



# South Lake Star

Appointment Line  
952-401-8300

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

## H1N1 Flu and Seasonal Flu Update

We, like other clinics, are waiting for further information and recommendations regarding availability and distribution of seasonal flu and H1N1 vaccine from the CDC, MN Department of Health and manufacturer. We are monitoring the situation closely. As information becomes available we will post it on our website.

## Your Child's Friends

By Dr. Meland

Making friends can lead to happiness and a sense of self-worth for your child. The skills needed to get along with other children develop gradually starting at about three years of age. At first, three year olds are self centered and unaware of the needs of others. With practice and supervision, they can begin to learn to share and to interact with one child at a time. By age four, some children enjoy group play and have preferences for certain playmates. Five year olds often have a desire to please and will try to make friendships and "playdates" go smoothly.

Once a child starts school, friendships become more and more important with each year. Having a best friend is frequent but may change readily especially in the early grades. A child's peer group provides support, information and companionship beyond the family circle. The ability to make and keep friends is learned and practiced through repeated opportunities to interact with other children with the assistance of parents and other adults.

Parents can reinforce appropriate social behavior by their own example of interacting with family friends. They can also talk through new social situations ahead of time to prepare a child for what is expected of them. Play groups, movies, story telling and books can teach lessons about what makes a good friend. Reading books can help a child understand the needs of others and appreciate a friend's point of view. It can also support a child who is having problems with friends to realize that others have worked through similar situations.



Here are some books that may be helpful to read aloud to your child.

- Being a Friend: The Friend, John Burningham (ages 2-6)
- Rosie and Michael, Judith Viorst (ages 4-9)
- Best Friends For Frances, Russell Hoban (ages 4-8)
- Crystal is My Friend, Shirley Gordan (ages 5-8)
- Bizzy Bones and Moosemouth, Jacqueline Martin (ages 5-7)
- The Candy Corn Contest, Patricia R. Giff (ages 6-9)

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## Halloween Safety Tips

Halloween is an exciting time of year for kids, and to help ensure they have a safe holiday, here are some tips from the American Academy of Pediatrics.

- 🍎 Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- 🍎 Consider adding reflective tape or striping to costumes and Trick-or-Treat bags for greater visibility.
- 🍎 Because masks can limit or block eyesight, consider non-toxic makeup and decorative hats as safer alternatives. Hats should fit properly to prevent them from sliding over eyes.
- 🍎 When shopping for costumes, wigs and accessories look for and purchase those with a label clearly indicating they are flame resistant.
- 🍎 If a sword, cane, or stick is a part of your child's costume, make sure it is not sharp or too long. A child may be easily hurt by these accessories if he stumbles or trips.
- 🍎 Obtain flashlights with fresh batteries for all children and their escorts.
- 🍎 Teach children how to call 9-1-1 if they have an emergency or become lost.
- 🍎 A parent or responsible adult should always accompany young children on their neighborhood rounds.
- 🍎 If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- 🍎 Only go to homes with a porch light on.

## Healthy Halloween

- 🍎 A good meal prior to parties and trick-or-treating will discourage youngsters from filling up on Halloween treats.
- 🍎 Consider purchasing non-food treats for those who visit your home, such as coloring books or pens and pencils.
- 🍎 Wait until children are home to sort and check treats. Though tampering is rare, a responsible adult should closely examine all treats and throw away any spoiled, unwrapped or suspicious items.
- 🍎 Try to ration treats for the days following Halloween.

Have a safe and happy Halloween!

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