

ZÖe Pediatrics Newsletter

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December, 2014

Your Child doesn't have to be Sick to Get Better!



December is a month of celebrations.

Stephanie H. Kong, M.D., Pediatrician

Here are some special dates:

Dec. 4: Santa's Wish List Day. Whether you have been good or bad, take your chances and write out your Christmas wish list. You just may find them under the Christmas tree.

Dec. 7: Letter Writing Day. Each year, my husband and I summarize the events and activities of the year and share them with family and friends. These one page minutes of our year turns out to be a record of our family history. We have almost thirty of them.

Dec. 10: Human Rights Day. We think it is important to respect all human beings just the way they are. We can do this because we also believe that every human being does the best they can, one hundred percent of the time.

Dec. 12: National Poinsettia Day. Did you know that Ambassador Joel Poinsett brought the plant back from Mexico in 1850 and popularized it by growing and sharing them with friends who duplicated his efforts?

Dec. 18: Zoe Christmas Party. Once again, patients who come to our Thomaston and Barnesville offices are invited to join us at the Rock Ranch to enjoy the Christmas lights and then gather in the Barn from 6:00 pm – 8:00 pm for hot chocolate and other Christmas goodies. Come sing Christmas carols and spread some Christmas cheer. (tickets required)

Dec. 19: The Columbus Christmas party will take place at the Arbor Place Apartments in Columbus (1312 Gazebo Way, 992-6940) starting at 4:00 pm in the clubhouse. Fun for the entire family. (tickets required)

Dec. 25. Christmas is celebrated by Christians and non-Christians alike all over the world. The birth of our savior Jesus Christ is one of our most celebrated holidays. In 1870, it was made a secular celebration bringing people and families together in the spirit of generosity and good cheer. Merry Christmas.

Dec. 26. Boxing Day is celebrated after Christmas Day so you can "box" up and pass on the gifts you didn't need or want to others who would appreciate them more.

Dec. 31: New Year's Eve. After the countdown and permission to kiss everyone in sight, we will join hands and sing:

"Auld Lang Syne".

***"Should old acquaintance be forgot
And never brought to mind?
Should old acquaintance be forgot
And auld lang syne?"***

Feedback From Our Patients!

Dear Dr. Kong,

I would like to thank the staff of ZÖe Pediatrics for caring for my son with such patience and sincerity. When I brought him in I had no idea what was going on with him; all I knew was that he was really sick. With thorough assessments and testing there was no hesitation to send my five year old to the ER. My son was transported to Egleston Children's Hospital and later admitted for Pneumonia. Thanks again for caring for my "precious gift." ~Hyla & Haydyn~

Dear Dr. Kong

I can't express how much I love this office and everyone on the staff.... I love how you call afterwards just to see if they are better, it's so sweet... Dr. Kong is by far my favorite person! She's loving and caring to each and every child, every now and then an upset parent...

Insurance we accept



Aetna
Wellcare
Amerigroup
Peachstate
Alabama Medicaid
Georgia Medicaid
Peach Care For kids
Blue Cross Blue Shield
UMR
Cigna
Coventry
NaviNet
First Health



Secure **Health (URMC employees only)**

Starcare
SuperMed

Tricare **(Standard ONLY)**

Humana **(Military Only)**

United Healthcare

and Self Pay Patients are Welcome!

Call For An Appointment!!!

A Message for New Parents

Bande Virgil, M.D., Pediatrician

If you are a new parent, you should be radiant and feeling the glow. There can be NOTHING more rewarding than bringing a new life into the world. It is an exciting and fulfilling feeling for most parents. If you define POWER as getting what you want when you want it, the most powerful *person in the world is not a President, an Emperor, a King, a Queen, a General, or even a religious leader, it is a new born child.* Everyone is programmed to do as the baby commands. Hungry? Your bottle is coming right up, warm, just the way you like it! Want your diaper changed? Done. Hugs and kisses. I like that too. Is there anything else I can do for my little angel? Your wish is my command. All a baby has to do is cry and someone will come running. No one can bring Kings and Generals to their knees faster than a baby.

It is OK that you feel a little unsure of yourself. You have taken on an awesome responsibility of nurturing your child into adulthood, hopefully to have good health, wisdom, and thrive. It's hard not to worry, but we encourage you not to. While we will not replace your mother, you have the providers and nursing staff at ZOe Pediatrics to help answer questions. Feel free to call us, even after hours, and we can offer advice and address your concerns through our nurse line. We are here for you! Isn't it nice to know that you have reliable partners? Let's not forget, although it can feel like "you're on your own," many of us have a village around us. Your parents, Godparents, your extended family, friends, those that care about you and your baby, are also a great resource. They want to help but more than that, no one can be angry, upset or lonely holding a baby. As long as there are babies, there is hope for mankind.

Do you know that within a few weeks your baby can distinguish you from all other human beings on earth? They recognize your voice, your smell and the special way you hug and kiss them. On the other hand, just be aware that you are responsible for them every minute of every day. This can be overwhelming but rewarding. It's hard to relax, but try and enjoy your baby. The time goes so quickly. In a few short years, you will be a grandparent and learn real happiness (or so they say, lol). My own parents tell me that if they had known their grandchildren were going to be so much fun, they would have had them first!

Blessed is the season which engages the whole world in a conspiracy of love! ~Hamilton Wright Mabie~



Making your Children's Visit to their Pediatrician Enjoyable

Charlaya Campbell, M.D., Pediatrician

A visit to any doctor can be daunting. Maybe visiting a Pediatrician is not as scary as a dentist but may evoke some fear and trepidation nonetheless---the feared shot, the poking around, concern that something bad could be diagnosed. By all means, emphasize the Pediatrician's role in maintaining their good health. But how do you prepare your kids to enjoy the visit?

Role play with your child and act out a mock visit so your child will experience what will take place. After you play the doctor, reverse roles and have your child play the doctor. A toy stethoscope is always helpful as you demonstrate taking their blood pressure, looking in their mouth, listening to their heart and checking their weight.

Accompany your child. It is very reassuring to have both parents along.

Avoid words like "stick you" "pain" and "needle" and avoid teasing them about your own negative experiences getting shots. Do not promise that your child will not get a shot but explain that if they do get one, how necessary it is to keep them healthy. Some kids bravely stand and get stuck, others cry, scream, hide under the exam table. While it may be unpleasant, it will quickly pass and be forgotten but you will do what is best.

Bribing your child is a bad idea. It will only increase your child's apprehension.

If your child has a fear of visiting the Pediatrician you can help to make the experience more positive. If the parents are positive and relaxed, the child will follow your lead.

*Merry Christmas
and have a wonderful New Year*

"In addition to gifts all wrapped up with a bow, I am also focused on taking away all the reasons for being frustrated, disappointed and angry. With hearts full of love and forgiveness this Christmas, let's say good bye to all the things that was ever wrong between us." ~B. Wayne Kong~