

Healthy Little Texans



1 FEATURE

2 ANNOUNCEMENTS

3 EVENTS

4 RESOURCES

Announcements

2

Patient Spotlight:



We highly recommend Dr. Bell. She is a hands-on and accessible doctor. She visited us every day in

the hospital when Weston was born and called to check on us following appointments with medical specialists. The office is accommodating for breastfeeding moms and the staff is extremely helpful for first-time frazzled parents. Dr. Bell's information packets of what to expect in the next stages of development are really great and we never feel rushed through appointments.

~ The Jacksons

ANOTHER CALL TO PICK YOUR CHILD UP FROM SCHOOL...

1

"Your child is sick and you need to come pick them up from daycare." After canceling two urgent meetings and conducting a conference call en route, you arrive to find a happy, active two year old who greets you at the door with a runny nose and kool-aid kiss. (Not much different from any other day) "He had a fever. It was 100.3 under his arm and we think he's pulling at his ear."

This is a daily occurrence for a variety of symptoms and we understand the need for daycares and schools to be diligent in not promoting the spread of contagious illnesses. The American Academy of Pediatrics provides guidelines for these situations and just updated the publication, "Managing Infectious Diseases in Child Care and Schools," in 2008.

The most commonly overlooked national guideline is the one that recommends a child be ex-

cluded if the illness prevents him or her from participating comfortably in activities. After reviewing the new guidelines below, we will learn that this will ultimately be one of the best ways to determine if your child needs to stay home.

As Pediatric News writes, "The common cold, for example, does not warrant exclusion unless the child is too uncomfortable to participate in routine daily activities. Multiple studies have shown that most viruses are spread by children who seem well, which mean that exposure happens before the school or daycare facility can make the first phone call for the child to be picked up."

So, what do the new guidelines say about common concerns?

(continued on page 2)

Briana Colfer, 17, has been accepted to Baylor University as a French Horn Performance Major!

Madeline Godoy, 7, sold over 500 boxes of Girl Scout cookies to benefit her troop this season!

Alex Ferrier, 10, won 1st place in his school's annual speech competition and 1st place in the science fair.

He is now preparing to compete regionally in both categories!

Springtime is here



CHILDREN'S MEDICAL GROUP STAFF

and families are in bloom!

Please send your announcements to info@cmgaustin.com

3 Events

We asked patients about their perceptions of romance on Valentine's Day and here is what we learned:

Q: Why do people hold hands? A: To do ring around the rosie. **Kai, 3**

Q: What is falling in love like? A: Love-ish. **Autumn, 6**

Q: How do boys celebrate Valentines Day? A: We don't. We just try to have as much fun as we can. **Jacob, 7**

Q: What is the best age to fall in love? A: Six. **Emily, 10**

Q: How can you tell if people are in love? A: Ya'll don't see it but there is this guy who shoots you with a love arrow. **Sam, 6**

4 Resources

WELL CHECK SCHEDULE

- | | | |
|----------------------|------------|------------------------------|
| • Hospital follow-up | • 4 month | • 18 month |
| • 2 week | • 6 month | • 2 year |
| • 1 month | • 9 month | • 3 year |
| • 2 month | • 12 month | • 4 year |
| | • 15 month | • Yearly through adolescence |

COMPLIMENTARY NEWBORN CARE CLASS!

Offered once a month, this class reviews medical information about caring for your newborn baby. Topics include breastfeeding, immunizations, what to expect at the hospital, jaundice, and fever. Upcoming dates: April 14, May 12, June 9, July 14, and August 11.

(Continued from front page)

Exclusion from school is recommended for:

- **Abdominal pain** – persistent more than 2 hours or intermittent pain with other signs and symptoms
- **Blood in the stool** not explained by dietary change, medication, or hard stool
- **Chickenpox** – until all sores have dried and crusted (about 6 days)
- **Coughing** – severe enough that the child is getting red or blue in the face or making high-pitched whooping sound after coughing
- **Diarrhea** – frequent, runny, watery stools
- **Fever** – when accompanied by behavior changes or other symptoms such as a sore throat, rash, vomiting, diarrhea, earache, etc.
- **Hand, foot, and mouth disease** – only if sores in the mouth with drooling or if the rash is associated with fever or behavior change
- **Rash** – with a fever
- **Sore throat** – with fever and swollen glands or mouth sores with drooling
- **Vomiting** – two or more times in a 24-hour period
- **Signs of possible severe illness** such as irritability, unusual tiredness, or neediness that compromises caregivers' ability to care for others.
- **Uncontrolled coughing or wheezing, continuous crying, or difficulty breathing.**

Mahoney, Diana. "AAP Updates Guidelines for Infectious Disease Exclusions." *Pediatric News*. February, 2009, p. 8.

"Managing Infectious Disease in Child Care and School." Elk Grove Village, Ill.; American Academy of Pediatrics, 2008.

Breastmilk Storage Guidelines

	EXPRESSED BREASTMILK	THAWED BREASTMILK
ROOM TEMPERATURE	4 hours at 68-72°F	Do not store
COOLER WITH 3 ICE PACKS	24 hours at 59°F	Do not store
REFRIGERATOR	5-7 days at 32-39°F	24 hours
SELF-CONTAINED REFRIGERATOR FREEZER UNIT	3-4 months	Never refreeze thawed milk
DEEP FREEZER	6-12 months at 0°F	Never refreeze thawed milk



711 West 38th Street, G-2
Austin, Texas 78705
512.451.5161

Anna C. Bell, MD, FAAP
Pediatric and Adolescent Medicine
www.cmgaustin.com

VISIT DR. BELL'S

WEBSITE

www.cmgaustin.com

- Staff photos & bios
- Medication dosages
- Guidelines for common symptoms
- Patient forms
- Community service opportunities

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