



# South Lake Star

Volume 2, Issue 4

Appointment Line  
952-401-8300

Website and Online  
Appointments  
[southlakepediatrics.com](http://southlakepediatrics.com)

## How To Help Your Child When Bad Things Happen

By Mary Meland, MD

Many parents ask how they can help their child deal with traumatic events whether far away like the earthquake in Haiti or close to home like the death of a loved one. Sadly, we cannot always protect our children from hearing about or even experiencing the harsh realities of life. We can, however, support and reassure them so that they can continue to develop normally without lasting problems.

Signs to watch for in a child reacting to a frightening event will vary with age. A very young boy or girl might be more clingy and demanding with restless sleep at night. A school aged child might not want to go out to play with friends and regress to younger behavior like bedwetting. Teens may seem unaffected by an event only to have sleep problems or lack of interest in school and activities occur somewhat later.

Effective steps to take also depend on the age of the child. Very young children may have a confused idea of what has happened but usually respond to assurances that their parents are nearby and will protect them from harm. School aged children want to understand more details of an event but still mainly want to know that adults will stand between them and any danger. If a child believes through "magical thinking" that he caused a divorce or harm to someone, he must be told clearly that it is not true. Teens will likely have many questions as they learn to cope with their feelings about an event and may feel more in control if they can help those affected. At any age, if your child's behavior has not returned to near normal in a month, ask your clinician about counseling.

South Lake Pediatrics  
Ighite, 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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## Sports Physicals and Camp Forms

Summer is fast approaching and children are getting ready for summer camp and sports. Please schedule an appointment for a physical if your child's last check-up was more than one year ago. Our clinicians can fill out any camp or sports forms at this preventive health care visit.

Schedule your child's physical early so it can be done at your convenience by either calling 952.401.8300 or online at [www.southlakepediatrics.com](http://www.southlakepediatrics.com).



## Tell us about your care

Is the care your physician provides meeting your needs? Let us know by going online and completing a brief patient satisfaction survey at:

[www.HowWasYourCare.com](http://www.HowWasYourCare.com)

The confidential survey will allow you to:

- ✿ Rate the service and care your physician provides
- ✿ See how others rated their physicians

Take 5 minutes to complete the survey and help your physicians learn what they're doing well and how they can improve.



**HowWasYourCare?**

### 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