



ALL IN PEDIATRICS

Is There An Unlocked Gun Where Your Child Plays?



About one-third of homes with kids have guns, many left unlocked or loaded. Just talking with your child about the dangers of firearms is not enough. A gun found by child can change lives in an instant.

On June 21st, the official first day of summer, parents are reminded to ask other parents if there is an unlocked gun in the home where their child plays. The American Academy of Pediatrics and the Brady Center to Prevent Gun Violence created **ASK Day** to prevent injuries and deaths from guns that are stored unsafely in homes. The ASK (Asking Saves Kids) campaign promotes a simple idea, "**Is there an unlocked gun in your house?**" before sending your child over to play.

Children and Media Tips

In a world where children are "growing up digital," it's important to help them learn healthy concepts of digital use and citizenship. Here are a few tips to help parents set guidelines for digital use:

- **Treat media as you would any other environment in your child's life.** Set limits; kids need and expect them. Know your children's friends, both online and off. Know what sites your children are using and what they are doing online.
- **Screen time shouldn't always be alone time.** Co-view, co-play, and co-encourage with your children they are using screens. Play a video game with your kids. It's a good way to demonstrate good sportsmanship.



- **Be a good role model.** Teach and model kindness and good manners online. Limit your own media use.
- **Know the value of face to face communication.** Very young children learn best through two-way communication. Engaging in back and forth "talk time" is critical for language development.
- **Create tech-free zones.** Keep mealtimes, other family and social gatherings, and children's bedrooms screen free. Recharge devices overnight - outside your child's bedroom to help avoid the temptation to use them when they should be sleeping.
- **Apps for kids - do your homework.** Look to organizations like Common Sense Media (www.commonsensemedia.org) for reviews about age-appropriate apps, games and programs.
- **Warn children about the importance of privacy and the dangers of predators and sexting.** Teens need to know that once content is shared with others, they will not be able to delete or remove it completely and includes texting of inappropriate pictures.

Tick Tock...



It's summer which means it's also tick season. While ticks and tick bites are common here, the diseases that ticks carry and transmit are actually quite rare. If your child is bitten by a tick or has a tick attached, he or she does not need to be seen by a doctor. Remove the tick and watch for signs of illness such as fever, headache, nausea, rash or sensitivity to light; if these conditions occur, then bring your child in to see your pediatrician immediately.

There is no need to panic if you find a tick attached to your child. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water. If a fragment of the tick is left in the skin, just leave it and it will eventually work its way out - just like a splinter. This leftover fragment cannot transmit disease, so leave it alone is good advice.

New Albany Office Hours

Monday- Thursday 8am-8pm

Friday 8am-5pm

Saturday 8am-12pm

Walk-In Hours

Monday-Saturday 8-10am

Monday-Thursday 4-6pm

Salem Office Hours

Monday-Friday 8:30am-5pm

Walk-In Hours

Monday-Friday 8:30-10am

Monday-Friday 2-4pm

Call for an appointment: 812-949-0405

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