

# ALL IN PEDIATRICS



**NASSIM McMONIGLE & MESCHIA**  
PEDIATRIC AND ADOLESCENT MEDICINE



## Contact Us

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[Visit our Website!](#)

[Access Our Patient  
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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

Hello!

This month we want to discuss options to keep your kids active during the winter months. So much of being healthy is about staying active. That's just as important for you as it is your children. We encourage you to find activities to share as a family. Read more for our suggestions.

Also, don't forget to get your child's flu vaccine!!

## Keeping Your Kids Active during the Winter

Cold weather outside means that the kids are coming inside. Gone are the lazy days of summer when hours at the swimming pool and games of kickball in the backyard kept children active and entertained. It's now officially the time of year when parents must work a little harder to ensure that children get the exercise and physical activity that is so important for their growing bodies.

What can we do to keep our kids active when the temperature drops? Consider the following ideas:

### 1. Build an Indoor Obstacle Course

Okay, probably not the best idea if you have a house full of fine china (but if you're anything like me everything breakable got packed away years ago). If you have a room or a basement with some open space, though, an obstacle course can be a fun cold weather activity.

Use pillows to set up hurdles, and chairs draped with blankets to make tunnels. Include stations for activities like jump rope, ring toss, or hula hooping. You can even make a fun pathway by cutting shapes out of

colored construction paper and taping them to the floor, and then trying

or nurse practitioners.

**Monday-Saturday**

**8am - 10am**

**Monday-Thursday**

**4pm - 6pm**

While an appointment is still best for a sport or camp physical, if you're in a pinch stop on in.

## Thanksgiving Holiday Hours



- Wednesday, November 25th our office will close at 5pm and will remain closed through Thursday (Thanksgiving), November 26th.
- Friday, November 27th regular hours, 8am-4pm.
- Saturday, November 28th open regular hours, 8am-12pm

to hop across on only one foot. Let your kids help with the planning and building, and everyone is sure to have a good time.

### 2. Play Freeze Dance

Turn on the radio or a favorite CD and get everybody dancing. Then, stop the music, and everyone has to stop dancing too. Catch somebody still moving? They're out of the game. Last one still dancing wins!

### 3. Toss Balloons

Blow up a bunch of balloons, and then see how long your kids can keep them in their air. For younger children, just one balloon can be a challenge, but older children may need to juggle three to four balloons to get them really moving.



Sure, this game might sound easy, but give it a try before you decide. Your arms will get quite a workout. For more fun, make it a competition and see who can keep their balloons in the air the longest!

### 4. Join the Local YMCA

The [YMCA](#) can be a great resource during winter months, offering a variety of classes, as well as access to indoor pool and athletic facilities. Your family can participate in activities like swimming, gymnastics, dance, or basketball. And, as an added bonus, you just might find a few minutes to get on that treadmill while the rest of the family is busy with their own activities.



### 5. Go Ice Skating or Roller Skating

When it's cold outside, a few hours in a chilly ice rink will keep you in that winter spirit. Or, if you prefer to stay warmer, visit the roller skating rink. Either way, you and your kids will have so much fun that you won't even realize that you're burning lots of calories doing it.

### 6. Sign Up for Classes or Sports Teams

If your child doesn't already participate in any extra-curricular activities, winter might be a good time to get started. For younger children, consider a mommy-and-me class at a local gymnastics facility.



Older children might enjoy a dance or karate class, or if you don't mind spending a lot of time at games and practices, consider signing your child up to play on a basketball team.

### 7. Utilize Exercise Videos/DVDs

There are lots of exercise videos that are geared toward younger audiences. You can find videos that include aerobics, dance, yoga, and even martial arts. Visit [Kimbo-Ed](#) to shop for a wide variety online; there's also a large selection at Amazon.

[YogaKids](#) was a favorite at my house when my kids were little because you get to pretend to be different types of animals. They also

loved [Sesame Street - Zoe's Dance Moves](#) with Paula Abdul.

## 8. Bundle Up and Go Outside Anyway

Let's face it parents, we're the ones that hate going outside in the cold. Our kids don't usually mind it as much. Unless it's truly freezing, dress everyone in coats and mittens and head outdoors for an invigorating walk or a game of tag or touch football. Breathe in the fresh air, enjoy the sunshine, and then head back indoors to warm up with a cup of hot chocolate or spiced cider.

## We're Just Clowning Around



Your kids weren't the only ones dressing up and being silly this past Halloween. Our team of nurses and medical staff took the opportunity to show their silly side too! We enjoy seeing your children smile or even laugh when they see us, so thank you to those who shared in some pre-Halloween fun with us.

## Don't Get Caught by the Flu Bug

As winter approaches, so does the flu bug. Don't get caught unprepared. Bring your child in for his/her vaccine, but also be sure to get your own. Many walk-in clinics offer flu vaccines for very little money.



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