

The Holiday season begins with Thanksgiving and ends when children return to school in January. We think about decorating, presents, food, family and travel. Holiday safety tips are reviewed at Healthychildren.org <http://www.healthychildren.org/English/news/Pages/Holiday-Safety-Tips.aspx>)

### **Traveling Tips for the Holidays**

Don't forget to pack your "travel" bag with your child's medication including Tylenol or Motrin, Benadryl, and a basic first aid kit with antiseptic wipes, bandages and other things to handle minor scrapes and cuts. Pack snacks, games, books, and other distractors if your trip will be more than 2 hours. Most important is the favorite stuffed animal or blanket. For long distance travel tips the AAP goes into detail for airplane, car, and international travel. Click [Travel Safety](#) or [Flying with Baby](#) (<http://www.aap.org/advocacy/releases/travelsafetytips.cfm>)

<http://www.healthychildren.org/english/safety-prevention/on-the-go/pages/flying-with-baby.aspx?>

When traveling to a relative's house you may find it is not childproofed. Be cautious of the electrical outlets, stairs without gates, cabinets without safety locks, medications and cleaning supplies not safely contained. Other things to check out:

Does the pool have a fence and gate that is self-closing and self-latching?

Are there guns in the house? Are they stored unloaded? With bullets stored separately?

Are there small objects or hard candy or nuts that younger children can swallow and choke?

Is there a pet that is potentially harmful? Is your child allergic to household animals?

If your child has food allergies check out all the food that will be served. (Don't forget EpiPen)

Let Grandma and Grandpa know that you will be glad to come over before the "big day" and childproof their house so that you will be able to socialize when the entire family arrives. Preparation in your traveling arrangements can make the holiday more enjoyable for all. Have fun and enjoy the Food, Family and Friends.

### **Eating tips for the Holidays**

1. Don't skip meals in order to eat a big dinner
2. Add fresh vegetables or salads as a side to your turkey
3. Add fruit as an alternative to pies and cakes
4. Plan activity (other than watching football) for afternoon
5. Eat early in the day to give you extra daylight for activity
6. Send leftovers home with relatives

**How often does your child get sick when it is convenient?** We want you to consider our office your “*medical home*”. However, there are times when your child will need to be seen in the evening or on the weekend when our office is not open. We have partnered with KidsTime Pediatrics <http://www.gwinnettpeds.com/news-topic.php?newsid=81> because they use credentialed pediatricians to evaluate your child (Unlike the retail based clinics that provide non-physicians with limited pediatric experience.) If your child has a minor illness and can't wait until our office opens consider KidsTime Pediatrics with a Lawrenceville location and a Suwanee location coming soon. Make sure you look at our [appointment scheduler](#) or download our “app” for an easier way to find an appointment during office hours for your sick child. Send us an email at night so you are the first call we make in the morning. See our website for more details [www.gwinnettpeds.com](http://www.gwinnettpeds.com)

#### **GPAM Holiday Hours:**

We will be open all day Friday and Saturday morning following Thanksgiving. Closed Thanksgiving Day.

We will be open Saturday morning Christmas Eve and New Year's Eve. Closed Monday Dec 26 and Jan 2.

#### **Other TidBits**

Christmas Tree Farms <http://www.gacta.com/index>

Gwinnett County Calendar of Events

<http://www.gwinnettcounty.com/portal/gwinnett/Departments/CommunityServices/ParksandRecreation/CalendarofEvents/CalendarEvents>