

ALL IN PEDIATRICS



Contact Us

2305 Green Valley
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New Albany, IN
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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
8am - 10am
Monday-Thursday
4pm - 6pm

Hello!

Having just celebrated Mother's Day, it seems only fitting that we address our mothers directly. Mothers give so much of themselves to their children every day. From the meals prepared, to the baths given, diapers changed, advice given and so much more, it's easy to understand how one can lose sight of their own health and wellness.

Best Advice for Mothers

Health is something many women work hard to maintain throughout their pregnancy but stop once they hear that first baby cry. It's something that has a rippling effect for decades. It costs nothing, but saves society millions. It is something that is so hard to do at times and yet so vital.



So, what is the "best advice for new moms ever"?

Take care of yourself. That's it, four little words. When you are pregnant, it is easy to see why this one idea is so very important. The little baby growing inside of you is directly affected by what you eat, drink and do.

It Isn't Selfish to Take Time to Exercise!

A mom who is well rested, eats a healthy diet, gets plenty of exercise, maintains close relationships with friends and gets help when she realizes she isn't coping well, is far more equipped to be the best mother she can be than one who doesn't do those things. It isn't selfish to take time to exercise or to get an adequate sleep each night.

Your children are watching you and want to be like you!

If you never drink water, how can you ask them to drink 8 glasses a day? If you never exercise, how can you tell them it is important to exercise in order to be healthy? Taking care of yourself may just be the best way to take care of your children.

Easing Burnout for the Working Parent(s)

Not too many years ago in the typical American family, only the father worked outside the home. Usually the mother was the homemaker and was there to greet the children when they returned home from school each day. But there have been dramatic changes in that picture.

Millions of families find that they need two wage-earners in order to buy a home, pay the rent, afford vacations or simply to maintain the family budget. In most communities, two-working-parent families are no longer the exception.

Some parents feel terrible strain and fatigue as they try to juggle their responsibilities at home and at work. If you are starting to feel burned out, here are some ideas to help you ease the pressure.

- If you regularly come home tired, try to develop rituals that improve your frame of mind when you arrive home. This may mean spending some time by yourself in order to put a distance between you and the day's stresses.



- Assess how you are spending your time during the day. For instance, can you bring in dinner two or three nights a week? Can you hire a high school or college student to help for an hour or two in the evenings, perhaps doing the laundry or cleaning up the kitchen? If you can save a couple of hours a night this way, you will have more time to spend with your children and/or to relax or sleep.
- Involve the entire family in the evening responsibilities that are such a drain on your time and energy. For example, the family can work together to clean up the kitchen after dinner and free up some time for you in the evening.
- Keep your expectations realistic. Some tasks just may have to wait until the weekend.
- On the weekends, schedule some relaxation time for yourself. Go for a walk or go to the gym. Do some recreational reading. While family time is important and certain chores need to be done, time to unwind and recharge your own batteries is essential too.

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