

Caring for your children in His Name

CHADIS

Lighthouse Pediatrics now participates in a program known as CHADIS. It will allow you to share more information about your child's behavior and development in a secure, convenient manner. You can register for CHADIS by going to <http://WWW.CHADIS.COM> and using the invitation code: 2394499882 which is our office phone number. This is especially important for our patients between 2 months and 5 years of age and our children

with ADD or ADHD. You will be reminded to go online and complete the questionnaires when you receive your appointment reminder. The questionnaires take about 10-15 minutes and it can be fun to see how much your child has progressed!!



FLU VACCINES ARE HERE

The American Academy of Pediatrics recommends the flu vaccine for all children 6 months to 18 years of age. Children are more prone to complications from influenza. These complications can be as mild as sinusitis or an ear infection or as serious as respiratory failure or meningitis.

What is the "flu"?

Influenza (the "flu") is a viral illness. It is not the same as the "common cold" or a "stomach virus." Flu symptoms are often sudden and many begin with high fever, body aches, and headache. Runny nose is less common with the flu. Vomiting and severe diarrhea are not common flu symptoms. The flu does not respond to antibiotics because it is not a bacterial infection. The best way to treat the flu is to treat the symptoms, make sure your child drinks a lot of fluids and rests.

When is an illness more than a Cold?

Fevers are common in children, especially at the beginning of an illness and are usually accompanied by runny nose, congestion, and cough. It's a symptom of the body fighting the illness (an immune response.) You need to contact us if your child is less than 2 months old, if the fever lasts more than 4 days, if the fever appears several days after the illness starts and most importantly, if your child is cranky, very sleepy or just "not himself" (regardless of the temperature). Remember you can also contact us on the portal with nonemergent concerns during office hours!

OFFICE NEWS

We are proud to announce that we are now certified by the NCQA as a Level 3 Patient-Centered Medical Home (PCMH.)



We received this by meeting standards of excellence in preventative and ongoing care for our patients. We now have a Parent Advisory Board that meets regularly to give us feedback and suggestions to improve our practice.

ADVISORY BOARD MEMBERS:

Allison Bringardner	Jeannette Mouton
Nichole Eastman	Jennifer Patterson
Dayma Garcia	

NEW YEAR'S RESOLUTION

Did you make a New Year's resolution for you or your family? Many people resolve to exercise more. Find something that the entire family enjoys! For younger children/babies, it may mean a walk on the greenway. For school-age kids, it may mean shooting hoops or trips to the playground. And, for the reluctant teens, riding bikes (with helmets, of course) or a family walk on the beach. Whatever you choose, try to get the family moving for at least 30 minutes daily. Stay tuned for more ways to improve your family's health. . . . nutrition class dates to be announced soon.

