



# Spring 2024 Newsletter



## 'TIS THE SEASON FOR SNEEZING

Here comes allergy season! Some signs your child may be experiencing seasonal allergies include: itchy eyes and nose, runny nose, sneezing, sore throat, coughing, throat clearing.

Try these tips to keep your child's allergy symptoms under control:

- Keep windows closed especially on dry, windy days when pollen counts are the highest! Check out Atlanta Allergy and Asthma's Pollen Counting Station online to track daily pollen counts in our area! Check it out at: [https://www.atlantaallergy.com/pollen\\_counts](https://www.atlantaallergy.com/pollen_counts)
- After coming in from outside, have your child shower and change into fresh, clean clothes. This will help keep pollen off skin, hair, bedding and furniture.
- If your pediatrician has recommended any over-the-counter or prescription medications for your child's allergy symptoms, it is key to give them consistently! Most allergy medications work at PREVENTING allergy symptoms versus quickly RELIEVING them! Keep taking them even when your child is symptom-free until allergy season is over!
- Keep in mind your furry friends can track pollen inside. Consider wiping your pets down with damp towels or paper towels when they come inside after being outdoors.



## Bike Helmet Fit Check

- **Eyes check:** A bike helmet should be worn squarely on top of the head covering the top of the forehead. It should rest about 2 finger-widths above the eyebrow. When your child looks up, he/she should be able to see the brim of the helmet.
- **Ears check:** Ensure straps of the helmet form a "V" shape under the ear.
- **Mouth check:** You should be able to fit a finger between the helmet strap and chin. The chin strap should be snug when your child opens his/her mouth wide.



Don't forget to wear sunscreen!

## WELL CHECKUPS

Make your child's appointment for sports and camp physicals today.... don't delay!

Our Summer + Fall availability for Well Checkups is filling up quickly. Schedule a checkup appointment today!



## APRIL IS AUTISM AWARENESS MONTH

Autism is a developmental disability that affects a child's behavior, most especially communication and social skills. Each person with autism has a unique set of strengths and challenges.

Some signs of autism in young children can include:

- Not responding to their name
- Avoiding eye contact
- Speech delay
- Repetitive body movements such as hand flapping or rocking
- More interest in objects than people

Research shows that starting early intervention as soon as possible can improve outcomes for children on the autism spectrum. If you have any concerns about how your child plays, speaks, moves or behaves, please discuss with your pediatric provider!

## Spotlight on: Vaccine Preventable Diseases

### Measles

Did you know???

There have been numerous cases of measles across our country, including in Georgia. Measles is a highly contagious and serious infection that can cause: high fever, runny nose, body rash.

Data shows that one dose of the Measles, Mumps, Rubella is 93% effective against measles, while two doses of MMR vaccine are 97% effective!!! For best protection, your child needs a first dose at 12 through 15 months of age and a second dose at 4 through 6 years of age! Please ensure your child is up to date on immunizations, especially all those who will start kindergarten this fall!