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WakeMed Marketing & Communications
3000 New Bern Ave.
Raleigh, NC 27610 or email
FamiliesFirst@wakemed.org

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SUMMER 2024



**BACK
TO
SCHOOL**
TIPS AND
TRENDS
FOR
STUDENT
SUCCESS

LAURIE BERKNER LIVE

CONCERT @ KOKA BOOTH

Sunday, September 15 at 3 pm
Koka Booth Amphitheatre
8003 Regency Parkway, Cary

Pack your picnics and get ready to sing and dance with the "queen of kids music" at Laurie's Greatest Hits solo show. You'll hear songs like "Bumblebee (Buzz Buzz)," "The Goldfish (Let's Go Swimming)," "We Are The Dinosaurs," and "Rocketship Run," plus newer hits like "Waiting for the Elevator," "My Bunny Goes Hop," and "Chipmunk at the Gas Pump," plus – as a special treat for fans – a few well-loved Laurie Berkner songs that are not often heard at Laurie's full-band concerts!

Kids should plan to bring their dancing shoes and a stuffed animal (for their heads). Show runs 60 – 75 minutes.

Tickets on sale now at boothamphitheatre.com.





HEALTHY HABITS FOR A SUCCESSFUL SCHOOL YEAR

Each new school year comes with a mix of excitement, challenges, and checklists for families. Whether your child is just getting started with kindergarten or they're cruising through their teens, parents can help get things started off right with some basic things.

We asked some experienced parents from the WakeMed Children's medical team to weigh in on what matters the most when it comes to a child's development, learning experiences and school readiness. The top things that they recommend focusing on are annual well-child visits, healthy routines, nourishment, physical activity and mindful use of screens.

DON'T FORGET! VACCINES & SPORT PHYSICALS

At specific ages and stages throughout a child's life, they need to get vaccinations, boosters and sports physicals. Check with your pediatrician well in advance of the start of school to make sure your rising kindergarten student has all the immunizations required.

Sports physicals are important for middle and high school students. "The timing and need for completed forms might come as a surprise to parents if they have not previously had a child involved in school sports," said Renee Haynesworth, MD, pediatrician, WakeMed Children's - Pediatric Primary Care (Fuquay-Varina). "Don't wait until the last minute because it could delay your child's ability to participate from the start."

The American Academy of Pediatrics (AAP) recommends routine well-visits and sports physicals for all children in middle school, high school and college. The AAP suggests making a sports physical appointment 6 to 8 weeks before the start of a sport season so there is time for any necessary follow-up evaluations or treatments. The AAP emphasizes that even if your child does not participate in an organized sport at school, they are likely participating in other activities such as skateboarding, cycling, hiking, musicals, gymnastics, climbing and other hobbies and new interests that are physically demanding.



Start the Day Right

Breakfast is so important and sets the stage for the day by giving kids the energy they need to do well in school, to play and to have fun. "When breakfast is skipped, I often see kids who feel tired, and they are starving when they come home from school, which can lead to overeating into the night," said Shirley Huang, MD, associate medical director, WakeMed Children's – Pediatric Weight Management

Pack a Smart Lunch

- > Pack lunches the night before, so it is less rushed and not forgotten.
- > Include a reusable water bottle for a healthy beverage.
- > Use a bento box and ice pack in a reusable insulated lunch bag to help keep food separate and cold.
- > Use a thermos for packing heated foods that you want to keep warm.
- > Variety helps increase the diversity of foods in a child's diet. Focus on 2 to 3 different protein, fruit or vegetable options and alternate through the week.
- > Engage your child in choosing among several healthy ideas for their lunches or snacks and even have them help pack it to increase the chance they will eat it.

Jumpstart the Day

Mornings can be busy, especially when kids (and parents) want to sleep as long as possible. Dr. Huang suggests:

- > Go to bed 15 minutes earlier and get up 15 minutes earlier. It may not seem like that much of a difference, but each minute counts in the morning! This may actually be just enough time for kids to eat something before starting their day.
- > Be ok with not eating a big breakfast. Many kids are just not hungry in the morning, but it is still important to fill their gas tank at least a little bit in the morning. A piece of fruit, yogurt or toast is totally ok.
- > Keep grab and go foods at eye level in the refrigerator or pantry. Some good options are low-fat string cheese, an apple or a protein bar. Place containers stocked with these items in logical spots so kids know where to get something quick in the morning.

Easy Ideas for a Nourishing Breakfast

- > Hard boiled egg + piece of fruit
- > Slice of whole grain bread + jelly + yogurt
- > Whole grain cereal + banana slices
- > Protein waffles + peanut butter
- > Greek yogurt + berries
- > Smoothies with sweet fruit/berries + spinach or kale + water + chia or flax seeds

Children should eat three meals a day and up to two snacks a day if hungry. "Fueling a child every 2 to 4 hours is ok," said Dr. Huang. "When possible, focus on giving kids mini meals that provide more nutrition and should help them feel more satisfied than just eating something like chips."

Keeping kids' food intake balanced during the school day can help fuel them through the afternoons. "Children often will eat better when they're able to choose from healthy options that they enjoy," said Dr. Samareh Hill, MD, medical director, WakeMed Children's – Pediatric Weight Management. "Involve your children in choosing foods they want while teaching them that it is important to eat a combination of protein and fiber."



AFTERSCHOOL SNACK ATTACKS

"Kids do a lot during the school day and often use lots of energy to get through the day," said Dr. Huang. "It's not a big concern if they are hungry after school at times, but parents should check in if they seem very hungry and overly low on energy after school."

Are they skipping breakfast, lunch or both? Sometimes kids don't eat because there's not enough time in the morning, they are not hungry yet, or perhaps they don't like the school or packed lunches. Work with your child to get them eating meals consistently – even if it's something small. And encourage them to snack on more fulfilling and nourishing foods like fresh fruits and vegetables throughout the day.

Dr. Hill suggests providing afterschool snack options with two foods to help kids feel more satisfied until dinner. "I like to pair one food that is high in protein with one food that is high in fiber for snacks because these two types of food increase satiety and provide more nutrition."

FUN & TASTY SNACK COMBOS

- > Apple Nachos – slices drizzled with peanut butter
- > Strawberry Swirl – berries stirred into yogurt
- > Hummus Cups – carrots sticking out of party cup with hummus

Try these recipes to keep school nights simple. These meals don't require a lot of ingredients or prep time, and they are easy enough that you can get the kids involved for some creative kitchen fun.

Chicken and Vegetable Stir Fry

- > Your choice of frozen vegetables: bell peppers, carrots, broccoli, etc.
- > 1 small onion (diced)
- > 2 chicken breasts cooked and diced or rotisserie chicken
- > 1-2 tablespoons low sodium soy sauce
- > Olive oil
- > Instant rice – cook accordingly

Microwave frozen vegetables for a minute or two to thaw. Add diced onion and a drizzle of olive oil to pan. Cook on low until onion is golden brown. Add vegetables and soy sauce. Cook to your liking then add cooked chicken to the pan. Continue cooking until chicken is warm and serve with side of rice.

Homemade Pizza Night

- > Package of medium whole wheat tortillas
- > Jar of tomato sauce
- > 1 bag of shredded mozzarella cheese
- > Pizza toppings: olives, diced bell peppers, sliced tomato, sliced mushroom

Preheat oven to 400 degrees F. Place tortilla on baking sheet. Spread sauce evenly across tortilla, sprinkle with cheese and add your favorite toppings. Bake until cheese is bubbly and tortilla is crisp.

Breakfast for Dinner

- > 8 eggs
- > 2 cups diced vegetables- zucchini, bell pepper, mushroom, cherry tomato
- > 1 cup spinach (chopped)
- > 1 cup cottage cheese
- > Salt and pepper to taste
- > Whole wheat bread

Preheat oven to 375 degrees F. Sauté vegetables over medium heat for 5-7 minutes until soft. Add salt and pepper to taste. Add in spinach, cook for a few minutes, then set aside. In a large bowl, mix eggs, cottage cheese and sauteed veggies. Spray a muffin pan with cooking spray and add about 1/3 cup of the mixture to each muffin cup. Cook for about 30 minutes. Serve with a slice of whole wheat toast.

Note: Leftovers make breakfast on-the-go easy on another day!

Vegetable Quesadillas

- > Medium whole wheat tortillas
- > 1 can low sodium black beans, drained
- > 1 can low sodium corn, drained
- > 2 small tomatoes (diced)
- > 1 package of shredded cheese

Combine beans, diced tomato, and corn in a bowl. Lightly drizzle olive oil in a pan and add bottom tortilla. Top with beans, corn, tomato and cheese. Place second tortilla on top. Let quesadilla cook for a few minutes on low/medium until crispy, then flip to cook the other side. When done, remove from heat, slice and serve.

Roasted Chicken Pasta Salad

- > 1 cooked roasted chicken cut into cubes
- > 12 oz package of preferred pasta (like penne, rotini, macaroni) - cook according to package directions
- > 1 orange pepper, diced
- > 1 yellow pepper, diced
- > 1 cup cherry tomatoes, halved
- > 2 stalks of celery, diced
- > 1/2 cup Balsamic or Italian dressing, adjust to taste if needed

Combine chicken, pasta and all cut up vegetables in a large bowl. Add dressing and gently toss together. Enjoy!



For more easy meals and family cooking videos, check out our Pinterest page: www.pinterest.com/WakeMedEnergize

Recipes provided by Olivia Fassino, RD, WakeMed Children's - Pediatric Weight Management

GET ROUTINE READY

One of the best things parents can do to prep for that back-to-school time is to gradually adjust schedules and ease back into a more consistent routine that works well for the whole family. Dr. Haynesworth says routines help kids know what is going to happen next as well as what is expected of them throughout the day.

"If you create healthy habits for eating, sleeping and waking up around the same time each day, it can really make things easier all around," said Dr. Haynesworth. "In the morning kids should have a consistent wake-up time that is early enough to allow them to go through the steps needed to get out the door, like getting dressed, eating, brushing their teeth, putting on their shoes, and gathering their backpack and lunch."

Getting up early and keeping that morning routine consistent starts with what you do the night before. Whenever possible, involve kids in getting their backpacks ready to go so there is one less thing to do in the morning. Dr. Haynesworth says picking outfits and packing lunches the evening before can be a team effort, and eventually kids should form good habits from consistent routines.

"Routines also help emphasize what is a priority to parents," said Dr. Haynesworth. "Work the important things into your family routine, like sitting at the table for dinner with the family, spending time (screen free) talking with each other and reading books together before bedtime."

KICKSTARTING KINDERGARTEN

If kids have not had time away from their parents prior to kindergarten, create some situations during the summer that might feel like a school day.

"Set up some days where you will get up early and get ready similar to a school day and then have them spend the day away from you with nearby grandparents or other family members or friends," said Dr. Haynesworth. "Give them a reason to get up and be being responsible for some basic things to get out the door so they can get used to your future school day routine slowly."

Unlocking Knowledge at the Library

Regular library visits can lead to big adventures of the mind. "Start visiting libraries early to help build their hunger for books," said Dr. Haynesworth. "Kids can pick out books, get hooked on a series and see people of all ages enjoying books." She also encourages families to take advantage of how easy it is to select and reserve books online with Wake County Libraries' Books on the Go program. Learn more at wake.gov/library.



Simple Routine Shortcuts

- > Pack an easy picnic-style meal to enjoy together before or after sports or other activities.
- > Turn off phones in the car to encourage conversations if you can't eat together.
- > Prep food for a few school lunches on one night so there's less to do on busier evenings.
- > Switch out bath time for a quick shower.
- > Read a couple poems instead of a longer story.

Better Bedtime

- > Ease into earlier bedtimes a couple weeks in advance of the new school year.
- > Don't read on electronic devices before bed.
- > Avoid screentime within a couple of hours of bedtime. Devices should be limited after dinnertime.
- > Make physical activity a priority after school but NOT right before bed.
- > Spend time together eating dinner – it might be the only time you get to talk with older kids.
- > Relax with a bath or shower.
- > Wind down with a good book – you're never too old for story time.

Overloaded Schedules

As kids get older, their schedules can get busier and make family routines extra challenging. Dr. Haynesworth recommends planning for those extra busy nights and switching to an abbreviated schedule. "Sometimes you just need to eat at a different place or time, and you can shorten up other things in your routine as needed to remain flexible," said Dr. Haynesworth. "Frequently you can anticipate the need for flexibility and get creative while keeping your priorities in place."

DIAL DOWN THE DEVICES

Screens can be a big topic of debate among families, and opinions vary widely on how much time should be spent on screens. It's likely that children spend more time online in the summer if they are not busy with sports, camps or travels. The start of a school year offers an opportunity to down shift that screen time. Dr. Haynesworth suggests that screen time will be naturally limited when families focus on making sure kids get some structured activity time right after school along with free play and physical activity. Remember to model the behaviors you expect of your children. If you're always looking at a screen, they will be more inclined to do the same thing.

Quality Matters with Media Use

Dr. Haynesworth recommends considering the quality of digital media use in addition to the quantity of time. According to the American Academy of Pediatrics (AAP), evidence-based guidelines don't focus as much on specific screen time limits for all children and teens because they can have many kinds of online experiences.

The specific activities that children and teens engage in online, including social media, should be carefully considered. AAP recommends that parents stay engaged and support their children in the use of media. Keep in mind how the use of media, including social media, is tied to a child's social, emotional, cognitive and identity development.

What's Your Family Media Plan?

It can be challenging to monitor your children's media use as well as your own. Talk about the benefits and concerns and develop a Family Media Use Plan (www.healthychildren.org/MediaUsePlan) that considers your family's priorities and your child(ren)'s developmental stages.

Visit aap.org to learn more about risks, benefits, and use patterns of media, including the use of television, social media, and video games. Media influence on unhealthy behaviors, cyberbullying, sexting and online solicitations are all concerns that the AAP highlights and parents should be aware of as they make family media plan decisions.

INFANTS, TODDLERS & TECH

AAP's media use guidelines for families recommends that screen time and media use be very limited for children younger than 2 years old. Other than video chatting, the AAP recommends minimizing or eliminating media exposure for children under the age of 18 months.

HEATSTROKE, KIDS & CARS

The Heartbreaking Reality

Too many babies and young children have died while unattended in hot cars. And the sad fact is their deaths were preventable. One is too many and yet on average a child dies every 10 days from heatstroke in a vehicle.

- > Never leave a child alone in a car. Not even for a minute!
- > Do not let a sleeping baby continue to rest while you run a quick errand.
- > Always remove babies and children from the car first. The groceries and luggage can wait.
- > Look in the backseat before you lock the doors.
- > Keep car doors and trunks locked; keep keys and fobs out of reach so kids can't get in cars on their own.

Did You Know?

The bodies of young children heat up three to five times faster than an adult's body! In just 10 minutes, the hot temperature inside of a car can rise approximately 20 degrees. And cracking a window does not help!

WARNING! Cracking a window will not keep a car temperature safe for a child. Do not leave babies or children unattended in any vehicle.



Resist the temptation to unload items into your home, make a quick delivery or purchase, or visit with someone while a child is left unattended in the car. Even in cooler temperatures, leaving a child in an unattended car is unsafe.

Many times when a child dies from heatstroke in a car, it is because the caregiver forgot the child was in the car. Changes in routine can make it easier to forget that you are driving with a sleeping or quiet baby or child in the backseat.

"Children die in hot cars, and it is 100% preventable!" says Dr. Damilola Joseph, WakeMed Children's Emergency Department Medical Director. "Everyone should know, practice and teach others about ACT steps to prevent these deaths."

Reduce the number of deaths from heatstroke by remembering to **ACT**.

- > **Avoid heatstroke-related injury and death** by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.
- > **Create reminders.** Keep a stuffed animal or other memento in your child's car seat when it's empty and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child.
- > **Take action.** If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations.

Learn more safety and prevention tips at www.safekids.org.

Honoring Peg & Dr. Jerry Bernstein



Dr. Bernstein, with the Szulik family, stand in front of the newly unveiled dedication wall. Left to right: Keenan Szulik, Jerry Bernstein, MD, Kyle Szulik, Matthew Szulik.



Dr. Bernstein and his late wife, Peg.

On July 21, the WakeMed Children's Hospital was officially dedicated in honor of Peg and Dr. Jerry Bernstein. This special recognition was made possible thanks to the generous support of the Szulik Family Foundation.

Dr. Bernstein served as a pediatrician and founding member of Raleigh Pediatric Associates while also caring for thousands of our community's children at WakeMed. Throughout the course of his career, Dr. Bernstein and his late wife, Peg, went above and beyond to ensure that every child in our community had the opportunity to realize their potential. When speaking of this honor and the gift to WakeMed, Matthew Szulik says, "Dr. Bernstein has led by example in extraordinary care of North Carolina's children for 50 years.

His vision for WakeMed's Children's has become a model for pediatric care nationwide. He is a true leader. The Szulik Family Foundation is honored to recognize the Bernsteins by supporting the dedication of the Children's Hospital in their honor."

As Dr. Bernstein transitions into retirement, we wish him and his family all the best. At the same time, we celebrate the many contributions he has made to the WakeMed family over the years, including helping to establish the WakeMed Foundation, serving on the Hospital Board, and his participation on the WakeMed Children's Advisory Council.

"It is fair to say, we owe a debt of gratitude to both Peg and Jerry for their selfless service to improve the health and well-being of children and families across our community," said Donald Gintzig, WakeMed president & CEO. "Not only did Jerry honorably care for patients, he also helped shape what both the WakeMed Foundation and WakeMed Children's are today – including his vision to have the first dedicated Children's Emergency Department in North Carolina which opened in 1997. His compassion and commitment will continue to serve our community for generations to come. We are humbled and honored to formally dedicate the WakeMed Children's Hospital in honor of Peg and Dr. Jerry Bernstein."

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- > Primary Care
- > Wake Orthopaedics & Ortho Physical Therapy

COMING SOON

- > OB-GYN and Urology (Adult & Pediatric)



Grateful Patients

Want to recognize your care team? Please consider sharing a little about your family's experience by emailing foundation@wakemed.org.



You can also express your gratitude with a gift to the WakeMed Foundation designated for WakeMed Children's. Visit us today and learn more about how you can show your support.



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WakeMed Health & Hospitals
3000 New Bern Avenue
Raleigh, North Carolina 27610

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Advisory Panel for Families First

- Jerry Bernstein, MD, Raleigh Pediatric Associates, PA
- Karen Chilton, MD, Chief Medical Officer, WakeMed Children's & Senior Vice President & Chief Quality Officer
- Bridget Donell, MD, Medical Director, WakeMed Physician Practices – Pediatric Critical Care and Hospital Medicine
- Amy Griffin, MD, Assistant Medical Director, WakeMed Children's Emergency Department
- Andy Jakubowicz, MD, Wake Emergency Physicians
- Damilola Joseph, MD, Medical Director, WakeMed Children's Emergency Department

- Bill Lagarde, MD, Executive Medical Director, Subspecialty Medicine, WakeMed Children's
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- Leesa Brinkley, Design