

# HEALTH & WELLNESS

## Well visits are an important part of child healthcare

Expecting parents will soon discover that having a child sparks many changes in their lives. As infancy rolls into toddlerhood and beyond, there is usually one constant in the busy lives of new families: the pediatrician. Children visit their pediatricians at regular intervals, and these doctors are invaluable sources of support and care.

Pediatricians provide well-child services throughout youngsters' childhoods. Health checkups start from the day the baby is born and continue until a child reaches adulthood. JAMA Pediatrics says there are many benefits of well-child visits. One of the key aspects of these checkups is tracking a child's growth and development, including physical, cognitive, emotional, and social progress.

Another component of well-child visits is to prevent injury and illness. When parents come in for these visits, the staff will likely go over the appropriate safety protocol for that child's age and milestone. This may include car seat safety checks, preventing falls, choking hazards, and safety when entering school.

Bright Futures/American Academy of Pediatrics developed a set of comprehensive health guidelines for well-child care, and many pediatricians follow these schedule and screening guidelines. Visits often start at one-month intervals, and then increase by two- and three- month durations until the child is two years old. After 2.5 years of age, annual visits become the norm. The reason that earlier visits occur so often is because early childhood is a period of rapid development. In addition, various vaccinations are recommended to protect children from communicable diseases. These immunizations must be administered according to schedule to be most effective.

Well-child visits are also opportunities for screening tests and physical examinations. Exams typically involve checking blood pressure, vision, hearing, and general blood tests and urinalysis. Many parents use checkups as an opportunity to ask questions about development and ensure that children are safe to participate in school sports and extracurricular activities as well. Parents can come



equipped with questions to ask the doctor during well-child appointments to make the most

of their visits.

The AAP says well-child visits should begin from three to

five days old. Therefore, expecting parents should find a pediatrician for their child as soon as

possible to ensure that well-child visits can begin immediately after the child is born.

## Amazing facts about HONEY

Honey is perhaps best known for its sweet taste. But beneath that sweetness is a complex, healthy food.

Bees produce honey from the pollen of plants through a complex enzymatic process, turning it into the beloved golden nectar.

Many properties make honey a unique food that is not just tasty, but also quite healthy. Here are some facts about honey that might get you buzzing.

■ When stored in an airtight container, honey can last indefinitely. The substance is naturally acidic and low in moisture, which means it is an inhospitable environment for bacteria. There are small amounts of hydrogen peroxide in honey as well, inhibiting the growth of microorganisms. (Source: Tin Roof Teas)

■ Honey has antibacterial properties, so it has been relied on as a health food and topical treatment. Burns, cuts, infections, stomach ailments, and more have been treated with honey. (Source: National Center for Biotechnology Information)

■ Honey is the only food source produced by an insect that humans eat. (Source: Peace Bee Farmer)

■ Mead is a fermented beverage that is made from honey. It has a storied history as a beverage of choice in many different cultures. (Source: Hidden Legend Winery)

■ Honey is the only food that includes all the substances necessary to sustain life. This includes enzymes,

vitamins and minerals. It also contains pinocembrin, a unique antioxidant associated with improved brain function. (Source: Sirhowy Valley Honey)

■ A honey bee produces roughly 1/12 of a teaspoon of honey over the course of its life. Bees are not the only insect to make honey, however. The honey wasp, native to Mexico, also can produce honey. (Sources: Golden Blossom Honey and Inverse)

■ Honey will take on the flavor of the nectar from which it was made. This nectar also will affect the color and the consistency of the honey. (Source: National Honey Board) Honey has a sweet and rich history. At times honey has been referred to as "the nectar of the gods," and it is still enjoyed for pleasure and medicinal reasons today.



## HEADING BACK TO SCHOOL?

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