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“Your Child doesn’t have to be Sick to Get Better!”

You Can Only Be as Happy as Your Saddest Child

Stephanie H. Kong, M.D., Pediatrician

Intending to move to Chicago, what if you and your partner boarded the plane only to find that you were permanently residing in Madagascar? You would no doubt feel bewildered. This is not what you signed up for. So, you set about adjusting your priorities, learning a new language and customs. But often people end up thankful for what they mourned.

This is not a far-fetched analogy for parents of exceptional children who have downs syndrome, autism, deaf, blind and/or disabled. While no parent would wish these conditions on their progeny, it happens. And make no mistake, it is a struggle with the unrelenting demands and unabated dependency of these children. But, the good news is: With help from the God, adequate medical, community and family support, almost all families learn to accept, celebrate and develop zealous attachment to their special needs children. I will go so far to say that most human being have the capacity to care for children regardless of their challenges. I am a witness to the love, courage and determination of these parents. I have seen parents transformed and strengthened by the challenge of nurturing their exceptional children who they learn to love and respect just the way they are.

So, this month, I take off my hat to all the courageous, valiant and committed parents who have a reputation for protective vigilance and who seem to have an endless capacity for kindness and patience to nurture their children to become all they can be. We should be reminded that “no body is perfect”. All of us, especially children, have defects but we have to go to war with the army we have.

Our Spring Festival and Easter Egg Hunt

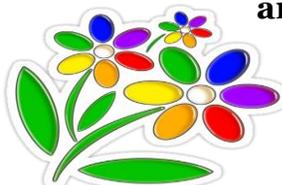
All patients who are up to date on their “Well Child” checks will receive two free tickets to the Rock Ranch for their **Easter Extravaganza** on Saturday, April 12, 2014 from 11:00 am – 2:00 pm. 40,000 prize eggs will be yours for the taking. Tickets will be distributed during March and up to the event. A ticket will entitle you to a ride on the zip line or climb the rock wall.

ALERT!!!! For all parents who have 9 month old babies covered by Medicaid. Their newborn coverage will terminate at 12 months. Don’t get caught without coverage. Call Ms. Lawanda at 706.601.2499 for assistance.

Dr. Kong: Thank you so much for all you do to care from my little one. You have been a blessing to us and this community. May God continue to bless you and your practice. **Diandra Walker**

Insurance we accept

Aetna
Amerigroup-Medicaid
Blue Cross Blue Shield (PPO, POS, HMO)
Cigna
Coventry
Georgia Medicaid
NoviNet
Peachstate-Medicaid
Secure Health (URMC employees only)
Starcare
SuperMed
Tricare (Standard ONLY)
United Healthcare
Wellcare- Medicaid
Peach Care For kids
and Self Pay Patients are Welcome!



Feeding your baby

Charlaya Campbell, M.D., Pediatrician

For at least the first six months of a Baby's life, breast feeding is best. Nature's way is free, convenient and no preparation necessary. Mother's milk is full of infection fighting cells and uniquely formulated to meet your child's nutritional needs. In addition, children who are breastfed are less likely to have vomiting, diarrhea, reflux, ear infections and allergies. However, even with the best of intentions, some mothers cannot accommodate their baby's nutritional needs. In that case, there are a number of commercial formulas available. Here are a few feeding tips:

- Feed your newborn on demand or at least every three to four hours
- Don't introduce solid or pureed foods until after six months. (rice cereal may be introduced a little sooner.)
- introduce one food at a time for several days. This will help you identify allergies. (Signs of allergies include gas, bloating, rashes or diarrhea.)
- Whole cow's milk should not be introduced until 12 months.
- Bee spit (honey) contains spores which may cause botulism in infants. Do not introduce until at least 12 months.
- Tracking your child on a growth chart provided by ZÖe will alert you to whether you are overfeeding or underfeeding.

Finally, your refined taste buds are not a good guide to what will taste good to your baby. While culture dictated your food preferences, you may want to direct your children's food preferences away from "salt, sugar and fats". These are the three "bad" things about our current diet. If you want your children to enjoy a long healthy life, then limit these three items. Are you aware that in Japan, the candy that children crave are either bitter or sour- not sweet or salty?

You may also want to wean your entire family from "salt, sugar and fats" by removing them from your diet. It takes only six weeks to break a habit. After that, you may join your children in eating healthy---without sodas, doughnuts, candy, chips, bacon, and/ or sausages. It will not be easy, but try cereal, fruits, yogurt and granola for breakfast instead. And yes. Grits and oatmeal are good choices. Make a commitment to give your entire family a "healthy lifestyle" with smart food choices and lots of exercise. Your kids will thank you when they grow up.



"Parenting is an exercise in safety, and perpetual menace of danger is what exalts parental love above affection; without night terrors, the spiking fevers, the litany of bruises and woes, it would be second-rate entertainment."

~Andrew Solomon~

Infants From One to Three

Theresa Schornack, C-PNP

Child development refers to the changes that occur as a child grows and develops in relation to being physically healthy, mentally alert, emotionally sound, socially competent and ready to learn.

The first three years of your child's life are fundamentally important. They are the foundation that shapes children's future health, happiness, growth, development and learning achievement at school, in the family and community, and in life in general. Also, this is the stage where your child is learning who he/she is, what he/she thinks, feels and can do.

Recent research confirms that the first three years are particularly important for the development of the child's brain and is critical in shaping their brain architecture. Early experiences provide the base for the brain's organizational development and functioning throughout life. They have a direct impact on how children develop learning skills as well as social and emotional abilities.

Every child develops at his or her own pace. Certain children reach specific child development stages faster than others. Children must master one stage and then move over to another stage, these developmental stages are called developmental milestones. Within these stages are the building blocks for speech, communicating their needs, coordination, cognition, confidence and interactive skills.

The mastery of following directions, recognizing the difference between yes and no, eating, hand painting, walking, talking, climbing, stacking legos, ordering (small to large) riding a tricycle, taking things apart and jumping on popping paper are not only fun to watch but also an assurance that your child is developing nicely. Behaviors such as acts of kindness, affection, dancing and acquiring simple skills that are followed by something positive like internal sense of mastery, smiles, attention, praise, hugs and kisses are likely to be repeated. Behaviors such as biting, protests, tantrums, disobeying and aggressiveness that is immediately followed by adverse feedback like avoidance, rejection, slaps on the hand or yelling are likely not to be repeated. Children are not likely to put their hand in a fire more than once. This shaping experience molds us into the social being we eventually become. Children need love and nurturing develop a sense of trust and security that turns into confidence as they grow.

Understanding the stages of child development helps parents know what to expect and how to best support the child as she or he grows and develops. They help validate and reassures parents that they are providing the skills, information and ideas needed to raise happy, healthy and well adjusted children.