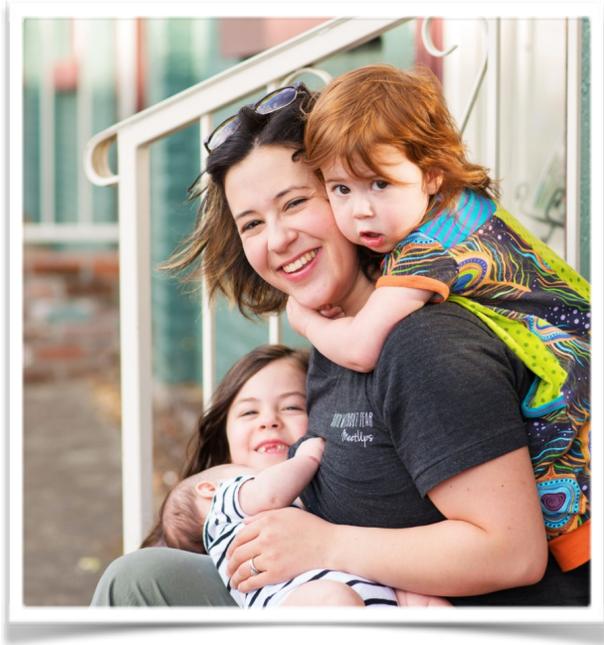


SPC Kids!

Siskiyou Pediatric Clinic Newsletter



Welcome to our first newsletter ever!

We are so excited to share this addition with you. We will have some great information by our amazing providers and support staff. Our newsletter will be quarterly and will include a variety of topics to interest parents with anywhere from a newborn baby to a teenager in high school.

First on the list - 3 Important tips on how to stay healthy this spring:

1

HAND WASHING

Do this often! Wash your hands with soap and water for at least 20 seconds

2

EAT HEALTHY

Healthy eating habits make for a healthier immune system. Eat lots of fruits and vegetables!

3

PLENTY OF ZZZ'S

Make sure you and your family are getting plenty of sleep.

Developmental Corner

In this space, we'll talk about normal developmental milestones that you can expect as your child grows. Remember that this is a *guideline* only; we recommend that you talk with your primary care provider if you feel your child is not meeting these milestones on time.

We will start with the gross motor (large muscle) development. As your child grows from infant to toddler, their brain is able to control different muscle groups in the body. This tends to progress from the head down; starting with neck control at 2-3 months of age.

Birth-2months

(neck control):

- Working on lifting head
- Begins to be able to hold up head for a few seconds at a time

2-4 months

(shoulder/chest control):

- Able to hold head up on their own
- Begins trying to roll over
- Starts to reach for objects
- Pushes up onto forearms when lying down on tummy.

4-6 months

(trunk control):

- Able to roll in one or both directions
- Able to sit briefly with hands propped forward

6-9 months

(shoulder/chest control):

- Able to sit for longer periods of time
- Gets on to "all fours" on the ground and rocks

Take a Break on ASO (Autism Society of Oregon)

Taking care of a child or adult on the autistic spectrum can be challenging. Parents and other caregivers often don't have enough time for themselves and need a break to re-energize. Under the Take a Break on ASO program, you and your guest will receive:

- a \$25 gift certificate to a restaurant of your choice;
- 2 movie tickets to a theater of your choice; and
- up to 4 hours of respite care at \$14/hour (total \$56)

To participate in the Take A Break on ASO program, please contact the ASO office by phone at (503) 636-1676 or toll-free at: 1-888-AUTISM-1. Any primary caregiver for a person on the autism spectrum anywhere in Oregon or SW Washington is eligible.

Developmental Corner

6-9months (continued)

-Starts to pull up to a standing position

9-12 months

(lower leg/foot control)

- Starts crawling (note: some infants skip crawling altogether- this is OK)
- Begins walking holding on to furniture
- May try standing on his/her own
- May begin to start walking

After this age, gross motor skills continue to increase. At 15 months, a toddler should be walking independently. Shortly thereafter, most toddlers begin running and climbing on everything (sorry!). By 18 months, most infants can walk up and down stairs (with help) and by 2 years of age they are jumping. At 3, they are starting to be able to coordinate a tricycle (always with a helmet!), and they will be able to hop and skip by age 4-5.

News About Peanut Allergies

There is some exciting news from the American Academy of Pediatrics that we would like to share with you. As you may know, peanut allergy can be a very serious problem causing anaphylaxis and even death and the number of children with a peanut allergy is on the rise. Therefore, multiple agencies have been looking for ways to prevent peanut allergy before it starts. In a new study, high risk children were divided into 2 groups: one group was intentionally given peanut containing foods a few days a week between the ages of 4-11 months and the other group was told to hold off on giving any peanut containing foods until at least 5 years of age. When all the children were tested at 5 years of age, they actually found that the group of children who were exposed to peanuts at an early age were less likely to have a peanut allergy!

There are still many questions about food instruction and the development of allergies that need to be studied further but at this point we have come up with a few recommendations that are a change from prior advice you may have heard.

1. All babies should start with either breastmilk or formula and eat that exclusively for the first 4-6 months of life.
2. Around 4-6 months, if your baby is showing the appropriate signs (for instance she is able to sit independently in a high chair and opens her mouth when a spoon is offered), you may start trying infant rice cereal, baby oatmeal or stage 1 pureed baby foods.
3. If your infant has severe eczema and/or documented egg allergy, talk with your child's doctor about having your child tested for peanut allergy before trying any peanut containing foods.
4. If your infant has mild to moderate eczema, you should consider introducing peanut containing foods around 6 months of age. We recommend discussing this with your child's doctor before you proceed.
5. If your child does not have eczema, you can introduce peanut containing foods at any time once solid foods are started, preferably before your infant turns one.

Some examples of easy to digest peanut containing foods for infants include peanut butter puffs, Bamba (an Israeli infant snack; find it in the International foods section), or thinning out creamy peanut butter with pumped breast milk or formula.

If you have any questions about this we are happy to answer them at your child's next visit, so please ask!

We are now accepting New Patients!

We are pleased to introduce Dr. Haifa Jaedi and Dr. Whitney Stewart. Both board certified pediatricians are currently accepting new patients. Call our office today to schedule an appointment at

541-955-5683

Office Hours ~ 8:00-5:00 (Mon-Fri)

700 SW Ramsey, Suite 204

Grants Pass, OR 97527



Dr. Whitney Stewart

She loves working with kids and it shows every day!



Dr. Haifa Jaedi

Extensive global experience with children brings a wealth of knowledge to benefit children of Southern Oregon

"I love teaching new parents and empowering them with the soothing skills that I have learned over the years of my pediatric experience. What a better task in life than improving the world by having a positive impact, one child at a time."

"In my opinion, being a good pediatrician is not just about being able to diagnose and treat, but also being able to develop the trust of both the child and the parents. Teaching, guiding and listening to parental concerns is something I truly enjoy. It is an honor and privilege to be a part of a child's journey."

* Board Certified Pediatrician

"I feel so blessed and privileged to join this amazing practice. I am so impressed with all the other providers, medical assistants and office staff that I get to work with every day. They all have incredible professionalism and dedication to their work which is matched only by the joy they have towards the patients and families. I hope to live up to these role models."

"I am also excited to work with the many wonderful people and organizations in the community that devote themselves to the care and development of children and adolescents here in Southern Oregon.

If you see me at a community meeting, teaching Sunday school, or even just shopping at the grocery store please stop and say 'Hello!' It is truly my joy and honor to be a part of your lives. For those families I have already met: I have loved meeting you all. For those I have yet to meet: I can't wait to see you and I look forward to getting to know all of you better over the years"

* Board Certified Pediatrician

TEENS AND SMARTPHONES

Here are some resources for parents to help monitor your teen on their smartphone:

"Circle" - <https://meetcircle.com/circle/>

"Net Nanny" - <https://www.netnanny.com/features/internet-filter/>

"NetSanity" - <https://netsanity.net>

"OurPact" - <https://ourpact.com>

"Glued" - <http://www.glued.to/>