

# CELEBRATION OF WELLNESS

## NEWS

Issue 17

June 2019

### Reading and Brain Development

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It's no surprise that in these modern times, our children are being exposed to a plethora of new things daily. More than 95 percent of a child's brain is formed during the first 6 years of life. Certain exposures and experiences irreversibly affect how the brain develops. It is of paramount importance for parents and caregivers to be proactive when it comes to their children's development. The following information is my presentation of the valuable

and effective initiative known as Reach out and Read and the amazing resources available on their website <http://www.reachoutandread.org>.

Nurturing from a loving caregiver in the early years of life supports healthy brain development. This forms the foundation for success later at school and in life. One of the best ways to engage with young children is looking at books together. Infants and young children primarily learn communication from watching faces and lips. Even the youngest baby loves to be held close and hear the voices of his or her parents as they read a book aloud. It is widely accepted that reading aloud promotes early literacy skills and is the single most important activity that will lead to language development.

Here are a few more benefits of reading out loud to your children:

- Builds motivation, curiosity, and memory
- Helps children cope during times of stress or anxiety
- Takes children to places and times they have never been which enlarges and enhances their world
- Creates a positive association with books and reading

I would also like to share with you the American Academy of Pediatrics' "5 Rs" of early education. These suggestions proactively build the critical social-emotional language skills that support healthy brain development:

- Read together every day with your child
- Rhyme, play, and cuddle with your child every day
- Develop Routines: particularly around meals, sleep, and family fun
- Reward your child with praise for successes to build self-esteem and promote positive behavior
- Develop a strong and nurturing Relationship with your child as the foundation for their healthy development

These efforts, or what the AAP calls "investments," promote early brain development, provide a healthy start, and build a solid foundation for school success and life-long productivity. This is especially true in the first 1000 days of a child's life.



Developing a love for reading helps children academically by helping them become good self-learners. Reading also helps grow their imaginations and strengthens their self-regulation and resilience to stress. Having a conversation about what was read or what is being read while focusing on emotions and empathy has a significant effect

in the development of a child's emotional intelligence. This is an important quality for a balanced and successful life.

I would like to direct you to a great resource on how to integrate reading in your child's daily life: <http://www.reachoutandread.org/resource-center/literacy-materials/reading-tips/>

As we approach the summer, it is of utmost importance for parents to have an open dialog with their children about balancing their time well. Providing positive activities is very much a parental responsibility, and the lack of these activities can lead to an increasing addiction to the "digital world" as referenced by [healthychildren.org](http://healthychildren.org). I would encourage every caregiver to read the following article on safe media use.

### Getting Ready for Summer: Adolescents and the Well Visit

Hylton I. Lightman, MD, DCH (SA), FAAP

Let's discuss the adolescent well visit, which is also known as physical or annual checkup.

The annual physical exam is an important aspect of staying healthy. The purpose of the physical is prevention. Meeting yearly with your pediatrician helps to assure that your child continues to develop optimally, both physically and emotionally. Adolescence is one of the most dynamic stages of human development.



It is a "moving target," punctuated by dramatic physical, cognitive, social, and emotional change. Because of the rapid development occurring, many physical and mental health conditions, substance use disorders, and health risk behaviors can first emerge. And we want both the body and mind to continue to grow and develop in the healthiest ways.

A typical adolescent exam includes a review of the medical history. The patient and/or parents often raise concerns in a safe, comfortable and confidential environment. During the physical exam, typically, the doctor will examine the eyes, ears, nose, throat, mouth, abdomen, back, legs, arms, and thyroid gland. In addition, the doctor will complete an assessment of growth and evaluate pubertal changes. Screening for hypertension, scoliosis, and obesity may be performed. Scoliosis is when there is a lateral (toward the side) curvature in the normally straight vertical line of the spine. Identified and treated early, it is a "curable" condition that improves the quality of a person's life.

In addition to your adolescent's physical aspects, your pediatrician should be helping to track mental and social development changes. Expect your teen to complete a depression screening of about 7-9 questions. Early detection of depression allows treatment which can lessen the future impact on both the child and family.

Well visits provide opportunities for early identification and appropriate management and intervention for conditions such as smoking, the use and abuse of alcohol, and other substances, unprotected sex, poor eating and exercise habits, and other physically-endangering behaviors. If not addressed, these can become serious and persist into adulthood.

So you or your teen has other concerns? Bring them on! Your pediatrician wants to hear and help.

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### The M Family Foundation Distributes Its First Checks To Founding Honorees

The M Family Foundation is pleased to announce the distribution of their first checks to the Founding Honorees. The M Family Foundation was created by the Marcantel, Meury, and McCarthy families to raise awareness and funds for Ovarian & Pediatric Cancer.

Both Ovarian Cancer & Pediatric Cancers have limited funds dedicated to their research. These are deadly cancers with low survival rates.

For the past two years, we have held our Cancer Superhero's 5k & Family Fun Run to raise money for the Foundation. Our event coordinator, Jill White, was able to make the first 5K a successful event even in the midst of a hurricane. Last year, our 2nd annual event exceeded our expectations with more than 300 participants.

Our Founding Honorees are:

**Ovarian Cancer:** Rebecca Marcantel, Bridget Mahoney-Jenkins, & Michelle Owens all who lost their lives to ovarian cancer.

**Pediatric Cancer:** Andrew Rypien, Noah Larson, & TJ Reilly all who lost their lives to cancer.

We are excited to announce this year's date: September 8th at 7:30am @ Lakeside Park in Celebration! Please visit [www.MFamilyFoundation.org](http://www.MFamilyFoundation.org) for more information and to register for this year's event!

### Father's Day is Sunday, June 16! Here are some Tips for Expectant Fathers:

1. Don't read books on pregnancy or parenthood. Pregnancy manuals and parenting books are a major industry these days, but so many aspects of parenthood are impossible for books to predict. Your baby is going to be completely unique, and it will be much less stressful to just learn as you go.

2. Take a babymoon or vacation before your baby is born. This is your last chance to take a trip as a couple without having to find a babysitter or to do the things that are much harder with a baby. If you can't treat yourselves to a last-minute vacation, do something fun like going out to dinner and a movie.

3. Make a plan at work. Depending on your work's leave policy for fathers (hopefully they have one!), you may be away from work for an

extended period of time. Do your coworkers a favor and start prepping for this now. Putting in extra time at work during the pregnancy is a great way to build respect with your coworkers that will have to cover for you when the baby arrives.



4. Be involved. I often joke that whenever we go to the obstetrician's office, I turn into the Invisible Man. The nurses all seem to say hello to my wife and ask her questions or give her instructions. People rarely seem to look my way, much less act like I'm at all involved in the pregnancy. Rather than take it personally, I do my best to get involved. I ask questions and crack jokes. I marvel at the ability to hear my baby's heartbeat each month.

5. Relax. It's not always going to be easy (especially the first few months and whenever your baby hits a sleep regression), but you're embarking on the wildest, most rewarding ride of your life. Be confident in your ability to roll with the punches and take up the mantle of fatherhood with grace. Your baby can't wait to meet you, Dad!

### Sun safety tips for pregnant women

If you're planning to be outside a lot during your pregnancy, protect yourself from the sun by taking the following steps:

- Try to stay inside during peak sun hours, from 10 a.m. to 2 p.m., as much as possible.
- Stay in a shaded area whenever possible when you're outside, especially when the sun is at its hottest.
- Apply sunscreen 15 to 30 minutes before you go outside. Reapply every two hours.
- Use about 1 ounce (that's about a shot glass worth) and thoroughly spread over all exposed skin.
- Apply lip balm or lipstick with an SPF of 30 or higher on your lips.
- Try to cover as much skin as possible and choose light clothing in cotton or another breathable fabric, preferably in a tight weave (hold it up to the sun; the less light that passes through, the better).
- Don't forget a hat and sunglasses (ideally with 99% UV protection).

Remember, you definitely don't have to stay inside just because you're pregnant. By all means, get out there and have fun! Just be sure to make sun protection a priority.

### Celebration Pediatrics Newborn Class:

Looking for an incredible Pediatric office for your precious baby?? Look no further! Celebration Pediatrics is excited to invite you to meet our amazing staff, enjoy a tour of our world class office, and find the new medical home for your baby! Light refreshments and snacks provided.

- June 12th @ 5:30PM and June 26th @ noon
- July 10th @ 5:30PM and July 24th @ noon
- August 7th @ 5:30PM and August 21st @ noon

Call us at 407-566-9700 to reserve your spot today!



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