

ZOe Pediatrics Newsletter

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



Events Worthy of Note

Stephanie H. Kong, M.D.

As the event sponsor for the Rock Ranch Easter Egg Hunt Eggtravaganza, we were amazed to see the delightful faces and the happy sounds of children enjoying the hunt for the 40,000 prize eggs and especially the thrill of the zip line and the rock wall.

On Monday, April 14, we also opened our Columbus office. Representatives from the Chamber of Commerce came to bring best wishes and help us with our ribbon cutting. Our first patient was "Harmony", the beautiful 6 day old daughter of Mr. and Mrs. Jamal and Tyisha Williams. They showed up precisely at 8:00 am.

On May 5, we celebrate "Cinco de Mayo". By the way, Cinco de Mayo is not Mexican Independence Day or the name of a national hero, but the commemoration of an important battle in Mexico.

Mother's Day is Sunday, May 11. Just remember that mothers set the tone for the family. If mama ain't happy, nobody is happy. How is your mama? With few exceptions, children follow their mother's lead. If we want to promote increased physical activity and nutrition in our youth, start with mothers.

We set aside the week of May 12-16 to thank our fine law enforcement officers who keep us in line as well as safe. Who are you going to call if you have a problem? Thank an officer for the important job they do.

On May 17, 2014 at 10:00 am, the Thomaston Kiwanis will sponsor a chess tournament for our students (all ages) at the Rock Ranch. The entry fee is \$15.00. Lunch, tee shirts and prizes are included. Parents and spectators are invited to attend for \$10 for lunch. I am mentioning it because my husband (The President Elect) is chairing the event.

We will close out our school year and the month with Memorial Week-end (May 24 – 26). In addition to the traditional cook-out, I hope you are planning something special for the kids to show our appreciation for all your their accomplishments. Best wishes.

FEEDBACK:

Trevia Berry "Couldn't ask for a more caring staff. Dr. Kong is the sweetest, takes time to hug each and every child, even when they are sick."

Candyce Chauncey "Great staff and my children absolutely love Dr. Kong!"

Retina Hughley "Five stars! She is great with my son."

Rhonda Curry "Congrats on opening another office! This is great for Columbus and surrounding areas!"

Shawn Hayward "Congratulations! Amazing growth!"

Insurance we accept

Aetna

Amerigroup-Medicaid

Blue Cross Blue Shield (PPO, POS, HMO)

Cigna

Coventry

Georgia Medicaid

NaviNet

Peachstate-Medicaid

Secure Health (URMC employees only)

Starcare

SuperMed

Tricare (Standard ONLY)

United Healthcare

Wellcare- Medicaid

Peach Care For kids

and Self Pay Patients are Welcome!





Call For An Appointment!!!

Giving kids shots

Stephanie H. Kong, M.D., Pediatrician

Whenever our Grandson is disciplined, the response is: "Not nice, Dad!" For most kids, taking a bitter pill, getting a shot or having to draw blood are "Not nice". Some children bravely stand and smile at me while I poke them; others hide under the exam table, fight and scream. I have the bruises to show for it.

When children whimper and even start crying at the very mention of the word "shot," as a parent, you probably have mixed feelings. While we recognize the value of vaccinations and blood tests, most children don't understand the connection and only focus on the pain.

Parents can help minimize the discomfort by what we say before, during, and after their doctor visits. The idea is to counter stimulate or compete with the sensation of the shot.

1. Breast-feeding babies while they are receiving shots. A pacifier can also help.
2. Staying on schedule and giving them most of their vaccines before two years old. The older they are, the more they resist.
3. Distracting and diverting. Point out something going on outside the window, a spider on the wall, sing a song, recite their ABC's, count backwards from a 100 and tell jokes. Tell them to imagine it's their birthday and to blow out the candles on their cake. This might be an occasion to show an I-pad movie.
4. Treat the experience as matter-of-factly as possible. Smile while they are getting their shots. If you grimace or tense up, your child will become anxious as well. The fear of a shot is much greater than the actual shot experience.

If a child asks whether or not they're going to get shots, don't brush them off or deny it. "Yes, it'll hurt like a pinch" When it's over, make sure to show them a happy, smiling face.

Finally, offer an incentive to help ease the pain. A special treat like going for ice cream later gives your child something to look forward to while also acknowledging his/her bravery. Then again, you can do it my grandmother's way; pinch an ear.

Helping Children Cope with Their Fears

Charlaya Campbell, M.D., Pediatrician

Fears are common for kids. Ghosts often lurk in the shadows, monsters hide under the bed and boogeymen are just waiting in the closet to prance on unsuspecting souls. It doesn't take too much imagination to see a cloud or a shadow as scary beasts.

These fears coincide with the creative and fanciful period between three and six years old when they enjoy tea parties with imaginary tea, eat imaginary ice cream and have imaginary friends. They often believe that they will slide through the drain if they are still in the tub when you pull the plug. They also make up stuff. I don't call it lying exactly but the things they make up are incredible! It is a great time for Dr. Seuss books!

Things that adults find ordinary can be terrifying to kids. Seeing a hospital show may suggest to them that doctors hurt people. While they will grow out of it, here is how you can handle it.

1. Offer a night light
2. Encourage them to sleep with their favorite blanket
3. Have them snuggle with you
4. Accept their reality of monsters but make them small, friendly, and nothing to worry about, like Casper the friendly ghost.

To combat children's fears of doctors, role-play with them what doctors do with a stethoscope and tongue depressor using a doll or a stuff animal. And after the visit, do something fun.

Finally, take younger children to your doctor visits so they get used to the routine (assuming you don't act up when you get your shots).

"If there must be trouble, let it be in my day, that my child may have peace."

[Thomas Paine](#)