

# ALL IN PEDIATRICS

ALL IN PEDIATRICS



## Contact Us

2305 Green Valley  
Road  
New Albany, IN  
47150  
(812) 949-0405

[Visit our Website!](#)

[Access Our Patient  
Portal](#)

## Walk In Hours Available

While we hope your child doesn't need to see us for an illness or accident, those things do happen. If your child wakes up sick or you pick him/her up from daycare and can tell there is something wrong, bring them in right away to be seen by one of our physicians or nurse practitioners.

Monday-Saturday

Hello!

In this issue of our newsletter we want to tell you about some exciting news for our practice and families who live in Washington and Scott counties! Read the article below for details and stay tuned for more information about our plans in future newsletters.

Also, it is flu season. Please get yourself and your child vaccinated NOW!

Lastly, we will discuss screen time and setting healthy boundaries for your children when it comes to their electronic use and viewing.

## New Name, New Office, Same Faces!

There's a lot going on at our office these days! As of today, we have changed our name to ALL IN PEDIATRICS. Why the new name? We are expanding our services to

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Washington County (Salem) this year! We will begin a new building to be located on the corner of Jim Day and SR 56 (near the Wal-Mart currently under construction) in March with plans to be open for patients in the fall of 2016.

Dr. Nassim says it best, "It is our desire to serve ALL southern Indiana communities with quality pediatric care. That's why we're changing our name now - in conjunction with the new office. We will make healthcare available to children in Washington and surrounding counties who have largely been under-served in their communities. Many of our current patient families come from those counties now, so the new office will mean a matter of convenience for them and offer an option to other families who may live closer to Salem."

Our current plans are to launch the new practice with the same

8am - 10am  
Monday-Thursday  
4pm - 6pm

providers and staff from the New Albany office, so that your children have a level of comfort with familiar faces.

## It's Not Too Late to Vaccinate

Flu season is in full swing, but it's not too late to vaccinate your child. There have already been 9 pediatric deaths associated with the flu this year! The virus which causes the flu can wreak havoc on a young body and unfortunately, once it progresses to certain vital functions, such as the kidneys, it is often too late. Don't wait! Vaccinate!

## Let's Talk About "Screen Time"

How much is too much when it comes to screen time for your child? First let's talk about screens... We're not just referring to the tv, but also portable devices such as iPads, cell phones, games, and computers.

Why is it important to limit your child's screen time?

- The time a child spends in front of a screen decreases the amount of time he/she has to socialize with others. The ability to build relationships is an invaluable skill for a lifetime.
- Time spent with a screen does not include physical activity, which could affect your child's overall health.
- A child entertained by a screen does not learn how to self-entertain and loses the ability for imaginative play, which may diminish creative abilities in the future.



We recommend our parents set boundaries with their children, which limits time and also the type of screen use. Graphic games may lead to disruptive or aggressive behavior, so omitting those games from your child's list of approved activities may improve his/her interaction with others. [Many studies have been conducted that raise concern over the psychological development](#) of the child who spends too much time in front of a screen; therefore, the American Academy of Pediatrics also suggests parents curb the amount of time children spend looking at a screen.

There are "apps" available through your phone that allow you the ability to shut down or limit the function of your child's phone. We recommend no screen time the hour before bedtime.

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