



ALL IN PEDIATRICS

Salem Office is OPEN!

Our Salem office is now open! Located on the corner of Jim Day Road and SR 56, our new office is bright and welcoming. We are so excited to be in Washington county! Come see us and send your friends!



Schedule Check-ups and Sport Physicals NOW!

Now is the time to get those check-ups and school sport physicals done! Avoid the rush before school starts and make sure all of your child's immunizations are up to date. Summer months are a good time to have any and all forms your child may need for school completed by one of our providers.

13 Reasons Why and Other Media

If you haven't heard about the Netflix drama *13 Reasons Why* yet, your kids may not be old enough to have heard the buzz from friends and classmates. Consider yourself lucky. It's had the talk show hosts and adolescent psychologists in heated debates for months. For those of you who have heard and wonder what the show, based on a book with the same title, is all about [here is a review by](#)

Our stance on this or any other show or movie is that parents should be informed and make decisions regarding the appropriateness of any media. Common Sense Media is a good place to start if you're curious about any media for your child.



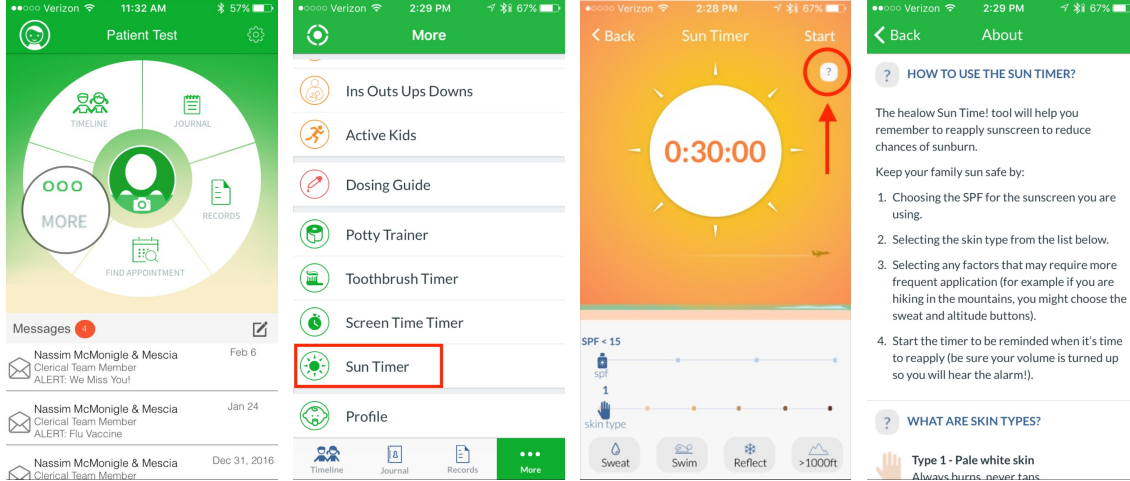
Healow Kids Feature Review - Sun Timer

Now that summer is in full swing we thought it fitting to discuss sun exposure - how long it takes to burn and the effectiveness of sunscreens. Sunscreen is appropriate for all ages of children. Although we still recommend that children under the age of 6 months have NO direct exposure to sunlight. Keep them under cover entirely. If you have questions about picking the right sunscreen. Here are a few guidelines:



- Use a sunscreen that says "broad-spectrum" on the label; that means it will screen out both UVB and UVA rays.
- Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15 (up to SPF 50). An SPF of 15 or 30 should be fine for most people. More research studies are needed to test if sunscreen with more than SPF 50 offers any extra protection.
- If possible, avoid the sunscreen ingredient oxybenzone because of concerns about mild hormonal properties. Remember, though, that it's important to take steps to prevent sunburn, so using any sunscreen is better than not using sunscreen at all.
- For sensitive areas of the body, such as the nose, cheeks, tops of the ears, and shoulders, choose a sunscreen with zinc oxide or titanium dioxide. These products may stay visible on the skin even after you rub them in, and some come in fun colors that children enjoy.

If you wonder how long your child can stay outside, the Healow Kids app has a handy sun timer feature that will tell you how long your child can be out in the sun based upon his/her skin type and SPF of the sunscreen. See the images below for more information about how to access this feature in Healow Kids.



New Albany Office Hours

Monday- Thursday 8am-8pm

Friday 8am-5pm

Saturday 8am-12pm

Walk-In Hours

Monday-Saturday 8-10am

Monday-Thursday 4-6pm

Salem Office Hours

Monday-Friday 8am-5pm

Walk-In Hours

Monday-Friday 8:30-10am

Monday-Friday 2-4pm

Call for an appointment: 812-949-0405

[Visit Our Website](#)

All IN Pediatrics | (812) 949-0405 | nassimandassociates@gmail.com | all-inpediatrics.com

STAY CONNECTED:

