

Having a Healthy and Happy Halloween

Halloween and Fall Festivals are an exciting time of year for many families. Keep it a happy time by remembering safety as part of the celebration!

The American Academy of Pediatrics has listed some helpful hints for Halloween. Before Trick or Treating review emergency numbers with your child just in case he or she gets lost. Other tips include making sure costumes fit well to avoid tripping or injury, and trying to use non-toxic makeup instead of masks to avoid impairing vision. <http://www.healthychildren.org/English/news/Pages/Halloween-Safety-Tips.aspx> Also as children get older, they can get very involved in costumes and accessories. It is important to remember to avoid decorative contact lenses without an eye exam and a prescription from an eye care professional. Contacts can cause pain, inflammation and serious eye injuries if they do not fit correctly.

While pumpkin carving can be a fun family activity, remember small children should never carve pumpkins. They can draw or paint on the pumpkin, and leave the carving to parents.

It is also a good idea to think up ways to have a healthy Halloween! Eating a good meal prior to trick or treating, “buying” candy back from children to donate to the military, or rationing treats for a period of time for good behavior can all help keep children from overloading on sweets.

For more helpful Halloween hints, check out www.healthychildren.org or www.cdc.gov/family/halloween . On these sites you can find fun ways to have a SAFE HALLOWEEN!

GPAM OPEN THE DAY AFTER THANKSGIVING.

If your child has a tummy ache from too much turkey and dressing – all offices will be open the Friday following Thanksgiving and Saturday morning.

The Holiday season begins with Thanksgiving and ends when children return to school in January. We think about decorating, presents, food, family and travel. Click here to serve up a “side of safety” with your holiday meal. <http://www.safetyathome.com/seasonal-safety/holiday-safety-articles/thanksgiving-cooking-tips-serving-up-a-side-of-safety/>

DON'T FORGET TO CHECK OUT OUR “APP” TO SEE WHICH OFFICE HAS AVAILABLE APPOINTMENTS.

<http://www.gwinnettpeds.com/appt-schedule.php>