



## Patient Newsletter

*Partnering with Families through Childhood Milestones*



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**Dear Leann,**

As you can see we've listed a number of community events at the bottom of this e-mail. In the course of our busy lives we often forget that we are part of a very large community; a community full of talented, smart and caring citizens. I encourage all of our families to try to make time to connect with neighbors and friends. I believe that taking a little time to connect now will greatly benefit us as well as our families in the long run.



### **Back to Sleep, Tummy to Play**

In 1992 the American Academy of Pediatrics (AAP) endorsed the "Back to Sleep" campaign to encourage parents to put their children to sleep on their back in order to reduce the risk of Sudden Infant Death Syndrome (SIDS).

The campaign has been successful in decreasing the risk of SIDS; however it has dramatically increased the number of children who develop a misshapen skull. Babies who spend too much time on their back, or in a car seat with pressure on the back of their head, can develop a flat spot on the back of their skull know as "positional plagiocephaly". To help prevent your baby from developing this flat spot, you should try to let him spend more time while awake on his belly.

Some children do not like to be put on their belly, so here are some ideas to help your baby learn to enjoy tummy time:

- Start with 5 minutes of tummy time every time your baby is awake and slowly work up to 20 minutes
- Put your baby's favorite toys within reach; surround the baby so he will reach out in all directions including moving his head and exercise all of his muscles
- Your baby will need to first develop the strength and experience to lift her

head and play; if playing on the floor is challenging, propping your baby at an angle can make it easier for her to lift her head (you can use a small pillow or a towel roll under the arms and chest or you can hold her on your lap or chest)

- Get down on the floor in front of your baby and sing or talk face to face with her

Be patient. Your baby may be challenged a bit at first, but will eventually adjust to and even enjoy tummy time.



### 2009 National Art Contest

The American Academy of Pediatrics (AAP) invites children to enter a national art contest with a chance to win a trip to Washington, DC, this year.

The contest is open to boys and girls in three groups, grades 3-5, 6-8 and 9-12, and the theme is "Protecting Children from Tobacco Smoke."

Group winners and their parents/guardians will be invited to a presentation ceremony before several thousand pediatricians at the 2009 AAP National Conference & Exhibition in Washington, DC, on Saturday, October 17.

Each first-place winner will receive \$500 and up to \$1,000 for travel-related expenses. The three second-place winners will each receive \$250. The six winners' schools will be awarded matching cash amounts. Winners will have their artwork featured on the AAP Web site and in promotional materials.

To enter, children should submit an original piece of artwork to: National Art Contest, American Academy of Pediatrics, 141, Northwest Point Boulevard, Elk Grove Village, IL 60007.

Rules, official entry forms and consent forms must accompany all entries and are available online at <http://www.aap.org>. Entries must be postmarked by July 31, 2009. Winning entries will be selected by a panel of judges including pediatricians, and announced in the summer.

The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists and pediatric surgical specialists dedicated to the health, safety and well being of infants, children, adolescents and young adults. ([aap.org](http://aap.org)).



### WHEN YOU NEED HELP DIAL 2-1-1

In Massachusetts, 2-1-1 is the direct link between people who need help and people who can give help. 2-1-1 connects you to local services: From food, clothing and shelter assistance to counseling, legal and financial services.

2-1-1 is available 24/7. They are staffed around the clock to give you the sensitive, confidential help you need. Multilingual and TTY service is also

available.

2-1-1 is also online: <http://www.mass211help.org/>.

2-1-1 is a partnership between United Way and MAIRS and is your link to the state's most comprehensive database of human service resources.

[Join Our Mailing List!](#)

Sincerely,



Dr. Terence McAllister  
Performance Pediatrics

## Underage Drinking

There is a parent breakfast at Plymouth South High School on April 7 to address Underage Drinking & Social Host Liability Laws. Presenters include Plymouth County District Attorney Tim Cruz & Attorney Richard Campbell.

**Free Event! Parent Breakfast, April 7, 7:30 - 8:30 am, Plymouth South HS**

## Pedi Yoga

RHCI in Forestdale is starting a pre-school yoga class on Wednesdays at 11 am. To sign up or for information on classes for elementary and adolescent students, call 508-833-1060.

**Classes Begin April 15; \$10 per class or \$50 for 6 Classes**

## Mommies Meetup

A parent in our practice has started a mommies meetup group for the Plymouth and Upper Cape Cod community. To learn more visit the web site: <http://www.meetup.com/The-Plymouth-Upper-Cape-Moms-Meetup-Group/>.

**The Plymouth-Upper Cape Cod Mommies Meetup Group**

## April 15th & 29th @ 6:30

Your Kids are Listening is a three-part series created and developed by PYDC's healthy start promise team (<http://www.plymouthyouth.org/>)

Part one of the series is Your Kids are Listening: Helping Families

**pm**

Cope with Anxiety and Stress. The panel includes:

Medical Issues  
Dr, Terence McAllister (only at the 4/15 event)

School Health Resources  
Margie Mcettrick, Plymouth Public Schools, Nurse Leader

Summer Resources for Food Services  
Patrick van Cott, Plymouth Public Schools, Food Service Director

Plymouth WIC and Food Pantries  
Janet Costa, Plymouth WIC Coordinator

Community Resources  
Patricia Desiata, Community Partnerships for Children, Director

Summer Programs  
TBD

This program will be hosted at:  
Indian Brook Elementary School  
Wednesday, April 15th @ 6:30pm

And Again at:  
Wednesday, April 29th @ 6:30pm  
Nathaniel Morton Elementary School

Stay tuned for more information about part two and part three of this series.

**Your Kids Are Listening: A Three-Part Series**

[Forward email](#)

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