



## *House Calls - A Monthly Pediatric Newsletter*

### *Contacting the Doctor in an Emergency*

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If your child has a true life-threatening emergency (such as she is unresponsive or not breathing, blue around the lips, or having a prolonged seizure) call 911. One of us is on-call from our home 24 hours per day. We are available for emergencies or urgent questions that can not wait until the morning. If you have a non-urgent question please be respectful and call the office during phone hour (7:45 am—8:45 am). If you think that your child needs to be seen after-hours, call the doctor on-call before going to an ER or urgent care center. The doctor may be able to give you some phone advice or direct you to the most appropriate facility. Reach the doctor on-call by calling (724) 327-7745. Please give the answering service a number where you can be reached and stay by your phone. See [www.eastsuburbanpediatrics.com](http://www.eastsuburbanpediatrics.com) for all of our contact information.



### *Protect Your Skin*

The sun can cause serious damage to your child's skin. 7,000 people die of sun related melanoma every year. 80% of our sun exposure occurs before we turn 18. Help protect your child.

- Wear sunscreen (SPF 30 or greater) - Reapply often.
- Avoid peak sun times from 10 am - 4 pm.
- Wear a hat with a forward facing brim.
- Wear sunglasses that block UV rays.

For more summer safety information, check out [www.eastsuburbanpediatrics.com](http://www.eastsuburbanpediatrics.com).



### *Keep Your Child's Brain Working Over the Summer*



Just because school is out, it doesn't mean it is time to put the books away. Studies have shown that reading at least 5 books over summer vacation will keep your child at his grade level and prevent him from falling behind. Encourage your child to sign up for a summer reading program at your local library. Don't be too fussy about what your child chooses to read. Even comic books or magazines can be fine. Don't forget that children learn by example. If they see you read they are more likely to pick up a book themselves. Click [here](#) for more ideas.

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Questions or comments? Email us @:

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Or call us @: 724-325-2133