



RPC Winter Newsletter

Do you have new insurance this year?
 If so, please make sure we have an updated copy on file so that we can properly file your child's visit.

It's time for Pre-K and Kindergarten

► Remember to request forms required for registration such as a 3231 (Immunization Form) and a 3300 (Ear, Eye, and Dental Form).



If you are unsure if your child is due for a check-up, please ask us to verify the last date of his/her last yearly wellness exam.

Vitamin D

Vitamin D is an important nutrient that helps the body absorb calcium from our diet. Vitamin D and Calcium together build bones and keep bones strong.

There are 3 sources of Vitamin D:

1. Food Sources (fortified milk and yogurt, fatty fish like salmon, eggs to name a few)
2. Sunlight (produced in response to sunlight hitting skin)
3. Supplements (multivitamins that contain Vitamin D and Vitamin D3) come in the form of pills, gummies, chewable tablets, and liquids

How much Vitamin D does your child need? Children 2 weeks old until 12 months old need 400IU of Vitamin D per day. Breastmilk is a poor source of Vitamin D. Formula does contain Vitamin D, but unless a baby is drinking over 32 ounces of formula per day they do not reach the recommended 400IU. Starting at your 2 week well check your provider will recommend a Vitamin D supplement for your baby.

Children > 1 year of age need 600-1000IU of Vitamin D per day. Supplements of Vitamin D at this age are not typically recommended unless your child does not take the proper amount of food sources listed above. Visit www.health.gov to view amounts of Vitamin D found in food sources.

Need quick advice when your child is sick or injured?

Check out our new Symptom Checker, a new widget available on our website 24 hours a day. As always, you are welcome to call and speak to our phone triage staff during office hours. This is what it looks like...check it out and let us know if it's helpful!



Buckle up for safety!

Car safety is recommended at every age.
 See chart below to make sure your child is riding safely.



Age Group	Type of Seat	General Guidelines
Infants & toddlers	<ul style="list-style-type: none"> • Rear-facing—only • Rear-facing convertible 	All infants and toddlers should ride in a rear-facing seat until they reach the highest weight or height allowed by the car seat's manufacturer. Most convertible seats have limits that will permit children to ride rear-facing for 2 years or more.
Toddlers & preschoolers	<ul style="list-style-type: none"> • Convertible • Forward-facing with harness 	Children who have outgrown the rear-facing weight or height limit for their convertible seat should use a forward-facing seat with a harness for as long as possible, up to the highest weight or height allowed by their car safety seat manufacturer.
School-aged children	<ul style="list-style-type: none"> • Booster seats 	All children whose weight or height exceeds the forward-facing limit for their car safety seat should use a belt-positioning booster seat until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are 8 through 12 years of age. All children younger than 13 should ride in the back seat.
Older children	<ul style="list-style-type: none"> • Seat belts 	When children are old enough and large enough for the vehicle seat belt to fit them correctly, they should always use lap and shoulder seat belts for the best protection. All children younger than 13 years should ride in the back seat.



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