

ALL IN PEDIATRICS



NASSIM McMONIGLE & MESCIA
PEDIATRIC AND ADOLESCENT MEDICINE



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[Visit our Website!](#)

Saturday Hours

Did you know that we offer Saturday hours? Nassim, McMonigle, & Meschia is one of few pediatric offices open on Saturday. Our hours are 8am-noon year around! Call today to make your appointment!

Newsletter Topic Suggestions

Is there a particular topic you'd like to read about in our newsletter or an area of interest you have about raising a healthy child? [Send us](#)

Hello!

Welcome to our monthly newsletter. At Nassim, McMonigle & Meschia we strive to provide you with timely and helpful information to assist you in the growth and development of your child(ren). We enjoy watching them grow and flourish into happy, healthy adults.

In this issue we address: Protecting your kids online, combating nasal allergies, and carseat safety.

Protecting Your Kids Online

It seems like it was only yesterday that kids played outside, didn't even know what a cell phone was, and "online" meant trying to walk a tightrope you and your friends tied up between two trees. The risks were skinned knees and a belly ache from laughing. In today's world, the online risks are much greater and far more threatening. It's never too early to talk with your kids about the online threat and for you, how to take the necessary precautions to safeguard your children.



Just last week, my daughter who is a 17 year old, college bound athlete, had her Twitter account hacked and whoever did it posted a very inappropriate picture. While that gesture only aggravates us and is potentially harmful to her college recruitment, it is not a direct threat to her physically. However, not all online pranks are seemingly harmless. Unfortunately, it seems that under age children are often the target and are completely unaware of the maliciousness on the other end of their online game or the "friend" in their social media group.

an email and we'll do our best to include your suggestions.

There are several good sites available to help parents talk with their kids about online safety, but there are also great tools to help you lock down the access to certain sites that may be more dangerous than others. [Net Cetera - Chatting with your kids about being online](#)
[On Guard Online - Toolkit](#)

When a sneeze is just a sneeze... and when it's (s)not!



Who doesn't like a good sneeze every now and then? Well if you're one of a blue million hay fever and allergy sufferers, you may feel differently. Welcome to the Fall... ragweed, tree pollen, dust... While the temperatures certainly are appealing the air carries allergens that can drive a nose crazy! Here are a few simple tricks to help you through this Fall season:

- If you know you will be exposed to your sensitive allergens, plan ahead by taking an over the counter (OTC) antihistamine prior to exposure.
- Rinse your nasal cavity with a saline spray, such as Sinurinse, after exposure.
- If congestion persists, take an OTC decongestant, either nasally or orally.
- If your symptoms are uncontrollable or persist for long periods, call your doctor for more treatment options.

Keeping Your Kids Safe in the Car

Motor Vehicle Crashes are the #1 cause of fatal injury in children and adults, ages 1-34. Installing and using a car seat every single time your child is in the car may be the best way to protect your child. Not all car seats are created equal. Take your time to research the best seat not just for your child, but also for your car.



Check out car-seat.org for product recommendations, user forums and even discussions about how to fit 3 car seats in the back seat of YOUR car (make and model often discussed). In the meantime, here are 10 basic car seat rules everyone should follow:

1. Kids 12 and under should ALWAYS ride in the back seat.
2. Kids should be in a carseat or booster until the can be [seated properly in a seatbelt](#). For most, this around 8-12 years old or 4'9" tall and at least 80lbs, but proper seatbelt fit is the most important factor.
3. Never place a rear-facing carseat in the front seat.
4. Keep your baby rear-facing as long as possible or after their 2nd birthday. That can mean up to 35 or 40 pounds in most current convertible seats.
5. Always read the owners manuals for your vehicle and carseat thoroughly. They often contain specific information about carseat installation that may not be obvious.
6. Make sure the harness fits snugly on your child, the carseat fits snugly in your vehicle, and that your vehicle seatbelts are locked

properly.

7. When you buy a carseat, make sure you have a good return policy in case it doesn't fit in your car.
8. Be wary of used carseats, especially those over six years old, those with an unknown history that may have been in a crash, those that show any form of cracks or damage, and those with missing labels, model number, manufacturing date, instructions or parts.
9. Please give driving your complete, unimpaired attention and wear your own seatbelt all the time.
10. Lastly, ALWAYS secure your child in a carseat when they are in the car, even if you're just "going down the street". Most accidents happen within 5 miles of the home.

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