



# ALL IN PEDIATRICS

## You and Your Child's Digital Footprint

So your child is doing something seriously cute and you get the best picture of it. What do you do? Post it of course!! What about the struggles we all occasionally face with raising children? Who do you talk with about those issues? Why not put it out there and get lots of feedback all at one time from your "friends" on Facebook? Here's why... you just unknowingly created a digital footprint for your child that will follow them long past that initial photo or question, perhaps into their first job interview!

Here's another concern we often don't consider, your posts can be shared repeatedly without your knowledge or approval - making it easy for predators to target your child for a variety of illicit activities. Just think about it, you snap a picture of your child playing in the front yard and your house happens to be in the background. You just gave away the location of your child.



As pediatricians we advise parents to limit their social media footprint when it comes to their children. In particular, if you post pictures be sure to not post anything of your child in any form of undress and do not use their name. Avoid posting comments about your child's bad behavior or any particular health condition, as those could influence or create a bias by a future school administrator or employer.

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## New Safe Sleep Guidelines

Approximately 3,500 infants die annually in the United States from sleep-related deaths, including sudden infant death syndrome (SIDS); ill-defined deaths; and accidental

suffocation and strangulation. The number of infant deaths initially decreased in the 1990s after a national safe sleep campaign, but has plateaued in recent years.



AAP Recommendations on Creating a Safe Sleep Environment Include:

- Place the baby on his or her back on a firm sleep surface such as a crib or bassinet with a taut sheet.
- Avoid use of soft bedding, including crib bumpers, blankets, pillows and soft toys. The crib should be bare.
- Share a bedroom with parents, but not the same sleeping surface, preferably until the baby turns 1 but at least for the first six months. Room-sharing decreases the risk of SIDS by as much as 50 percent.
- Avoid baby's exposure to smoke, alcohol and illicit drugs.

Skin-to-skin care is recommended, regardless of feeding or delivery method, immediately following birth for at least an hour as soon as the mother is medically stable and awake, according to the report.

Breastfeeding is also recommended as adding protection against SIDS. After feeding, the AAP encourages parents to move the baby to his or her separate sleeping space, preferably a crib or bassinet in the parents' bedroom.

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## Fun Thanksgiving Day Games and Activities

If your family is like most, by the time the holidays actually arrive we're worn out from the planning and preparation. It's time to put a little bit of fun back into this Thanksgiving. Here are a few websites we found that list games and fun activities for the whole family, but we suggest asking someone who isn't responsible for the prep work and cooking to plan the FUN!



[Happy Home Fairy - Games and Activities](#)  
[Woman's Day - Thanksgiving Activities](#)  
[Family Education - Parade Activities](#)

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