



Stony Brook Pediatrics

caring for families & children for over 30 years

Welcome to our July Newsletter!



Office Changes for Stony Brook Pediatrics

Beginning July 5th we will no longer be separating our offices for sick and healthy visits. It has always been our practice to keep our patient areas clean in between every patient, and this will continue. We want to thank you for your continued trust in us and for letting us care for your child/children!

Hydration Station

Plain water, along with milk, is the best drink for kids – especially in the summertime!

- * It keeps bones, joints, and teeth healthy
- * Helps blood circulate
- * Improves mood, memory, and attention

Tips & Tricks for Choosing Water:

- * Add fruits like lemons, limes, or berries for some added flavor and color
- * Keep fruits and veggies with high water content around, like:
 - Cucumbers, celery, and tomatoes
 - Watermelon, cantaloupe, strawberries, and blueberries
- * Put their water in a fun water bottle or use silly straws!
- * Remember that you are your child’s best role model – include these tips for yourself as well!

Signs of Dehydration by Age

Infants: fewer wet diapers, excessive sleepiness, sunken soft spot on baby’s head, no tears when crying.

Children: Dry lips, less urination/dark urine, sleepiness, flushed skin

Teens: Dry lips, lightheadedness and/or headaches, cramps, dark urin

Staying hydrated with **water** rather than sugary drinks (like sodas, juices, flavored milks, and “sugar-free” sweetened drinks) will keep your child’s body and mind running strongly and efficiently!

- * Go to healthychildren.org for more information about keeping your kids happy and hydrated



Are you signed for the Healow app?

If not, now is the time!

- A secure app that helps you manage what’s important – the health of you and your family!
- Receive automatic medication reminders based on the schedule you set up
- Send a refill request to your doctor when you are running low
- Healow contains all of your important health information, including labs, imaging studies and procedures, recent vital signs, allergies, medical problems, immunizations and more.
- Let healow send you automated reminders for upcoming appointments and give you a Visit Summary when you’re done! You can view past and future appointments using healow and write notes about those issues that you want to discuss with your doctor.
- App is available in the App Store and on google play

Call our office today to become web enabled!

