



# RPC FALL NEWS



## RSV (Respiratory Syncytial Virus)

Cases of RSV are on the rise. RSV is a highly contagious respiratory infection that can spread rapidly through schools and childcare centers. A new medicine has been approved for the prevention of RSV in infants.

Scan the QR code for all information on the new RSV product, Beyfortus.



## Halloween Costume Donations

RPC is collecting gently used Halloween costumes for children at The Drake House in Roswell (a short-term crisis and an affordable housing program for homeless single mothers). Please consider donating any size (newborn to adult XXL) gently used or new costume for children in need.

**We will collect them from now until Thanksgiving.**



Roswell Pediatric Center is proud to partner with **The Marine Toys for Tots Foundation** to collect toys for children who are less fortunate in our area. If you would like to help make the holidays brighter for someone, please bring a new unwrapped toy to any of our offices between November 12th - December 14th.

## Modeling!

Children imitate what they see. If we want our children to enjoy exercise, reading and healthy eating we must show them through our own behaviors:

Early introduction of physical activities on a regular basis and seeing parents enjoying an active lifestyle will help children gravitate to the same. Whether it is team oriented or a more independent activity like running or biking, moving our bodies with regularity help to keep our mind and body healthy. This is true for our children too! Regular exercise helps maintain better body weight, improves strength and flexibility, raises HDL (good cholesterol) and reduces stress for all ages!

Let your children see you reading as a form of relaxation. Keep books within easy reach. Read to your children when they are young to help them enjoy words coming to life. Use this time to help build imagination by asking questions like, "what do think will happen next?". As they get older, let them read the stories to you. Get a library card and make going to the library a regular outing where they can choose topics that excite them.

If we want our children to eat well, we should set the example. Try to have meals together when possible so they can see mealtimes as a comfortable time to share their thoughts with you while enjoying a healthy meal. Sure, many go through "picky" eating but seeing you eat your vegetables and fruits is a good place to start. Try to offer meals in a calm environment focused on sharing ideas and eating a variety of foods. Show your own willingness to try new things. As they get older, involve them in food preparation so they may learn more about food and enjoy bonus time together.

## Important Numbers

**Poison Control**  
1-800-222-1222

**Suicide Hotline**  
988 or 1-800-273-0800



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

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



Thank you for voting Roswell Pediatric Center the Best Pediatric Practice of North Atlanta for the 14<sup>th</sup> year in a row. 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!