



# South Lake Star

This Edition Featuring:

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- ★ New Version for On-line Services Coming Soon
- ★ Winter Safety Tips

Appointment Line  
952-401-8300

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

## Make Sports a Positive Experience for Children

By Anne Skemp, MD

Adapted from [Healthychildren.org](http://Healthychildren.org)

Many children participate in sports organized by schools, local park and recreation leagues, or traveling teams. Still others participate in dance or martial arts. All these activities offer benefits for growing bodies and developing minds, increasing physical fitness, helping with focus and attention, learning about teamwork and good sportsmanship, and especially giving your child the chance to have fun!

As children move through elementary grades toward middle school and into high school, sports tend to demand increasing time and hard work. Here are some tips on how to keep sports participation a positive experience for your child:

- ★ Allow your child to participate in a variety of sports – avoid specializing in one sport year-round to the exclusion of all others at an early age
- ★ Support your child by being visible at their events
- ★ Support your child unconditionally
- ★ Keep comments positive – find more things that your child is doing right than things to criticize
- ★ Find time to share a family meal several times during the week – this could be breakfast!
- ★ Help your child set realistic goals (these may be different from your goals)
- ★ Teach your child healthy attitudes about winning and losing by modeling these behaviors yourself

## New Version for On-line Services Coming Soon

In continuation of our excellence in patient care, South Lake Pediatrics is excited to announce that will be making changes to our Online Services including Appointment Scheduling and Bill Pay. Please watch for updates on our website at [www.southlakepediatrics.com](http://www.southlakepediatrics.com).

# Winter Safety Tips

## Ice/Snow Safety

Frozen lake/ponds: This ice is a serious drowning risk! According to the Minnesota Department of Natural Resources, many factors contribute to ice strength. They've posted some reasonable guidelines on ice safety at their website: [www.dnr.state.mn.us/safety/ice/index.html](http://www.dnr.state.mn.us/safety/ice/index.html). In brief, and for new, clear ice only: 2 inches or less – stay off, 4 inches – ice fishing or other activities on foot, 5 inches – snowmobile or ATV, 8-12 inches – car or small pickup, 12-15 inches or more – medium truck.

## Fireplaces and heaters

Fireplaces, wood stoves, kerosene heaters, portable space heaters and electric blankets can cause skin burns if not used carefully and appropriately. Children should be closely supervised around any of these. Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that the flue is open. Use care with "fire salts", (which produce colored flames when thrown on wood fires) as they contain heavy metals that can be dangerous if eaten. Do not burn papers in the fireplace. Fireplace doors or screens may become very hot and may cause burns if touched; consider this when having a lit fire around young children who lack good judgment.

## Carbon monoxide

Carbon monoxide is an odorless, colorless gas that can cause illness and death. It is produced whenever any fuel such as natural gas, propane, gasoline, kerosene, wood or charcoal is burned. It's essential in our climate to have a carbon monoxide alarm, at least one on each floor of your home, and in hearing range of all sleeping areas.

All fuel-burning interior appliances should be kept in good condition and have proper ventilation. Cars should not be kept idling in attached garages, whether open or closed.

## 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.

|                                                         |     |                                         |
|---------------------------------------------------------|-----|-----------------------------------------|
| <b>Chaska</b><br>111 Hundertmark Road, Suite 210        | M-F | 8:30 am to 12:15 pm and 1:15 pm to 5 pm |
| <b>Children's West</b><br>6060 Clearwater Dr, Suite 240 | M-F | 8:30 am to 12:15 pm and 1:15 pm to 5 pm |
| <b>Eden Prairie</b><br>800 Prairie Center Dr, Suite 120 | M-F | 8:30 am to 12:15 pm and 1:15 pm to 5 pm |
| <b>Maple Grove</b><br>12000 Elm Creek Blvd, Suite 250   | M-F | 8 am to 5 pm                            |
| <b>Minnetonka</b><br>17705 Hutchins Dr, Suite 100       | M-F | 8 am to 5 pm                            |
| <b>Plymouth</b><br>2805 Campus Dr, Suite 235            | M-F | 8 am to 5 pm                            |