



Newton-Wellesley Family Pediatrics June Newsletter

Our Pledge

At Newton Wellesley Family Pediatrics, we pledge to help foster a community where no one has to live in fear regardless of race, religion, ethnicity, socioeconomic status, sexual orientation, gender identity or immigration status, to name a few. We at Newton-Wellesley Family Pediatrics care for ALL. Read a message from our founder, Dr. Charlie Brown, [here](#).

A few resources for talking with your children about bias and race:

- Book recommendations on how to talk to your children about race: [Healthychildren, embracerace, the conscious kid](#)
- [Coming Together](#): Link to video taping of town hall hosted by CNN and Sesame Street on how to explain racism to kids, aired Saturday, 6/6/20
- American Academy of Pediatric's [statement on racism](#)
- [Article](#) from healthychildren.org on how to talk to your children about racial bias

Virtual Group Zoom Reminder

What?

Join our providers and other members of our pediatric community for a 60 minute virtual zoom group chat. You will have the opportunity ask questions and get answers live and connect with other members of our community. Led by our pediatricians along with psychologist Dr. Charles D. Brown.

We hope this forum may offer a sense of community amidst an era of social distancing and that you get and share as many ideas from each other as you do from our providers.

When?

2nd and 4th Wednesdays of the month, 6:00 - 7:00 pm

Interested?

Call the office at 617-965-6700 to sign up and reserve a spot. You will need to be signed up for MyChart to join, and we kindly ask you to read and sign a HIPAA agreement beforehand. To read more and sign the document now, visit our website's [events page](#).

Don't want your information visible on zoom?

Remember to turn off your video to hide a view of yourself. You can also hide or change your name on your zoom profile if you wish. Click [here](#) for instructions. We do encourage you to

participate, as part of the benefit we hope to get from this is community interaction, but do feel free to protect your anonymity!

We want your feedback:

Some patients have expressed interest in groups catered towards patients' ages so children could participate. Any other ideas? Call and let us know!

COVID-19 Office Update Reminders

Following the recommendations of Governor Baker's office and the American Academy of Pediatrics, we are starting to slowly expand our in-office visits. To do so safely, please see below for some additional measures we will be taking in our office. We appreciate your patience and understanding as we navigate these difficult times. For regular updates, feel free to call us or visit our [website](#)

This is what we'll look like:



We know coming to the doctor's office can be scary for children and families. For everyone's safety, we will be wearing differing levels of personal protective equipment. Helping your child prepare for what to expect can help allay fears, here are a few tips before your visit:

- Walk your child through what may happen in their visit.
- Explain that we will be wearing additional masks and gowns for everyone's protection.
- Talk about the masks that you and your child will be wearing too - maybe decorate yours before you come in!
- Practicing with a doctor kit can help, especially before procedures such as vaccines and blood pressure checks. Feel free to bring your kit, as **our toys and books will be kept to a minimum** in the office.

New Temporary Office Policies:

- Please arrive **15 minutes in advance**. Only main entrances are open and the hospital is screening everyone that enters, thus it may take a few minutes longer to get up to our office. Masks are available upon entry to the hospital.
- **Check in from your car**. We encourage all families to call our office when you arrive so that we can ensure a room is ready. We can run any payments over the phone. We may ask you to wait in your car until a room is ready in order to avoid spending time in our waiting room.
- **Separate entrance and exit**. All patients will enter our office through the usual entrance, and will be directed to leave through a separate back entrance.
- Parents and guardians of **patients 13 years and older** may be excused towards the end of the visit in order to give your child some confidential time with their provider. During this time we ask that you return to your car to avoid extra exposure in our waiting room. Please be available by phone in case we need to reach you.
- We ask that **one caregiver**, and no siblings, accompany patients and **everyone above the age of 2 years old** wear a mask at all times.
- We will continue to separate well child visits from sick visits, and the majority of sick visits will be conducted via telehealth at this time. Adhering to the above guidelines can help protect you and others during your in-person visit.

Well Visits:

- As of **May 18**, we expanded our well visits to include ages up to 24 months of age, 4 years old, 11 years old, 16 years old and 18 years old (these visits require vaccinations).
- Starting **June 1**, we expanded our in-person visits to: **well checks of all ages**.
- We will continue to offer **well visits for all ages** via **telehealth if you prefer**. Please call the office to schedule. You will need to be signed up for MyChart. If you are able, please obtain a weight and height and fill out any screening questionnaires assigned via MyChart.
- **The American Academy of Pediatrics is strongly encouraging patients and providers to continue to bring children in for vaccines amidst the COVID pandemic to prevent**

further outbreaks. There has already been a dangerous dip in vaccine rates among children - **we do not want any further outbreaks during this time!**

- Words from the AAP [here](#)

Sick Visits:

- We are seeing a limited number of **sick visits in the office in the afternoon** (prioritized towards necessary in-person exams and towards diagnoses that may require **antibiotic treatment**).
- We continue to offer telemedicine for sick visits as well throughout the day.
- **COVID-19 testing is now available by appointment-only at the Newton-Wellesley Hospital testing tent. Please call us to determine if your child meets criteria for testing.**
- *Please note, telemedicine visits and telephone calls are billed to your insurance company just as in-office visits are. Depending on your coverage, there may be some patient responsibility.*

If you or anyone in your family has symptoms of COVID or known exposure to a COVID case, **please call our office before your appointment** to discuss the safety of coming in. Our office will be calling to confirm your appointment and ask you screening questions 24 hours prior to your visit.

Useful Links:



[Fever dosing links](#)

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