



RPC FALL NEWS



2020 has been an exciting year for our practice.

You asked, we listened and moved our Old Milton Parkway location to Haynes Bridge Road to accommodate you better. This brand-new space is bright and colorful like our other locations and features easy parking and entry. We have again received Patient Centered Medical Home national certification. Finally, we have implemented many changes to protect our patients from risk of exposure to COVID-19 including schedule changes to separate sick and well appointments, personal protective equipment use for all staff, enhanced cleaning procedures, and the option for telemedicine for select appointments. With these measures and adherence to the most up-to-date CDC guidelines, we feel confident we are doing everything we can to keep your family safe while in the office.

Thank you for voting Roswell Pediatric Center the Best Pediatric Practice of North Atlanta. The providers and staff take great pride in offering outstanding care to our patients and to their families. We are honored by your support of our practice as we continue to serve families in our community!



During the COVID-19 pandemic, RPC is offering drive up flu clinics this season at all 3 locations (weekdays and Saturdays). Call or go to our [website](#) to schedule an appointment for your family. You will be able to pre-check at home through our convenient check in system. The CDC recommends that everyone 6 months of age and older receive a flu vaccine every year. An annual flu vaccine is the best way to protect against influenza.



Important Numbers

Poison Control
1-800-222-1222

Suicide Hotline
1-800-273-0800

1. Utilize our Symptom Checker on our website for quick advice if your child is sick or injured.

2. Save time and check-in online ahead of your appointment.

Tips for keeping positive during COVID-19

- Try to spend 30 minutes outdoors daily with family. Sunshine can help brighten mood. Add some outdoor exercise to boost mood and release stress.
- Help your children stick to a bedtime routine to ensure a good night's sleep.
- Talk with your children and teens regularly and be a good listener. A great time to do this is over a family dinner.
- Focus on the positive. Research shows that regularly expressing gratitude helps boost overall happiness and leads to lower rates of stress and depression.
- Limit screen time and exposure to negative news programs. Instead, consider spending time reading, playing board games, or working on a puzzle as a family.

Monitor for signs of mental health struggles including:

- Changes in mood that are not usual for your child, such as ongoing irritability, feelings of hopelessness or rage, and frequent conflicts with friends and family.
- Lack of interest in activities previously enjoyed
- Changes in sleep include difficulty going to sleep or staying asleep or increased sleep.
- Changes in weight or eating patterns.
- Talk to your provider if you have mental health concerns about your child.



We are now seeing patients at our new location!

[11525 Haynes Bridge Road, Suite 200, Alpharetta](#)

The office is easily accessible from GA 400 off exit 9 (Haynes Bridge Road) and has drive-up parking.

We look forward to seeing you soon!