



South Lake Star

Appointment Line
952-401-8300

Website and Online
Appointments
southlakepediatrics.com

Mental Health

By JoAnne Hoffman Jecha, MD

Mental health is a vital part of overall good health and well being. Many children and teens today are under stress and often parents have concerns about the behavior of their children. Children may have trouble focusing at school and/or at home, sleep problems, signs of depression, anxiety, or an eating disorder. If you have questions about these or other issues, please schedule a consultation with a South Lake clinician. We may be able to help with an assessment and provide solutions or we may make a referral to a provider with additional training and skills for evaluation and intervention.

South Lake Pediatrics has developed a strong working relationship with Relate Counseling Group and Storefront Counseling and they conveniently see patients at two of our clinic sites. Relate has a clinician with office hours at our Minnetonka Office near Highways 7 and 101. Storefront has office hours at our Plymouth location in WestHealth, near highways 55 and 494. They provide a unique opportunity to be seen in a timely way at a convenient location by a skilled Licensed Counselor and Psychologist. We also have suggestions for other appropriate, skilled providers who can help with learning, family or mental health issues.

Please let us know if you, your children or your family need help.

South Lake Pediatrics
Ignes, Child & Adolescent Care

The Daily 5-2-1-0

-  **5** servings fruits and vegetables
-  **2** hours limit on screen time (TV, computer and video games)
-  **1** hour active play or exercise
-  **0** liquid calories (pop, sweetened juices or sports drinks)

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Leaving older children home alone/babysitters

- ✿ Explain your expectations for any time your children are unsupervised.
- ✿ Create a first aid kit and teach children how to use it. Make a list of emergency phone contacts and keep it by the phone.
- ✿ Store alcohol and prescription medication in a location that is completely inaccessible to children.
- ✿ Establish rules about friends coming over to visit.
- ✿ When selecting babysitters, consider your sitter's age and maturity level along with their decision-making abilities; some suggest a minimum age of 12 years for girls and 14 years for boys.



Keeping Active

- ◆ Insist on daily physical activity!
- ◆ Remember adults “exercise” but children PLAY.
- ◆ Be a good role model and stay active yourself.
- ◆ Have family outings that involve physical activity.
- ◆ Limit “screen time” (TV, computer and video games) to 1 to 2 hours per day.
- ◆ Avoid watching TV while eating meals or snacks.
- ◆ Do not put a TV in your child’s bedroom; increased TV viewing carries a substantial risk for your child becoming overweight!



If you do not know what activities are available for your child, contact your local recreation center and get a list of activities and sports teams, or check out your local YMCA/YWCA. It may be good to spread activities throughout the year. Taking skating lessons only during the summer months can provide instruction without overloading a child’s schedule during the school year. More concentrated effort on fewer activities may lead to increased enjoyment of those lessons or projects.

Family Mealtime



Try to arrange schedules to show the value you place on time together. Plan family meals so everyone is hungry at that time and did not just eat fast food elsewhere. The simplest meal eaten together has extra value. Be a good role model. If parents eat and enjoy healthy food, children of all ages are more likely to do the same.

If business has stolen away too much of your precious time together as a family, consider making small changes. Adding one family meal or outing a week is a start. The rewards may surprise you!

easyCARE Information



easyCARE

See clinicians you know and trust at your convenience, at a location and time that works best for you.

No appointment is needed for minor illnesses such as sore throats, earaches, rashes, pink eye, fever and minor injuries.

Minnetonka - 8 a.m. till 5 p.m. Monday through Friday

Maple Grove - 8 a.m. till 5 p.m. Monday through Friday

Plymouth - 8 a.m. till 5 p.m. Monday through Friday

Children’s West - 8:30 a.m. till 12:30 p.m. and 1:30 p.m. till 5 p.m. Monday through Friday

Eden Prairie - 8:30 a.m. till 12:30 p.m. and 1:30 p.m. till 5 p.m. Monday through Friday

St. Louis Park** - 8:30 a.m. till 12:30 p.m. and 1:30 p.m. till 5 p.m. Mon, Wed, Thurs, Fri

**St. Louis Park office is closed on Tuesdays