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# MPG KIDS

## Influenza Season 2010-2011

As the trees begin to change colors and we start to grab that coat as we head outside, our thoughts turn once again to Influenza season.

Last year's influenza season brought new challenges and new knowledge of influenza for all of us!

The Centers for Disease Control has released their vaccination recommendations for 2010-2011. These recommendations can be found at [www.CDC.gov/flu](http://www.CDC.gov/flu). Of note, the influenza vaccine is now recommended for all individuals 6 months and older.

A list of contraindications to the vaccine can be found on the CDC website.

This year the vaccine protects against an H3N2 virus, an influenza B virus, and the H1N1 virus from last year. Individuals will not need two separate vaccines this season. Two DOSES of vaccine are indicated for children ages 6 months through 8 years who receive a seasonal influenza vaccine for the first time this season. Additionally, this age group should also receive two doses this year if they did not receive a dose of the H1N1 vaccine last year.

The vaccine is available in two methods of delivery- the TIV, or trivalent influenza vaccine ("flu shot") and LAIV, or live attenuated influenza vaccine ("mist"). Please check with your health care provider in the office to determine the correct method of vaccination for your child.

Review the CDC website for more helpful information on vaccination, prevention and treatment.

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### Special points of interest:

- ☺ Influenza Vaccine Guidelines
  - ☺ Influenza Vaccine Administration
  - ☺ Fall Sports Safety
  - ☺ Safe Food Handling
  - ☺ Halloween Tips
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## Fall Sports Safety

This Fall, many of our patients will begin recreational and competitive sports which range from football to dance. While we strongly encourage all individuals to exercise at least 5 days a week for a mini-

mum of 30 minutes, we also encourage athletes and their parents to review the safety precautions specific to their sport. Please use protective equipment as indicated according to each sport.

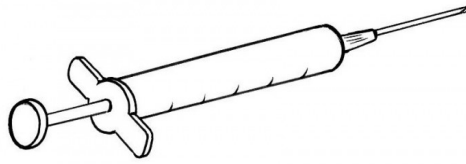
In addition, please review the following link that provides information about concussions, their management and guidelines for return to play. [www.cdc.gov/concussion/pdf/parents\\_Eng.pdf](http://www.cdc.gov/concussion/pdf/parents_Eng.pdf)

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# Maryland Pediatric Group Influenza Vaccination Clinics

Again this year, we are pleased to offer the influenza vaccine to our patients. We will offer both the injectable form, or TIV, and the intranasal form, or LAIV. If indicated, vaccination will be provided at routine well child office visits.

In addition, we will have designated "flu clinics" where vaccine may be received **by appointment only**. The dates and times for these clinics are available on our website at [www.mdped.com](http://www.mdped.com). Vaccine clinics are subject to cancellation if vaccine supply does not allow for vaccination of large groups at one time.



Please be sure to check with your insurance company regarding coverage for the vaccine prior to administration.

If you prefer to receive the vaccine elsewhere, please maintain your own records of date and type of

vaccine received so that this information may be included in your child's medical chart at your next office visit.

While the vaccine is a great aid in the protection against the influenza viruses, don't forget these other useful prevention tools:

- good hand washing
- cover your cough
- stay home from school, sporting events and social engagements while you are symptomatic

## Turkey Time

We offer you a few reminders to help you safely prepare and serve your holiday meal this year.

When you thaw your turkey, there is danger that bacteria, which may have been present before freezing, may begin to grow as the turkey warms up. Please review safe methods for thawing your turkey at [www.fsis.usda.gov/Fact\\_Sheets/Turkey\\_Basics\\_Safe\\_Thawing/](http://www.fsis.usda.gov/Fact_Sheets/Turkey_Basics_Safe_Thawing/) in-

dex.asp.

During preparation, bacteria from raw turkey can contaminate utensils, your hands and work surfaces. Remember to wash thoroughly and immediately after handling the raw turkey.

To reduce the risk of bacterial contamination, it is recommended that the stuffing be cooked outside of the turkey in a separate dish. The

stuffing, if cooked in the turkey, must reach an internal temperature of 165 F to kill all bacteria.

Make sure that the temperature of the meaty portion of the breast reaches a minimum of 165 degrees. Allow the turkey to cool for at least 20 minutes prior to carving to reduce the risk of burns.

ENJOY!



## Our Favorite Internet Resources This Season

While the internet can be a wonderful place to find a lot of important and fun information about restaurants, movies and vacations, parents need to be well informed when using the internet for obtaining medical information.

We would like to introduce you to few of our old and new favorite websites which we are sure you will find both informative and accurate.

Of course, you can find plenty of useful information on our office website at [www.mdpedgrp.com](http://www.mdpedgrp.com). We also recommend [www.cdc.gov](http://www.cdc.gov) and [www.aap.org](http://www.aap.org) which are sponsored and maintained by the Centers for Disease Control (CDC) and the American Academy of Pediatrics (AAP) respectively.

A new favorite website is [www.healthychildren.org](http://www.healthychildren.org) which is also under the supervision of the AAP.

These websites are great re-

sources for questions you may have about immunizations, seasonal illnesses, international travel, and your child's growth and development. Please remember that the internet is never a replacement for talking with your pediatrician about questions or concerns you may have.

# Halloween Safety

Do you have a ghost, goblin, wicked witch or even Hannah Montana in your house? Now is the time to start thinking about Halloween safety.

When choosing costumes, consider something that is brightly colored, flame resistant and not so long that your child may trip on it. Masks may obscure vision and hats, if too large, can also block the eyes. Consider these things when planning a costume.

Carving the pumpkin can be a great opportunity for family time. Small children should not carve pumpkins but can lend a hand with drawing the face with markers. If you choose

to light a candle, select a small votive candle and place the pumpkin away from curtains. Never leave a lit candle unattended.

We recommend that a responsible adult accompany children while they trick or treat. Flashlights are great "accessories" as is a cell phone in case of emergency. Only visit homes with a light on and remind your children never to enter a home or car to receive candy. Stay in groups and use caution when crossing streets as motorists may have difficulty seeing our trick or treaters in the dark.



A good, nutritious meal prior to trick or treating will help deter little ones from filling up on too much candy. Non-food treats are a great alternative to candy- stickers, age appropriate toys, pencils, crayons, and playdough are good alternatives.

Be sure to check through all treats your child receives to sort out choking hazards, potential food allergens, and any treat that may have been tampered with or spoiled. Try to challenge your children to see how long they can make their Halloween candy last. Last, but not least, don't forget to have your child brush his or her teeth well after eating candy.

## Social Media

Kids and young adults use social media as a primary means of communication. Examples of social media include Facebook and MySpace. Although children are much more facile at using these technologies than their parents, it is important for parents to monitor their child's use of social media.

Keeping the computer in a central area in your home, like the kitchen or family room, is a great way to keep

track of how much time they are spending on the computer and what they are doing online.

Also remind your child that everything that is sent over the internet or a cell phone can be shared with anyone. They should assume that their friends, parents, and teachers are seeing every text and status update on Facebook. Encourage your child not to gossip, spread rumors, or bully especially using texting. Work with your

child to make sure that all privacy features are active. Consider using monitoring systems and parental controls on your computer. Charging the cell phone overnight in a parent's bedroom is another way to monitor texts and make sure your child is not up all night texting.

Make sure that your child knows that you will be checking their phone and computer use frequently. This promotes responsible use.

## Holiday Toy Recommendations

### Birth to 6 months

Teething toys, pop-up toys, busy boxes, mobiles, activity quilts, rattles, simple musical instruments, cloth toys

### 6 months to 1 year

Push-pull toys, nesting and stacking toys, soft blocks, squeeze toys, cloth picture books, bath toys

### 1 to 2 years

Ride on toys, shape sorters, puzzles

with knobs, sandbox and sand toys, playhouse, picture books, pretend lawnmowers, pretend kitchens and food

### 2 to 3 years

Dress up clothes, trains, cars, art supplies, playdough, puppets, balls, tricycle and helmet

### 3 to 6 years

Bicycle and helmet, simple board

games, books on cd, 20 piece puzzles, arts and crafts kits

### 6 to 9 years

Sporting equipment, model kits, board games for the family, card games- Uno, magazine subscriptions, diaries

### 9 to 12 years

Friendship strings, Children's cookbooks, magazine subscriptions, gift cards to bookstore/sports stores, family board games

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Your business tag line here.

The board certified pediatricians, nurse practitioners and staff of the **Maryland Pediatric Group, LLC** have been caring for infants, children, adolescents and young adults in the **Baltimore area** for over **forty years**. We consider it a privilege and honor to care for the children in your family. We treasure the many memories we have from years past and eagerly look forward to watching your child grow into a young adult. Every child is cared for by one primary pediatrician or pediatric nurse practitioner within the office for both routine pediatric and sick care. This personal relationship allows for continuity of care and the development of a special bond between your child and his or her care provider.

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## Newsletter information

Content for this issue of the newsletter was obtained from resources from the Centers for Disease Control and the American Academy of Pediatrics. Additional information about any of these topics can be obtained by visiting their websites.

We welcome any suggestions you may have for topics to be included in future issues of the newsletter. Please feel free to email us at [newsletter@mdpedgrp.com](mailto:newsletter@mdpedgrp.com) with any comments or suggestions.

The information in this newsletter is not intended to replace guidance from your health care provider and should never be interpreted as medical advice.

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