



# WEST ORLANDO PEDIATRICS The Growing Gazette

Summer 2015



“There’s no way to be a perfect mother and a million ways to be a good one.” Jill Churchill



## SCHEDULE YOUR PHYSICAL!

**N**OW IS THE TIME to schedule your child’s physical! If your child is planning on playing sports during the school year, check to see if a physical is required. If so, now is the time to schedule your appointment. Remember, most schools require

that children be current on their vaccinations. You will want to check your school’s requirements and come in during the summer for any necessary vaccinations and to pick up necessary records before school starts.

## FIGHT BACK AGAINST TOOTH DECAY

**T**OOOTH DECAY REMAINS the most chronic disease among children and adolescents; 5 times more common than asthma. Here are a few easy ways you can help Fight Back against tooth decay:

1. Brush teeth at least twice daily with toothpaste with fluoride. Brush in the morning, after mealtime and before bedtime.
2. Clean between your teeth daily with floss
3. Eat nutritious foods and limit sweets and snacking.
4. Rinse your mouth after eating to help prevent the formation of plaque
5. Visit your dentist regularly for professional cleanings and oral exams
6. Talk with orthodontist to see if crowding of teeth could be causing poor oral hygiene



## HEALTHY EATING HABITS



### HAVE REGULAR FAMILY MEALS

Life can be hectic but trying to establish a set time to eat together as a family can have many benefits. Studies suggest that family dinners lower chance of substance abuse, obesity, depression, and builds self esteem.

### STOCK UP ON MORE HEALTHY FOODS AND LESS SNACKS

The less unhealthy foods you have in the house the easier it is to say no to them. Having a wide variety of fresh foods to offer your children will help to keep them interested and allow them to make wise choices on which foods to pick. Your children may not like all the healthy foods at first but it doesn't mean they never will like the foods. Studies show that it can take 10-15 times of tasting a food for a child to like a new food, so keep presenting it.

### BE A GOOD ROLE MODEL

One of the best things you can do is lead by example. Let your children see you eating a healthy well balanced diet, they will most likely follow your lead. Be sure to talk to them about the importance of the foods you are eating and what they do for the body.

### GET THEM INVOLVED

Let your children feel like they are a part of the decision making process when it comes to food. Ask them to help you create a grocery list, look up meal ideas together, go shopping together. You could even have them pick an item for each food group. Allowing them to be part of the process will help prepare them to make good decisions in the future.

### BE CREATIVE

We all get bored of eating the same thing over and over. Maybe it's time to find new ways to present vegetables or try a new recipe. Think of ways to make items healthier by substituting one item for another. Here are few ideas to try: Greek yogurt instead of mayo or sour cream, bake zucchini instead of fries, frozen grapes instead of dessert.



DR. AND MRS. O'S

## Easy and Healthy Chicken Fajitas

This is one of Dr. O'Brien's family favorite dishes. It combines a lean protein with vegetables and healthy grains. Plus, is very yummy!

### INGREDIENTS:

- 1 tsp. olive oil
- 4 chicken breast halves, cut into strips
- 2 bell peppers, cut into strips (we like colorful, so we do a mix of green, red, yellow)
- Medium onion, cut into small pieces
- 2 cloves garlic, minced
- 1/2 cup lime juice
- 1 tsp. ground cumin
- 1 tsp. oregano
- 1/8 tsp. black pepper
- whole wheat or corn tortillas
- salsa
- shredded cheese

### DIRECTIONS:

Heat oil in large skillet on medium-high heat. Add chicken, bell peppers, onion and garlic. Cook and stir 2 minutes.

Reduce heat to low. Add lime juice, cumin, oregano, black pepper. Simmer 7 minutes or until chicken is cooked through.

Serve on warmed tortillas and top with salsa and cheese.

Alternatively, you may choose to not use tortillas and instead serve over cooked quinoa. Get creative with your toppings. Use avocado or a small dollop of sour cream instead of cheese. Try shredded lettuce and fresh cut tomatoes instead of salsa. Try jalapeño slices for some kick with lime slices and cilantro as garnish. Setting up a topping bar is a fun way for the kids to get involved in building their own dinner.



Florida Hospital has a great tool with their [www.Healthy100.org](http://www.Healthy100.org) website. Use the resources found here to try new recipes and learn more about healthy lifestyle choices for your family.

# TEXTING WHILE DRIVING YOUR KIDS ARE WATCHING YOU, SET A GOOD EXAMPLE.

**D**RIVING IS AN EVERYDAY NECESSITY for most, which is why it's so important to discuss the significance of driving safely. Nearly 37,000 people die every year in the US alone due to car crashes, making it the leading cause of death among young people 15-29. Driving while using a mobile device has become a norm for most. To be exact, at any given time 660,000 drivers are using their cell phone while driving. Whether you're talking, texting, looking for your phone or checking emails you are increasing your chances of an accident.



Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices **INCREASED THE RISK OF GETTING INTO A CRASH BY 3X.**

**25% OF TEENS** respond to a text message once or more every time they drive. About 20 percent of teens and 10 percent of parents admit that they have extended, multi-message text conversations while driving.



SOURCE: DISTRACTION.GOV

**TEXTING DRIVING  
MAKES YOU 23X  
MORE LIKELY TO CRASH.**

The National Safety Council states:

- Cell phone use is now estimated to be involved in over 26% of all car crashes.
- An estimated 5% of crashes involve texting, while 21% involve talking on handheld or hands free cell phone.
- Motor vehicle crashes remain the #1 cause of death for teenagers

**FIVE SECONDS** is the average time your eyes are off the road while texting. When traveling at 55 mph, that's enough time to cover the length of a football field blindfolded.

## ARRIVING ON TIME

Dr. Yarckin and Dr. O'Brien would like to stress the importance of arriving on time for your scheduled appointment. The time after you is normally reserved for another scheduled patient. When you arrive late, patients who follow your time will have to wait longer and be inconvenienced. Please do your best to arrive on time and call our office if you think you will be late.

