

Atlanta Children's Clinical Center, P.C.



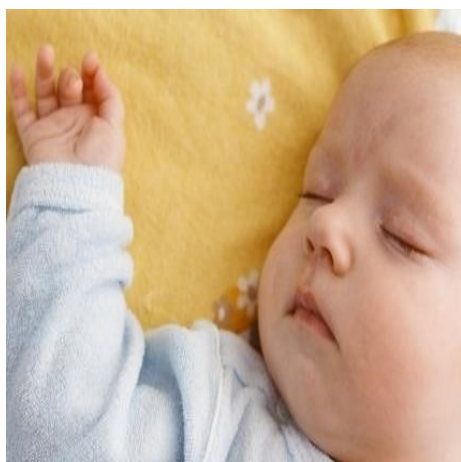
Holiday Newsletter



In 1992, the **American Academy of Pediatrics (AAP)** recommended that all babies should be placed to sleep on their backs instead of their tummies. Since then, the death rate from **Sudden Infant Death Syndrome (SIDS)** has declined more than 50 percent according to the AAP. However, deaths due to suffocation, entrapment, and asphyxia have increased. Due to these recent deaths, the AAP has an updated guideline on safe sleep for babies, with additional information for parents on keeping their baby's sleeping environment safe.

According to Healthy Children, a recent study done in New Mexico reviewed 91 deaths of children under 1 year of age between 2006 and 2010. In the study, 59 of the deaths were a result of SIDS and 28 were undetermined. Of the deaths resulted from SIDS, 52 percent of infants were not placed to sleep on their backs and 71 percent were found in an unsafe sleeping area.

Here are some safe sleeping tips to help reduce the risk of SIDS:



- Babies up to 1 year of age should be placed on their backs during nap time and bedtime.
 - Place your baby to sleep on a firm sleep surface. Cover your baby's crib mattress with a fitted sheet. Do not put blankets or pillows in between the fitted sheet. Choose a crib that is certified by the **Juvenile Products Manufacturers Association (JPMA)**. Never put your baby to sleep on a chair, sofa, water bed, cushion or sheep skin.
 - Do not use wedges and positioners.
 - Avoid putting soft objects, loose bedding or other objects that may increase the risk of entrapment, suffocation, or strangulation in the crib.
 - Do not let your baby sleep in the same bed as you.
- Breastfeed as much and as long as you can. Some studies have shown that breastfeeding can help reduce the risk of SIDS.
 - Be sure to take your baby to his or her well office visits. Your baby will receive important immunizations that will help reduce the risk SIDS.
 - Keep your baby away from smokers and areas where people smoke. If you smoke, try to quit (especially during pregnancy). While you're trying to quit smoking, keep your car and home smoke free.
 - Keep the room when your baby sleeps at a comfortable temperature. Do not over dress your baby for bed time. Dress him or her in no more than one extra layer than you would dress yourself. Avoid covering baby's head.
 - Offer a pacifier during nap time and bedtime. If the pacifier falls out of baby's mouth, you do not have to put it back in his or her mouth.
 - Be sure to educate your child's babysitter or nanny about the proper way to put your baby down for a nap or bedtime.
 - Supervise awake babies while laying on tummy. Tummy time is for play time.

ACCC Staff Updates

You may have noticed some new faces here at ACCC. While we welcome our new staff members, we have had to say goodbye to some old ones. Tatiana Agudelo, Amanda Hawthorne, Amber Henry, and Kizzie Sanders Reddick have moved on from ACCC and transitioned into furthering their careers. We wish them all the best. Here is a little bit about our new staff members:

Chantez Knight, CMA is ACCC's new Front Desk Coordinator. She received her medical assisting diploma from Radiumsoft, Inc. here in Atlanta. She also has a BS in Hotel/Restaurant Management from the University of North Texas in Denton, TX. Originally from Antigua, an island in the Caribbean, Chantez has a very adventurous spirit. She enjoys swimming, rollerblading, and wishes to try bungee jumping someday.

Gloria Phillips is ACCC's new Billing Specialist. She will also be working the front desk. She moved to Atlanta from Dayton, OH in 1985. Gloria has worked in the medical field as an EMT and a medical assistant. She received her EMT certification at EMS 911 in Ohio and her medical assisting certification and EMT re-certification at Atlanta Technical College. Gloria has four children and 14 grandchildren.

Dana Stubbs, LPN is one of ACCC's newest floor nurses and works in telephone triage. She received her Practical Nursing Diploma from Atlanta Technical College. Dana had worked as a LPN in several field of medicine including dialysis, obstetrics, as well as pediatric home healthcare and ambulatory pediatrics. Originally from Fort Valley, GA, Dana is a mother of three beautiful daughters and two granddaughters. Dana has a great passion for nursing. She is involved in her church and enjoys spending time with her family and friends.

Sarai Tinstman, RN is another one of ACCC's newest floor nurses. She also works telephone triage. Sarai is originally from Plantation, FL. She graduated from the University of Florida (Go Gators!) School of Nursing with a BSN. Sarai previously worked at Middle Tennessee Medical Center as a Surgical Care Nurse. She recently moved to Atlanta from Nashville with her husband John.



The Nurse's Corner

We have injectable flu vaccine for all ages. We no longer have flumist for this season. Remember that if your child is under the age of 9, and this is his or her first time getting a flu vaccine, your child will need two doses one month or more apart. If you have any questions or want to make an appointment, please call the office at (404) 261-2666.

ACCC Holiday Schedule

- **Saturday, Dec. 24th (Christmas Eve) – Closed**
- **Monday, Dec. 26th (In Observance of Christmas Day)– Closed**
- **Saturday, Dec. 31st (New Years Eve) – Closed**
- **Monday, Jan. 2nd (In Observance of New Years Day) – Closed**



After-Hours Clinic – New Clinics Opening Soon!

Kids Time Pediatrics' location in Lawrenceville/Snellville is now open. The Suwanee/Hamilton Mill location will be opening in December. The Kids Time Location in Sandy Springs is open on Sundays from 10:00 a.m. to 5:00 p.m. The other days remain the same: Monday to Friday 6:00 p.m. to 9:00 p.m. and Saturday 1:00 p.m. to 7:00 p.m. East Cobb, Alpharetta, and Gwinnett will keep the original Sunday hours 1:00 p.m. to 7:00 p.m. **For more information about the different locations, please visit their website www.kidstimepeds.com. The phone number for all three locations is (404) 943-1979.**