

ALL IN

PEDIATRICS



NASSIM McMONIGLE & MESCHIA
PEDIATRIC AND ADOLESCENT MEDICINE



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Weathering the Weather

Let's hope we are through with Old Man Winter! Thank you for your patience while we navigated through the various weather related issues.

This was our first year to announce office hour changes/dosings via email and Facebook. Please take a minute and tell us which method you prefer to receive these kinds of updates.

Hello!

March... In like a lion (don't we know it) and out like a lamb (we can only hope)! As I sit here writing this newsletter it's sunny and 65. Hard to believe we were covered in 10 inches of snow just a week ago. As we look forward to nicer weather we also start thinking about healthy eating. In this issue we will discuss what vitamins come from which foods and how to combat a picky eater.

In addition, we are excited to announce we are expanding our Walk-In Hours service! Read more on the left side panel.

Please pay particular attention to a quick, one question poll at the left of this newsletter. We'd like to hear your thoughts on how we communicate with you.

Vitamins - When and How Much?

One of the questions we hear most is, "Should my child be taking a daily multivitamin?" In our practice we follow the American Academy of Pediatric guidelines for treating our patients, which states that if your child is eating a healthy, well balanced diet that he/she should be getting enough



vitamins from their food. However, if your child has poor eating habits, erratic eating, or even a highly selective diet (such as vegetarian containing no dairy) a daily multivitamin should be considered. Most over the counter, chewable vitamins are safe. Vitamins are still considered a drug though, so stick to the dosage recommendations on the bottle.

Following are some of the vitamins and minerals necessary for normally growing children, and some of the foods that contain them.

Vitamin A promotes normal growth, healthy skin, and tissue repair,

Prescription Refill Requests

Did you know you can request refills for existing prescriptions directly through our Patient Portal? You can! [Just click here to access the portal.](#) Once you have entered your login information follow the instructions for prescription refill.

If you do not have a portal login, please contact our office.

New Year Reminder

Don't forget to bring your new/updated insurance cards with you to your child's first appointment of the new year. We need to scan and save the information contained on the card every year.

Deductibles reset at the beginning of the year, so we will collect your insurance deductible at that the time of your service.

Announcing Additional Walk-In Hours

As you may know, we recently added walk-in hours (Monday-Saturday 8-10am) to the list of services we offer. Due to the overwhelming response from the families we serve, **starting Monday, April 6th we are expanding our walk-in hours to include Monday-**

and aids in night and color vision. Rich sources include yellow vegetables, dairy products, and liver.

The **B vitamins** promote red blood cell formation and assist in a variety of metabolic activities. They are found in meat, poultry, fish, soybeans, milk, eggs, whole grains, and enriched breads and cereals.

Vitamin C strengthens connective tissue, muscles, and skin, hastens the healing of wounds and bones, and increases resistance to infection. Vitamin C is found in citrus fruits, strawberries, tomatoes, potatoes, Brussels sprouts, spinach, and broccoli.

Vitamin D promotes tooth and bone formation and regulates the absorption of minerals like calcium. Sources include fortified dairy products, fish oils, fortified margarine, and egg yolks. Although vitamin proponents insist that large doses of vitamin D far greater than the U.S. Recommended Daily Allowances can build even stronger bones, there is no evidence to support this claim, and excessive quantities of vitamin D are potentially toxic. Sunlight also contributes to dietary sources of vitamin D, stimulating the conversion of a naturally occurring compound in the skin to an active form of the vitamin.

Especially during periods of rapid growth, **iron** is essential for the production of blood and the building of muscles. When iron levels are low, your child may demonstrate symptoms such as irritability, listlessness, depression, and an increased susceptibility to infection. However, a deficiency of iron is much more common in adolescence than in middle childhood. Once girls begin menstruation, they need much more iron than boys do. The best sources of iron include beef, turkey, pork, and liver. Spinach, beans, and prunes also contain modest amounts of iron. Some cereals and flour are enriched with iron.

As your child matures, calcium is necessary for healthy bone development. An inadequate calcium intake during childhood can not only affect present growth but might also help contribute to the development of weakened and porous bones (osteoporosis) later in life. Low-fat milk, cheese, yogurt, and sardines are excellent sources of calcium. Some vegetables, such as broccoli and spinach, also contain modest amounts of calcium.

Picky Eaters... Tips & Tricks

Children often develop picky eating habits through the toddler years. While the reasons for why vary greatly there are some tips and tricks parents and pediatricians have learned.



mealtimes pleasant for all:

First rule of thumb is, don't throw out the meal with just one try. Most children will test the boundaries of even the most well intentioned parent, so if he turns up his nose at the first sign of a bean on his plate, keep putting them on there. He may learn to like them. He may not as well, so here are some helpful tips to make

Thursday 4-6pm.

No need for an appointment. Now you can have your child treated by the same providers he/she sees regularly and his/her health record is immediately available.

- If your child refuses one food from a food group, try another from the same food group.
 - Try deep yellow or orange vegetables instead of green veggies.
 - Try chicken, turkey, fish, or pork instead of lean beef.
 - Try low-fat flavored milk, cheese, or yogurt instead of low-fat milk.
- Boost the nutritional value of prepared dishes with extra ingredients. Add nonfat dry milk to cream soups, milk shakes, and puddings. Mix grated zucchini and carrots into quick breads, muffins, meat loaf, lasagna, and soups.
- Serve a food your child enjoys along with a food that he/she has refused to eat in the past.
- Try serving a food again if it was refused before. It may take many tries before a child likes it. And don't take it away even if refused.
- Invite children to help with food preparation. It can make eating food more fun.
- Add eye appeal. Cut foods into interesting shapes. Create a smiling face on top of a casserole with cheese, vegetables, or fruit strips.
- Try adding chopsticks or play a game to see who can eat all of their food with just a spoon.
- Set a good example by eating well yourself. Ideally, eat at least one meal together as a family every day or try for 3 to 4 times/week.

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, Meschia & Team