



# South Lake Star

Volume 2, Issue 5

Appointment Line  
952-401-8300

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

**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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## Specialized Camps

- Camp Odayin** provides a camping experience for young people with heart disease, where campers discover outdoor, athletic, and creative activities in a safe and medically supervised environment. For more information go to [www.campodayin.org](http://www.campodayin.org) or call 866.963.2946 or 651.351.9187.
- Camp Superkids** is an educational and fun summer camp experience for children with asthma. Campers learn about their asthma, the proper techniques for taking medications, and how they can better manage their asthma. Medical supervision and instruction at asthma camp is provided 24-hours-a-day by highly skilled and involved doctors, nurses, pharmacists, respiratory care practitioners, counselors, and program leaders. For more information go to [www.LungUM.org](http://www.LungUM.org) or call 800.586.4872 or 651.268.7587.
- Camp Needlepoint & Camp Daypoint** gives young people with diabetes a chance to challenge their abilities through everything from swimming and sailing to hiking and horseback riding. They make unforgettable memories in the outdoors with friends who also have diabetes. For more information go to [www.diabetes.org/campneedlepoint](http://www.diabetes.org/campneedlepoint) or call 763.593.5333 ext. 6593 Carol Holten.
- Camp OZ** is a fun, week-long overnight camp for boys and girls, ages 9-17, whose primary medical condition is epilepsy. Campers enjoy a wonderful summertime experience, gain a better understanding of epilepsy, and meet others who know what it's like to live with seizures. They offer a traditional camp experience with the security of a specially trained medical and behavioral staff. For more information call 800.779.0777, ext 2310 or 651.287.2310.

## Sun Protection

### Choosing a sunscreen

- The label should indicate "broad spectrum" which means UVA and UVB protection. The SPF (sun protection factor) indicates the degree of UVB protection; SPF of 15 or higher is recommended. UVA protection is indicated with a star system of one star (lowest protection) to four stars (highest protection). For sensitive areas of the body such as the nose, cheeks, tops of ears and shoulders, a thick sunscreen with zinc oxide or titanium dioxide provides the most protection. PABA-free, waterproof and hypoallergenic sunscreens are preferred.

### Applying sunscreen

- Apply it about 30 minutes before going outside. Use enough to cover all sun exposed areas. Remember that sunburns can happen even on cloudy days. Plan to reapply about every 2 hours. The sun's rays are strongest between 10 a.m. and 4 p.m.

## Teaching Children Good Behavior

By Mary Meland, MD

All parents want children who are loving, kind and respectful of themselves and of others. How can a parent help a young child make positive choices and learn self discipline? It's often easier to let children do whatever they like. Who wants a hassle at the end of a long day? But parents who give in to a child's demands all day and let him fall asleep on the couch watching TV may wonder why their requests are ignored and even yelling doesn't work.

Parenting is hard work and results can be gradual over a long period of time. Basic routines work well for meals and bedtime. Enforcing a few simple and fair rules can go a long way in teaching children self control. Children copy what they see. When parents treat children and each other with respect, they are modeling appropriate behavior.

Discipline is a good thing—the word just means teaching after all. Parents are a child's first teachers and need to show him or her the right way to say and do things. Allow for mistakes as a child practices his or her new skill and praise the effort whatever the result. Don't be afraid to say "no" if it needs to be said. Your child will love you anyway and you will take pride in being the parent your child deserves.

## Changes in St. Louis Park

The St. Louis Park office is consolidating with three nearby South Lake Pediatrics offices. Beginning May 17, 2010, Dr. Pizey will be available on Tuesday, Wednesday and Friday at South Lake Pediatrics - Minnetonka (near Hwy 7 and Hwy 101). Liz Hass, CPNP, will be available on Monday, Tuesday and Friday at South Lake Pediatrics - Plymouth (Hwy 494 and Hwy 55) or South Lake Pediatrics - Children's - Minnetonka (Hwy 62 and Hwy 494).

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