



CALLIE PEDS POST

www.CalliePeds.com

SPECIAL EDITION

July 2021



Welcome to **Dr. Christina Hoang**, who joins our practice on July 6!



Born and raised in San Jose, CA, Dr. Hoang loved to bike and play outside with her sister and cousins, in the family's big backyard.

While earning her undergraduate degree at UC Davis (majoring in biochemistry and microbiology), Dr. Hoang interned in the Child Life program. In that program, she learned and gained hands-on training in psychosocial needs of children in the healthcare environment. Dr. Hoang then headed to Arizona, where she earned her Doctor of Osteopathic Medicine degree at Midwestern in Glendale and did her residency at Banner University Hospital.

Dr. Hoang and her husband have a two-year old son, Arthur, and another son on the way. Dr. Hoang now loves to run (including annual half-marathons) and to go on family outings to the park and zoo.

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

In April 2021, we kicked 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.



Each well-visit (newborn, 1, 2, 4,6,9,12,15,18, 24,30, 36 months) plays an essential part in our caring for your baby, as they grow and develop over time--physically, emotionally, and socially. During well-visits, **Stefanie John**, our new HealthySteps Specialist, and providers 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.

See our website **www.CalliePeds.com** for the Vaccine Policy and Schedule and lots of Parent/Caregiver education. 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

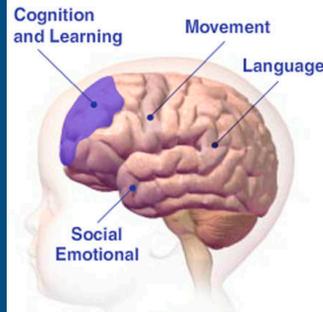
Head straight to the ER if:

- 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.

Reach
Out
& Read®



ARIZONA



80 percent of
a child's brain
is formed
between birth
and three

- Neuroscience research shows that babies learn best via two-way communication, called “serve and return.”
- **From birth, talking and reading to your baby every day, is essential for language development.**
- **Before the age of two, background TV noise and viewing of screens can hinder brain development.**
- Passive video watching (on TVs, smart phones, etc) does not lead to language learning in infants and young toddlers.

Appointment reminders are by email and text

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 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!

CHECK OUT OUR PORTAL!

To register, all we need is your email!

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.