

ALL IN PEDIATRICS



NASSIM McMONIGLE & MESCIA
PEDIATRIC AND ADOLESCENT MEDICINE



Contact Us

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Holiday Hours



- December 24th 8am-12pm
- December 25th
CLOSED
- December 26th 8am-12pm
- December 31st 8am-4pm
- January 1st CLOSED

Hello!

Happy Holidays from our family to yours! During this busy season of parties and family get togethers, it's even more difficult to keep your home child proofed. We'll give you a few quick tips to keeping your child safe at your home and others'.

Please be sure to take note of our holiday hours! We hope you have a happy and healthy holiday season.

Don't Touch That!

As if it's not hard enough to keep your own home childproofed during the busy holidays, what can you do to ensure your child is safe at someone else's home? Curious toddlers can try a parent's patience and they seem to turn it up around the holidays. And while you're distracted with Grandma's many questions, your child is going through Grandma's purse!

So here's a list of holiday accident prevention suggestions/thoughts:

1. When hosting get togethers at your home, have the women store their purses up high away from your child's reach or in a closed closet/cabinet - removing the choking risk from small items and access to colorful pills in Grandma's pill case.
2. Clean up promptly after your party, so your child does not get a hold of spiked egg nog left in the bottom of a glass or Uncle Charlie's cigarette butts.
3. Be vigilant with games and toys given to older children. If they come with small parts or batteries, be sure to store those gifts out of



your toddler's reach and remind cousin Eddie to put the toy away

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when he's done playing with it!

4. When traveling to a friend or family member's home, take note of stair, fireplace, and radiator risks. If possible block access to open fire and open stairwells.

5. Verify that medications and cleaning supplies are NOT stored in a ground level cabinet that your child could open.

Holiday Blues Are Real

Many people experience "the blues" during the holidays. Some feel a loss of a loved one, while other's just feel overwhelmed and under appreciated. Whatever the cause of the blues, understand that for the people feeling them it is very real. If you struggle with the holidays here a few suggestions for not just getting through, but maybe even enjoying this time:



1. Take care of yourself physically and emotionally. Your children will feel your stress, so take time to exercise and get enough sleep.

2. Make a plan to focus on one thing at a time. This season is sometimes most difficult because of the

"busyness" of getting prepared. Make a schedule for your day and don't be afraid to ask for help.

3. Give to others. One of the best ways to deal with your own emotions is to give your time and attention to someone else. People are in need all around you.

4. Try to keep household routines the same. Stick to your child's sleep and mealtime schedule if you can. It will help you too!

5. Don't feel pressured to "over spend." Consider making some holiday gifts. Your child will enjoy the hands-on activity and chances are the gift will be most treasured by Grandma.

Thank you so much for trusting us with the health of your family. We look forward to communicating more regularly with you through email, so stay tuned for more information pertinent to the health of your children.

Sincerely,

Drs. Nassim, McMonigle, Mescia & Team