



# ALL IN PEDIATRICS

## Screen Time - How much is too much?

The great debate rages on... how much time is too much screen time for children of all ages? We encourage the following guidelines, but more importantly we encourage you to create a family media plan. Media plans should take into account your child's age, health and sleep requirements. Your plan should be shared throughout your family and caregivers of your children, so that time remains consistent.

Screen time for the ages:

- Under 18 months - only video chat in conjunction with parents/caregivers
- 18-24 months - very limited and only high quality apps in use with parents
- Older than 2 years - 1 hour of high quality viewing/playing and with parents as much as possible



Screen/Media plan should include "screen free" times for the entire family, especially meal time and physical activity time. Here is a link to an application that will assist you with creating your plan: [AAP Media Plan](#).

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## Holiday Safety Tips

The holidays are a great opportunity to spend time with friends and family, but can also be a dangerous environment. Christmas trees, lights, ornaments, and other potential hazards lurk at every corner. Here is a short list of safety checks we encourage you to perform:

- When possible, buy trees and decorations that are "Fire Resistant"
- Place trees away from fireplaces,



- heaters, and radiators. Ensure that the tree does not block an exit or doorway.
- If setting up a live tree, cut several inches off the bottom to expose the new wood and increase water absorption. Keep water in the tree stand at all times to keep the tree from drying out and becoming a fire hazard.
  - Check all lights prior to hanging - look for any fraying wires, broken sockets, or loose connections.
  - Turn off all lights before you leave or go to bed.
  - Do not use an extension cord for more than 3 strands of lights.
  - Space heaters are involved in 79% of home fires. Be sure there is a 3 foot space around all heaters.
  - If you have small children, be sure to use unbreakable ornaments with no sharp edges and avoid decorations that look like candy or other edible treats.

Please share this list of safety tips with your family and friends. Let's keep our kids safe this Christmas!

[Click here full list of Holiday Safety Tips from the AAP.](#)

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## Our Holiday Schedule

We want to give ample notice of our holiday hours, so please note the following:

- CLOSED Christmas Eve and Christmas Day, December 24-25th
  - OPEN New Year's Eve, December 31st, 8am-12pm.
  - CLOSED New Year's Day
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## Salem Office Update

Our new office is progressing nicely! Floors are poured and walls should be coming up soon. We are accepting new patients for the Salem office now. Once open, our patient families can visit either one of our offices. Please share this information with your friends and family members.

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Call for an appointment: 812-949-0405

Monday-Thursday 8am-8pm  
Friday 8am-5pm  
Saturday 8am-12pm

Walk-in Hours:  
Monday-Saturday 8am-10am  
Monday-Thursday 4pm-6pm

[Visit Our Website](#)

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