



CALLIE PEDS POST

www.CalliePeds.com

Spring 2021

The past COVID year has been a stressful year for families, with virtual schooling, insecure jobs, child care challenges, social distancing, grief, and loss. Now, as vaccines continue to roll out, we are hopeful and we strongly recommend that adults and ages 16-18 get vaccinated. Go to <https://www.callieped.com/covid-19-resources> to find locations and sign up. Our safety protocols are also still in place (requiring masks, etc — see online) and we encourage all our families to continue social distancing, wearing masks, and sanitizing/washing hands while in public!



EACH WELL VISIT

(newborn, 1, 2, 4, 6, 9, 12, 15, 18, 24, 30 months) and ANNUAL (3 to 20 yrs) plays an essential part in our caring for your whole child and children, as they grow and develop over time—physically, emotionally, and socially. At each visit, we assess wellness (e.g. BMI, activity eating, sleeping, screentime, home & school behavior) and chronic conditions, such as asthma & ADHD. Thus, as your **medical home and PCP**, we connect you with support, services, and specialists. In sports lingo, we are the **quarterback** of the team!

Call us to schedule your child's **annual well/physical** now! AIA **sports physical** forms are available on our website: <https://www.callieped.com/physicals>

Is your child/teen registered for our Portal? Growth charts, visit summaries, key topic handouts, vaccine info, and immunization records are all available there! If you need a password reset, call us at 520.298.3383. To sign you up, we just need an email.

FIRST STEPS: Announcing our new **HealthySteps** program!

After lots of planning and special training, we are very honored to kick off our **HealthySteps** “zero-to-three” program at Callie Pediatrics! The HealthySteps program is part of our overall efforts to integrate primary care and behavioral health.



During well-visits, from birth to three, our team will focus on fostering **positive parenting**, strengthening early social and emotional development, and accessing services that support child and family needs. This program will help ensure that parents/caregivers and their babies get started on the right track!

Guidance on topics such as **sleeping, feeding, and discipline**, will be available as handouts and on our website. We have also expanded our pre-visit questionnaires and screenings and will be rolling out electronic questionnaires in the next few months.

The HealthySteps national network includes more than 170 pediatric and family practices in 20 states and D.C. Funded by the Commonwealth Fund, HealthySteps began at two pediatric practices in 1995. In 2014, HealthySteps merged with the national Zero-to-Three program.

We are also grateful to the trainers at HealthySteps, the Zero-to-Three resources, and the the Oak Foundation, which funded our training, in order to expand HealthySteps into smaller practices like ours.

See our website **www.CalliePeds.com** for the Vaccine Policy and Schedule and lots of Parent/Caregiver education. Is your child NB - 5 years? Go to <https://www.callieped.com/child-development-and-parenting> to download the **CDC milestone tracker** and watch “**Born to Learn**” and other great videos!

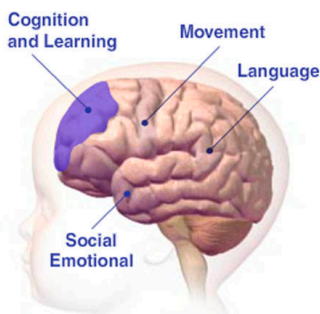
**Call us for same-day or next
day sick visits M-F 8-5 pm
520.298.3383**

Head straight to the ER if:

- Your child is **less than 2 months old and has a fever**. Fever is defined as a temperature 100.4 degrees Fahrenheit (38 degrees Celsius) or higher.
- Your child has signs of dehydration, absence of urination for more than 12 hours, lethargy and confusion.
- Your child has **heavy, fast breathing, is gasping for air or manages to utter only two or three words before taking a breath.**
- **Gaping cuts on the face, especially in younger children who need sedation** or behavioral support while the laceration is being repaired.



ARIZONA



**80 percent of a
child's brain is
formed between
birth and three
years old.**

Neuroscience research shows that very young children learn best via two-way communication, called "serve and return."

Talking and reading to your child is essential for their language development. Passive video watching (on TVs, smart phones, etc) does not lead to language learning in infants and young toddlers.

17 - 20 Years Old: Transitioning to adult care and decision-making

Callie Pediatrics is committed to helping our patients make a smooth transition from pediatric to adult health care. This process involves working with teens and their families to prepare them for decision-making.

At age 18, youth legally become adults. Some of our young adult patients may choose to continue to involve their families in health care decisions. Only with the young adult's consent will we be able to discuss any personal health information with family members. If the youth has a condition that prevents him/her from making health care decisions, we encourage parents/caregivers to consider options for supported decision-making. See our website for more info.

So, beginning at the 17 year well-visit, teens will fill out a "Transition Readiness" questionnaire, to start planning. At the 18 year visit, they will fill out a "Release of Information" form. From 18-20 years, we will begin to discuss adult care, medication management, and lifelong wellness habits.

IMPORTANT UPDATE:

Appointment reminders are now by email and text

(we are NO LONGER MAKING CALLS)

by email: 10 & 3 days before

by text: 1 day before

When you get the text the morning before, please **reply YES (to confirm) or NO (to cancel)**. Then **call us to reschedule if needed. See policy below. Please make sure your email and cell phone info is up-to-date in our system!**

NO-SHOW & LATE CANCEL

If for any reason you are unable to keep your child's well or sick appointment, a parent/guardian should reply "NO" to the text reminder and/or call our office **at least 24 hours** before the scheduled appointment time.

After three no-shows for one child, or five total for a family, in a 12-month time period, dismissal may apply to all family members.

Late cancels and no-shows affect all families, as times that could have been available for others are lost. The policy helps us to operate effectively and provide the best care for your family!