



September / October 2016



Meet and Greet

Friday, October 28th 2016
12:00 PM at Middleton Pediatrics

This is an opportunity for any expecting parents who are interested in learning more about our practice. We encourage you to come meet our team and take a tour of our office.

Dr. Michael Middleton, Dr. Acosta & our nurse practitioners will be available to answer any questions about our practice.

Please RSVP by calling (407)-284-6460 or email Kelli@middletonpediatrics.com

Tips for your child to develop a healthy lifestyle

Over the past decade, childhood obesity has affected 12.7 million children and adolescents. Did you know that obesity is linked to an increased risk for developing various types of cancer and other chronic diseases?

Today children are spending less time being active outdoors and more time watching TV, on the computer and playing video games. Research has shown that developing a healthy diet along with the proper physical activity will improve your child's overall health, irregular sleeping patterns, behavioral issues and their performance in school. These tips will help your child improve their lifestyle choices and encourage them to stay active.

1. Encourage Physical Activity

To help prevent your child from becoming overweight, being active needs to become part of your family's daily routine. Ask your child to pick a favorite activity to get involved with regularly such as a sports team, a dance class, or climbing at the playground. At home motivate your child to spend more time outdoors riding a bike, jumping rope or playing catch etc.

2. Improve Eating Habits

Enforce better eating habits for your child by discussing how to make food choices that will help their body become strong and stay healthy. Monitor their diet to ensure they are consuming plenty of vegetables, fruits, and lean meats. Be sure to avoid sugary drinks and instead stick to water or fat free milk as alternatives.

3. Be a Role Model at Home

Consuming healthy food choices as a parent is important because it creates the foundation for your child to develop a healthy attitude towards eating. Avoiding large portion sizes, fast food meals, and eating in front of the TV will benefit your child's transition to begin reaching for healthier foods and increase your child's energy to stay active. Make it a priority to have a sit down family meal on a daily basis, which will allow for less distractions that occur during meals on the go.

<https://www.cdc.gov/obesity/data/childhood.html>

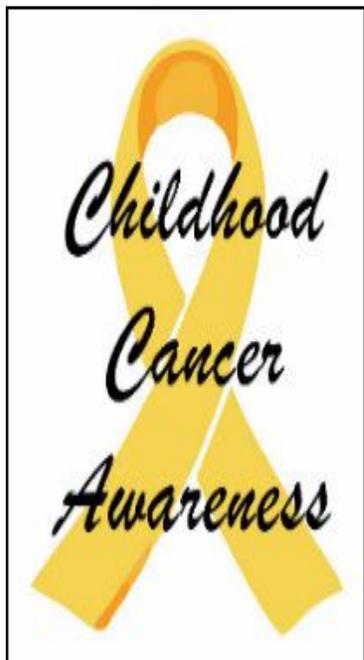
<https://www.niddk.nih.gov/health-information/health-topics/weight-control/helping-overweight-child/Pages/helping-your-overweight-child.aspx>

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Middleton Pediatrics Supports Childhood Cancer Awareness



Know the Facts:

1. 1 in 8 children with cancer will not survive
2. Each day, 43 children are diagnosed with cancer
3. Only 3 cancer medications have been designed for children in the past 20 years
4. Cancer kills more kids than AIDS, asthma, diabetes, congenital diseases, and cystic fibrosis combined

Ways to Increase Childhood Cancer Awareness:

1. Change your social media picture to a gold box or ribbon that promotes childhood cancer awareness
2. Easily raise awareness everywhere you go by wearing gold clothing or accessories to spread the word
3. Volunteer with a local organization that hosts fundraiser drives for childhood cancer awareness
4. Make a donation through the Childhood Cancer Recovery Foundation

Middleton Pediatrics

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Visit us at:
Middletonpediatrics.com

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Ensuring a Safe Halloween

Halloween is an exciting time of year for children. As a parent it is important to ensure our kids are safe. Here are some tips from the American Academy of Pediatrics to ensure your child's safety during the holiday.

Helpful tips:

1. A responsible adult should be present with small children during neighborhood rounds at all times
2. Stay in a group and communicate the intended route for trick or treating
3. Always stay on main streets and do not approach dark areas or alleyways
4. As motorists may have trouble seeing pedestrians in the dark, don't assume right away that they can see you
5. Plan costumes to be bright and reflective
6. Bring flashlights along when trick or treating
7. Review with children on how to call 9-1-1 in case of an emergency

<http://childrenscancerrecovery.org/2015/08/6-ways-to-get-involved-during-childhood-cancer-awareness-month/>

<https://healthychildren.org/English/news/Pages/Halloween-Safety-Tips.aspx>