

ALL IN PEDIATRICS



NASSIM McMONIGLE & MESCIA
PEDIATRIC AND ADOLESCENT MEDICINE



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[Visit our Website!](#)

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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

Hello!

Welcome to our Back to School issue of our 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 highlight a few key areas of growth: nutrition, sleep, and safety.

Back to School Issue!!



LUNCH!!

If your child is like most, lunch time is the favorite time of the school day. For many, however, it's completely unproductive in terms of improving the child's health or ability to focus on work. While school

systems have made major improvements to the food they offer, they still

or an area of interest you have about raising a healthy child? [Send us an email](#) and we'll do our best to include your suggestions.

fall short in the freshness and protein department, so here are some quick and easy lunch ideas for your child:

- Chicken, lettuce, ranch roll-up: tortilla, deli style chicken, sprig of fresh romaine lettuce, with a dash of ranch dressing - roll it up and enjoy!
- Yogurt - low fat, but watch the sugar content. Gogurt and other "kid friendly" yogurts are loaded with sugar, which only shortens a child's attention span.
- Baby carrots with hummus. Hummus is a great and inexpensive source of protein.
- Bagel chips instead of potato chips. Bagel chips offer more protein and less fat than potato chips.
- Fresh fruit of all kinds! Grapes, bananas, apples, pluots, nectarines, plums all pack well in a lunchbox and do not require utensils.

Back to School Means Back to Sleep

Remember when your school age child was an infant and it seemed like all he/she did was eat, sleep, and dirty diapers? Those days seem easier than caring for and raising a school age child. Now there's breakfast before the bus comes, homework after school, sports or extracurricular activities in the evening, dinner, laundry, and if you're lucky you can collapse into bed before 11pm. If your child is like so many others, he/she needs more sleep than they actually get, especially during the teenage years.

A child's sleeping pattern is critical to proper brain development and growth. Did you know that a child age 6-10 needs 9hrs of sleep per night? That number grows with age until about age 18. If you're having a difficult time with managing the shut eye time, here are a few helpful hints:

- Set a schedule for the week on Sunday. Mark planned activities on a family calendar where all can see it.
- When your child is assigned a project or test in coming days, don't just mark the test/project due date on the calendar, but also indicate the studying or work to be done on the days leading up to the due date.
- Make your life easier by creating a family meal plan. If you know what you're going to feed your family and have the necessary ingredients ahead of time, it will greatly reduce your stress. Remember, a crock pot is your friend!

Having just a few things planned and preparing for your week before it actually gets there will help you when the unexpected practices, homework assignments, work meetings, etc. pop up. Good luck and wishing you a successful school year!

Back to School... Sports Injuries

Sports aren't just school sponsored activities any more. More children than ever play in leagues and participate in individual sporting tournaments all year around. It's rare to see a child participate in all of the school sports beyond 5th grade - choosing to specialize in one sport or activity.

[Overuse injuries](#) are increasingly more common



and occur from the repetitive motion where the applied stress is less than maximal, but highly repetitive. Overtraining and exposure to excessive levels of physical activity can present an increased risk of injury. If not managed properly and efficiently, overuse injuries can affect normal physical growth and maturation. Prevention is the key; gradual rather than sudden increases in stresses and intensity can usually avoid physical breakdown.



Be sure to enroll your son or daughter in a conditioning or training program along with their sport. A trainer can identify weaknesses and create exercise programs to build up those areas and avoid injury. Many area gyms/fitness centers and the YMCA offer programming designed for youth. Check them out online or call.

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