



## *House Calls - A Monthly Pediatric Newsletter*

### *Let Us be your Medical Home*

East Suburban Pediatrics strives to be your child's medical home. A "medical home" means that your pediatric team knows your child's health history, listens to your concerns and needs, and works in partnership with you and your child in a trusting, collaborative relationship. Many studies show that a medical home provides better and safer care. We are readily available 24 hours per day to assist you. In order to best serve your child's needs please contact our office or on-call doctor with any concerns prior to going to an emergency room or urgent care center. For details on how to contact us visit [eastsuburbanpediatrics.com](http://eastsuburbanpediatrics.com).

**Volume 1, Issue 5**

**December, 2009**

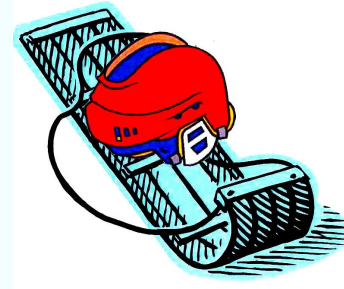


### *Heading for the Hills: Sled Safely*

Sledding down the bumpy slippery slopes can be one of the best childhood memories. However, in 2007 there were more than 160,000 sledding related injuries in the US, mostly in children under 14. Some simple safety measures can prevent serious injuries:

- Always wear a helmet!!
- There should always be an adult supervising.
- Make sure the hill is safe and free of obstacles.
- Know how to stop your sled or make a sharp turn by dragging your feet.
- Wear warm clothes to prevent cold-related injuries.
- Never go down a hill head-first.

Click [here](#) for more information on sledding safety.



### *A Parent's Toughest Job: Disciplining your Child*



Discipline is an important part of parenting, whatever your child's age. Consistency is key, whether it's minimizing temptations for your curious infant, dealing with the temper tantrums of your toddler, or teaching your older child about respect and consequences. Remember that kids learn by example; so, be a positive role model. For tips about positive parenting and discipline for any age check out [kidshealth.org](http://kidshealth.org).

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