



# Newsletter

Spring 2010

We Did It! We Moved Successfully!

**We moved our “Lantana” office to a new, larger location. Our new “Boynton” office is located at 8200 South Jog Road at the intersection of Jog and Le Chalet. Our new number is 509-5009. Please come and see the great job our staff did with the interior decorating, which, of course, includes Dr. Kraft’s photos!**

## **CHECK UP SEASON IS AROUND THE CORNER!!**

Summertime is a very busy time of year for us with all of the school and camp physicals. We HIGHLY recommend scheduling your child’s appointment before the months of July and August when everyone else is squeezing in! As the schools display on their message boards, “No shots, No school, No kidding”! Here is a reminder of who needs a physical for school:



1. School entry for pre-k 3 and pre-k 4
2. Kindergarten entry
3. 7<sup>th</sup> grade
4. All children entering public school either from private school or from out of the area
5. All children playing sports need a physical after May 15<sup>th</sup>.

### ***Tips to help prepare for an enjoyable visit with us:***

- 1.) Bring your child’s immunization record
- 2.) Bring any camp or sports physical forms with the child’s information **already completed**
- 3.) ***Don’t promise your child that he/she will not be getting any shots!*** We have many new immunizations that are now recommended for many different age groups.
- 4.) Prepare your child to have to get undressed and wear one of our stylish paper gowns!
- 5.) Remember to ask for school medication forms for your children who have chronic illnesses that require the school to administer medication.
- 6.) Go to our website, [www.pbpediatrics.com](http://www.pbpediatrics.com), to print out and complete any pertinent forms.

***Please realize that this is a busy time for us so give us 72 hours to fill out your child’s school physical forms. We charge a fee after the first set of forms that***

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8200 S Jog Road Boynton Beach, FL 33472  
12955 Palms West Drive Suite 100 Loxahatchee, FL 33470  
3933 Haverhill Road Suite 116 West Palm Beach, FL 334

(561) 509-5009  
(561) 798-2468  
(561) 471-1144

Visit us at [www.pbpediatrics.com](http://www.pbpediatrics.com) and 

*are completed by us for your child and for any form that needs immediate same-day attention.*

## **Office News**

**·BACK BY POPULAR DEMAND..... After many years of not placing earrings in baby girls' ears, we have restarted this service for two to nine month olds. Please call the office today for more information.**

*·Do you want to receive our Newsletter in an email? We are trying to collect email addresses from all of our patients. Please give someone at our front desk your email address today.*

**·Do you Facebook? Become a fan of Palm Beach Pediatrics today!**

**·Our website is being updated. Please go to [www.pbpediatrics.com](http://www.pbpediatrics.com) to see if you notice any changes!**

**·COMING SOON: Watch for our new logo!**

## **POOL SAFETY**

Outdoor water safety is especially important in Florida. With so many people having pools or living near canals, lakes or ponds, you can understand why Florida leads the nation in drownings. Most of these are in the one to three year range, at a time when infants and toddlers are testing their independence.

*A good rule to remember is that if you can afford a pool, you can't afford not to have a pool fence.* Many parents insist that they never take their eyes off of their babies. If you listen to parents and other caretakers of infants who have drowned, the one thing they say is that it only took a second. In that second, your life and the life of your child are forever changed. If you are at the pool with your baby or toddler, never assume that someone else is watching them!

Experts in pool and water safety always stress the concept of multiple barriers. This means that one door lock, one gate or one fence is never enough by itself. Always remember that one barrier may fail or may not be used, and by having a back-up device, you may save your baby's life. One easily used device is a door alarm. This attaches to any door leading to the outside. Whenever your curious toddler opens that door, you'll know it because of the alarm. Don't rely on pool flotation alarms or pool covers; there have been countless disasters that have occurred because of these devices.

As far as swimming is concerned, never consider your infant or child drown-proofed. Even though infant survival classes may help in some cases, they won't totally prevent a disaster. We recommend just having fun with your baby

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in the water. Don't assume that your one or two year old can swim. When your child is around three, he or she is probably old enough to develop an *appropriate* fear of water.

## Provider News

We are pleased to welcome a new pediatrician to our practice, Dr. Gina Lilienthal. She has moved here from Kentucky due to a change in her husband's job. She practiced in Kentucky for 9 years after finishing her residency. Come and meet her at the Boynton and Royal Palm offices.

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