

June 2022

Healthy Kids Start Here



Did you know...

*Testing for blood sugar levels, flu, strep, RSV and more, is ALL INCLUDED in your membership. (Molecular COVID tests for patients at cost - \$50)

*We have COVID vaccines for all our patients 5yo and up. When available for 2-5yo, we will let you know. All vaccines are included in your membership!

*Unless it is a *true emergency*, skip the walk-in, urgent care or emergency department. Your child gets the best care from a doctor who knows them and is not looking to get you out as fast as possible. We have same-day sick visits, texting, telehealth visits, and 24/7 phone communication when you need us! 603.547.9557

***Children's Day, Downtown Portsmouth**

This was a great success and a lot of fun! Kiddos decorated terracotta pots with adorable tiny succulents. Some ended up as Mother's Day gifts.



***Market Square Day, Portsmouth**

June 11, 9am-4pm

Come enjoy music, food & community in beautiful downtown Portsmouth. We will look for you at our booth.



Our chicks: Mini, Sunny & Billy



Health & parenting recommendations that are evidence-based, grounded in science, and thoughtfully constructed for your child.

Vitamin D3

How critical is Vitamin D3?

Very. The reality is that you'll never get enough Vitamin D from the sun in New England – even in the spring and summer!

So what to do?

- Go away to somewhere tropical and take me with you ;)
- Newborns- 1 year old should get 400 IU/day
- After 1-year-old, 1,000 IU/day
- Oil drops are easiest for babies and young children
- Vitamin D3 is fat soluble, so don't stress when you forget for a few days or even weeks, just average your dosing.

Check out our blog for more in-depth information.



Upcoming Newsletter & Blog

Meet local, amazing health & parenting resources. These local professionals strive to continually master their area of expertise and bring you the most up-to-date advice.

- Karen Mountjoy, Coastal Family Nutrition
- Renee Keimig, Tiny Dreaming, pediatric sleep consulting
- Annie Hopkins, Full Bloom Wellness, pre & postpartum PT
- Seacoast Moms, sourcing local resources



This newsletter is for informational and educational purposes only and is not intended as personal medical advice. Always seek treatment recommendations from your healthcare provider.