

May Newsletter 2021

# Stony Brook Pediatrics

*caring for families & children for over 30 years*

## Welcome to our May Newsletter!

We have been working very hard to continue to keep our patient's healthy while visiting us, therefore we are continuing to separate both offices into Healthy and Sick. We have continued to maintain good social distancing and routine cleaning of the waiting rooms, patient rooms, and check out cleaning.

We have started to check our patients in and out at the window's as well.

Please call to schedule your child's physical as we are filling up fast for the upcoming school year.



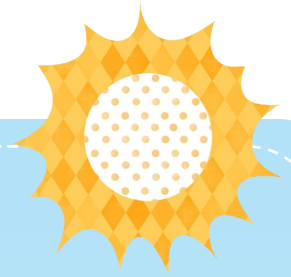
### "Brusha, Brusha, Brusha"

Dental Health is so important for your child, and starts very early. The quicker you teach good dental habits, the better odds your child has for carrying those habits into adulthood. You can start brushing as soon as you start to see teeth erupting from the gums, and the American Academy of Pediatrics recommends seeing a dentist by the age of 1 yr! Remember, foods that are high in sugar, or very sticky that can sit on the teeth for long periods cause the most damage. Fluoride is also very important, so make sure to ask your provider if you live in an area where the water is not fluoridated, or you have well water. We can prescribe a supplement, until your child gets great at brushing, then the fluoride in toothpaste takes over.

Make sure to check out the links below for more information on how to best tackle dental health!

<https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Teething-and-Dental-Hygiene.aspx>

<https://kidshealth.org/en/parents/healthy.html>



## 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!**

