



# South Lake Star

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Appointment Line  
952-401-8300

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

## Internet Safety Tips

Parents need to learn about computers, understanding that their children often know more about them than they do. Children should be supervised whenever using a computer, especially when on the Internet. It is best to keep computers in a public place in the house and never in a child's room where a door can be closed.

The time allowed for Internet use should be included in the two hours daily of screen time recommended by the American Academy of Pediatrics. Parents also need to know how to trace what Web sites have been visited and should check frequently. Software that enables detailed tracking of these sites is available.

Parents also can consider filtering devices to control computer visits. These products can restrict Internet travels to chosen sites or can be used to block unwanted sites or materials. While they can be helpful, there are some limitations. For example, they block indiscriminately, prohibiting access to appropriate sites that contain a blocked word, such as Klan on a civil rights site or breast on a health site. Also, they are not good teaching tools and do not replace parental involvement.

Older children and teens are likely to use computers outside home or even cell phones to connect to the Internet. Parents need to be sure their kids understand the possible dangers and practice the following basic safety rules:

- Keep identity private, don't share personal information.
- Never get together with someone you "meet" online.
- Talk to a parent or trusted adult if uncomfortable or frightened.
- If uncomfortable, don't respond.
- Never send any message you would not want to say face-to-face.









For more information please see <http://safetynet.aap.org>

## School Bus Safety

Summer is ending and school buses will be making their appearance again. Many parents are appropriately concerned because there are no seatbelts on these vehicles. While those in positions of power debate the cost effectiveness of seatbelt installation, it is a fact that more children are injured or killed getting on and off the bus than suffer injuries as passengers. Parents and schools must reinforce good school bus safety habits. Children should wait on the curb until the bus has come to a complete halt with the stop arm out. They should walk in a single line to the bus and sit in their seats after getting on the bus. They **MUST** walk in front of the bus when entering or exiting and clear the area promptly at the end of the day. The driver will NOT see a small figure behind the bus or one below his line of vision if your child runs back to retrieve an item dropped in the street or forgotten on the bus. Please discuss the safety rules of bus riding with your child.



## Pool, Lake and Boat Safety

-  Never leave children alone in or near the pool, even for a moment.
-  Install a fence at least four-feet high around all four sides of the pool. This is the most effective means of drowning prevention! Make sure pool gates self-close and self-latch at a height children can't reach.
-  Whenever infants and toddlers are in or around water, an adult should be within arm's length, providing "touch supervision".
-  Swim programs for children under four years old should not be seen as a way to decrease the risk of drowning.
-  Your children should wear life jackets at all times when on boats or near bodies of water.
-  Make sure the life jacket is the right size for your child. The jacket should not be loose. It should always be worn as instructed with straps belted. Blow up water wings, toys or rafts should never replace life jackets or life preservers.

### Pay your bill online!

Save a stamp, pay your bill online.

1. Just go to [www.SouthLakePediatrics.com](http://www.SouthLakePediatrics.com)
2. Click the Online Services tab on the side.
3. Click Pay your bill below.
4. Click the yellow star.

Call our Patient Account Services Department if you have any questions or problems.  
952.401.8282

Have you scheduled your child's yearly physical?

Schedule it today!

## 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