

## **Happy June/Happy Summer!**

With June comes the end of another school year and the beginning of Summer. Summer has always been my favorite season as I was always an "outside" kid growing up. The weather where I grew up in Virginia was pretty similar to Louisville, and I enjoyed playing tennis in the 90 degree/100% humidity weather and then jumping in the pool. Only downside was that my parents didn't believe in air conditioning in the evenings ("just put a fan in the window"), and trying to sleep in an 80 degree room was never pleasant.

## **Office Updates**

Every month (and sometimes every day) brings new experiences at Direct Pediatrics. For example...

- The big news is that due to the success and high level of interest in the original Direct Pediatrics office in Norton Commons, a second Direct Pediatrics office is scheduled to open this Fall off of Shelbyville Road in the Landis Lakes Towne Center across from Lake Forest. I will remain full time at the Norton Commons office and a second doctor is being hired for the new office
- We placed our 2nd medication order for our in-house pharmacy, adding a 4th oral antibiotic, topical antibiotics and topical steroids to treat those summer rashes!
- We purchased a transcutaneous bilirubinometer allowing us to painlessly check bilirubin levels of newborns on home visits.
- I'm making weekly videos on relevant pediatric topics on our Direct Pediatrics facebook and instagram pages, so follow those pages if you don't already.

## **Siblings**

- I can't say enough good things about the families who have joined Direct Pediatrics so far. Everyone has been so kind, polite and respectful and I truly enjoy doing anything and everything I can to take care of your children. Everyone who has worked in our office has commented, "The families here are so nice!" At some point in the not-too-distant future, I will reach my maximum number of patients and will not be able to add any more. If you have one child here and are considering adding the rest of your kids, I'd love to take care of all of the kids in your family now and in the years ahead, so please give some thought to getting all of your kids into Direct Pediatrics before I'm full.

## **Monthly Pediatric Advice**

- **Swimmer's ear;** Swimmer's ear (technically acute otitis externa) is common once pools open. It is caused by inadequately chlorinated pool water (or lake water) getting into the ear canal causing a bacterial infection with swelling and redness of skin in the ear canal. Swimmer's ear is painful and needs to be treated with antibiotic ear drops

(which we stock in our in-house pharmacy). There are over-the-counter "Swimmer's Ear Drops" that prevent swimmer's ear, but do not treat it once you have it. You can make your own preventative ear drops mixing equal amounts of rubbing alcohol and white vinegar. After your child has been swimming, pour 5ml in each ear and let it drain back out. This mixture should prevent bacteria and fungi from growing. Do not use this mixture if you suspect your child has a ruptured eardrum.

- **Math skills for elementary (and middle school students);** When I was a teacher (and later as a parent), I had my students and children spend 5 minutes a day mastering basic math facts, as I discovered that most kids who "struggled" with math have never made basic addition, subtraction, multiplication and division facts automatic. Instead of knowing that  $7 \times 8 = 56$  in 1 second, they have to count by 8's or sing the 7x song, etc. It's no surprise that when they get to 2 and 3-digit problems, they grow to hate math as these problems can take forever if the basic math facts aren't automatic. So here's what I did...
  - Go to [www.math-drills.com](http://www.math-drills.com)
  - Find the 100 question sheets for whatever your child needs to work on (addition, multiplication, etc.) and print them out
  - Have your child do as many questions as they can in exactly 5 minutes
  - Create a graph and have your child fill in the graph for how many they answered correctly in 5 minutes
  - Create some sort of reward system that your child earns every time their score goes up by 5 (or 10) to keep them motivated
  - The goal is to get pretty close to 100 questions answered correctly in 2 minutes or about 200 questions in 5 minutes (about 1 question per second)
  - Do this every day and your child will feel confident about math this coming Fall.

If there's ever anything we can do to create a better experience for your family, don't hesitate to suggest it as we're always looking for new ideas.

I hope Summer is off to a great start!