



A Message to Newborns

It wasn't long ago since you left the warm caress of your mother's womb and started your journey to the rest of your life. You are fortunate enough to be born in the greatest country on earth, at the greatest time in our history. You will be healthier, live longer and know stuff that your parents could not have known. You should have a long life full of great personal achievements. We hope you will be healthy, wealthy and wise.

For the time being, assuming that "power is the ability to get what you want when you want it", enjoy the fact that you are the most powerful person on earth. Adults compete to hold you. When you cry, they quickly try to figure out what the problem is and fix it for you. We don't want you to be in any distress. AND when you giggle, the world is a happy place. Baby therapy.

In addition to doting parents, you are also going to need a doting Pediatrician. I hope your parents bring you to ZÖe Pediatrics. For your sake, that would be one of the first great decisions they will make on your behalf. We work hand in hand with the school system, the wonderful people at the public health department and others to provide you with a safe environment, a good education, clean water and air.

We will particularly work with your parents to keep track of your immunizations, your growth and development and if you become sick or injured, we will do our best to make you better. But more importantly, we educate, motivate and partner with others who love and want the best for you to keep you healthy and strong. Keeping you well means eating the right foods, playing vigorously, a sense of adventure, appreciation of the world around us, getting adequate sleep and the love of family and friends. I hope you will learn that: "If you have God, family and friends, you may stumble but you will never hit the ground."

We look forward to seeing your face in the place. Come grow with us!

Stephanie H. Kong, M.D. Pediatrician