



Fever

Not always such a bad thing....

Staff Writer

Fever-phobia will sweep the nation in the next couple of months. Are you prepared?

We see it every year as the winter cold and flu season hits: families are worried about their child's fever.

By itself, fever isn't always a bad thing. Fever 100.4 or greater) in children under 2 or 3 months should always prompt you to call us because newborns are an especially vulnerable group. However, especially where older children have fevers, consider the following:

- Our bodies work better to fight off infections at higher temperatures, up to a point. That's why we spike fevers to begin with.
- The fever by itself isn't dangerous until it's in the 106 range, but we'd like to know immediately about high fevers (104 or higher) because this may need more investigation.
- You should focus more on keeping your child

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Flu Shots Vaccines

You could save a life!

Staff Writer

Flu vaccines save lives every year. Be sure to get yours to protect yourself and your children. Many people don't realize that they can build a layer of protection that keeps children safe from flu if their household exposures (like parents) get the vaccine. Children as young as 6 months old can receive influenza vaccine.

"Flu Vaccines" had been synonymous with "Flu Shots" until the recent advent of intranasal flu vaccine. This effective method of immunizing against influenza is approved down to 2 yrs old for patients without a history of wheezing/asthma. Many adults prefer this to an injected flu vaccine too.

Call the office if you'd like to learn more about flu vaccine and to schedule your child's appointment.

Halloween Safety

Safely loading up on goodies

What are you going to be for Halloween?

Children and their parents have to decide between so many costumes. We have a few simple reminders that will help you enjoy Halloween. Carefully plan out costumes, plan out where you'll Trick-or-Treat, and when you'll go.

Purchased costumes must be fire retardant, but home-made costumes might not be. Also consider applying some strips of reflective material on the costumes of your witches and goblins so they're easy to see in case they get out into the street. Dark colors can be very hard to see otherwise.

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comfortable, and less on the actual temperature unless it's very high. A happy, comfortable, smiling child with a temperature of 103 might not need to be treated, but a miserable, unhappy child with a fever of only 100.7 might need treatment.

- In general, acetaminophen is safer than ibuprofen.
- If you have any questions about what's going on with your child, don't hesitate to call. ☺

CALENDAR OF EVENTS

OPEN HOUSE

FROM TIME TO TIME

CHECK WITH THE OFFICE FOR THE NEXT OPEN HOUSE

Come learn about our practice and get a tour.

Educational opportunities at each open house. Please call to let us know you're coming so we can plan.

661.259.8999

CHILD AND FAMILY CENTER

KID EXPO

GOLDEN VALLEY HIGH SCHOOL

SUNDAY, OCTOBER 19TH

11AM TO 4PM

The Expo is a day to celebrate children and young families with information and activities. We'll have a booth there. Please stop by and say hello!

THANK YOU

MANY OF YOU HAVE REFERRED FAMILY AND FRIENDS. WE APPRECIATE ALL THE REFERRALS. PLEASE CONTINUE TO GIVE OUT OUR CONTACT INFORMATION SO WE CAN SHARE OUR HIGH LEVEL OF SERVICE AND CARE WITH PEOPLE YOU CARE ABOUT.

FREQUENTLY ASKED QUESTIONS

Q: Will you support our refusal to immunize?

A: As pediatricians, we emphasize prevention. However, we understand that some families have specific concerns about immunizations. We are committed to open lines of honest communication about everything without exception. We promise to address your concerns and negotiate a plan that we're all comfortable with. In our experience, families appreciate that.

Q: I would like to meet the doctor(s) to see if the practice will meet our needs. When are they available?

A: Simply call the office to set up a time. 661.259.8999

Q: What makes your office special?

A: As our patients can tell you, we are committed to providing a fantastic, "unrushed" experience for our children/patients and their families. We will limit the number of patients in our practice so we don't get over-run and we continually strive to improve the experience for our families.



HELPING OUR ENVIRONMENT

OUR EARTH IS ILL

We believe that helping the world to heal, so our children and grandchildren can enjoy it, starts with small, simple steps. For example, we print most of our documents on both sides of the paper, and our flooring is made from partially recycled components. Our lighting and supply choices were also influenced by environmental stewardship. What can you do? What are you teaching, or not teaching your children by modeling behavior....? Here are some simple steps:

SAY NO TO PLASTIC BAGS!

Dr. Daphne Horowitz is really passionate about this. Nearly a TRILLION plastic bags (like the ones used in the markets) are used worldwide every year. They are horrible for the environment since they are produced from petroleum, and they add waste and choke wildlife. Recycling them is also a poor choice. Don't wait for a ban on these bags to make a better choice. Simply re-using cloth bags is the best choice, but using paper is a much more acceptable alternative.

COAST UP TO THAT RED LIGHT

We don't all drive hybrid cars, but there's a simple way to save gas: coast more. Pay attention to how you're driving. If you're approaching a red light, it doesn't make any sense to speed up. Imagine you're on a leisurely bike ride; would you pedal if you didn't need to? Of course not, since it wastes energy. Think about coasting more and watch your mileage soar. ☺



There are many places in our community that are supervised, and well-lit for children to go and collect goodies. The mall usually puts on a program where store-owners greet children in costume with a treat, but details are unavailable at press-time.

Be sure to plan your evening so children aren't hungry as they're making their rounds so they're not tempted to eat some of their newfound loot. Of course, it's a much safer idea to look over the candy at home and decide what's safe for your children to eat, and what's not. Anything that's unwrapped or has been tampered with should be discarded. It's also a way to look over the booty and pick out your favorite. Why should the children get all the fun? ☺

By taking some simple precautions, Halloween can be a really fun night for all. Don't forget your camera! If you bring us pictures of your children in costume, we'll put them up in the office.

