bullying policy and report as necessary. Relational aggression is bullying.**

Relational aggression affects people of all ages. You can set a great example with your own behavior, while encouraging your child to learn and practice social relationship skills.
