

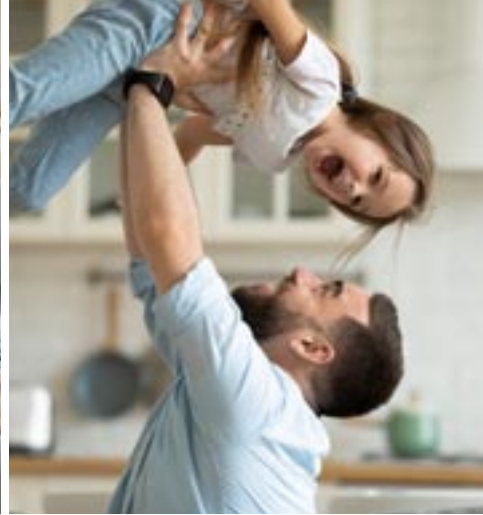
Families first

FALL 2020

MEET THE CHILDREN'S TRANSPORT TEAM



PARENTING
DURING A
PANDEMIC
OUTDOOR
FUN



parenting during a pandemic

**answers, advice +
encouragement**



Feeling overwhelmed? Do you feel like you have lost control of most things in your life since the start of the COVID-19 pandemic? You're not alone.

Jessica Tomasula, PhD, mother of two, licensed pediatric psychologist and manager of behavioral services at WakeMed Children's, shares some insight and tips to help with managing the daily struggles of parenting while making positive changes for the health and well-being of the whole family.

Why does parenting during a pandemic seem so much harder?

Parenting is difficult even on a good day, and collectively we haven't had a good day for the better part of a year. We all have to remember that we are navigating this for the first time. Parents already had a lot on their plates, and then suddenly almost every aspect of life was disrupted.

Work, school, childcare, food sourcing, sleeping, social connections and even our fun outings all changed. For the most part, family schedules and support networks also changed. That's a lot all at once!

In the beginning of the pandemic, most of us were just getting by with whatever worked day-by-day or even minute-by-minute, but that isn't really a sustainable way of managing everything that parents juggle over the long-term, and it doesn't provide much stability for children. At this stage of the pandemic, without a definite end in sight, parents need to figure out what helps them and their children stay as healthy as possible both physically and mentally.

What do you want every parent to know as they endure the pandemic?

Parents naturally want to be the absolute best they can be for their children. When we feel we aren't, we tend to cut ourselves down, and then we truly aren't our best. I always think it's helpful to remind ourselves that good enough is ok. And it's ok to not feel ok sometimes. For the most part, we are all doing our best to be good parents and to keep our children safe and healthy.

So, if you feel you haven't had the best day, try these tips:

- Give yourself a break from such high expectations.
- If you're unhappy with something you've said or done, acknowledge it.
- Ask for help and calmly talk things through when things feel upside down.

Ask for Help!

Many parents are experiencing high levels of the same stress for prolonged periods of time, which can lead to irritability, numbness and sleep disturbances. These emotional and behavioral changes are the body and brain's way of responding to traumatic events. This pandemic is an example of a collective trauma. Likewise, there is an adjustment period that occurs after a traumatic event that is similar to an aftershock following an earthquake. So please consider seeking help for yourself and/or your children if your identified coping strategies have not been helping.

For help, consider talking to your medical provider and/or pediatrician about behavioral health services.

If you or anyone in your family is experiencing periods of prolonged hopelessness, or if you are considering hurting yourself or are concerned about your child's safety and well-being, reach out to one of the resources below:

Wake County Crisis and Assessment Services

107 Sunnybrook Road
Raleigh 27610
919-250-1260

Wake Behavioral Health Urgent Care

319 Chapanoke Road, Ste. 120
Raleigh 27603
919-703-2845

National Suicide Prevention Lifeline

1-800-273-TALK (8255)
Crisis Text Line : text the word
TALK to 741741



EXPRESS YOURSELF!

Create and protect a special time and space for family communication and emotional expression. This could be at the dinner table, on a daily walk or during some other scheduled family time. Be sure to let each person talk about their high and low points of the day as well as their gratitude or improvement interests.

Kids need to hear a bit about your struggles or disappointments so they can relate emotionally. They'll learn from you that it's ok when they feel low about something and that it's helpful to talk about it. Keep the conversations appropriate for their age and be sure to balance it with the positives. Most importantly, really listen when they are sharing. You might be surprised by what made their day or seriously bummed them out.

The more we get stuck in a negative cycle of telling ourselves we aren't good enough or that it's all just too much, the harder it is to turn things around and get your family on a positive path forward.

My goal as a psychologist is to coach families through what they're most interested in accomplishing.

Do you have any tips for families who have struggled with how to set new rules for children and explain all the changes related to social interaction?

It's important to set household safety rules that apply to all ages, including parents. If children are educated on what measures need to be in place for socialization (e.g., social distancing, mask wearing, hand washing), then parents can reference these rules when their child brings up a social opportunity that may be unsafe. As a family, making a list of acceptable activities is helpful because then kids are invested in the process and realize that they may have other opportunities to be social that they might not think about otherwise.

What are your top tips for parents who feel completely overwhelmed?

- **Start with making sure you get your rest.** Make sleep (the right amount) a consistent priority for the whole family.
- **Create a family schedule** and do your best to stick to it. Start

with getting sleep times on track and then set up meal times to align with your family's sleep plan. Keep in mind that your schedule does not need to match your friends or neighbors. Do what works for you.

- **Identify and use coping skills.** Check out what works for Dr. Tomasula on the following page and then write down some ideas for yourself. Talk to your kids about healthy coping skills, think together about things to try, and help them find what works best for them. To get started, create a list of things you like or would like to do that to make you happy or calm when you're upset.



WHY IS A SLEEP SCHEDULE SO IMPORTANT?

If you and/or your children are not sleeping well or at consistent times, everything else will be a struggle. Irritability is most frequently traced back to sleep deprivation. Sleep is the building block for getting other things such as nourishment and communication back on track.

The amount of sleep needed varies for each member of the family so check for what's appropriate and then plan accordingly.

Dr. Tomasula's Bedtime Tips

- Be consistent about bedtime and use a regular wind down routine. An example is setting a dedicated time to start the bathroom routine followed by reading, and then lights out.
- Turn off all screens before bedtime. Remove televisions, tablets and cell phones from the children's rooms and model that behavior by not having them on in your own room.
- Use a nightlight and/or fan to create a good sleeping environment that feels comfortable and safe.
- Supervise the activity of children until they are asleep.

How do you successfully establish schedules, habits or behaviors?

Lead the way! Kids pay attention to what you do more than what you say. Examples include prioritizing your own sleep, never skipping meals, and showing your kids what coping skills you personally use during rough days or moments.

Manage your own expectations. Carefully consider what is doable for you and your family at any given time – think through realistic scenarios for today, next week, and a month from now. Factor in the stressors and schedules of things such as virtual learning, caregiver stress, and your workload. You might not know about unexpected stressors, but you can and should set realistic plans based on what you know right now.

Phase in change. Don't try to make multiple big shifts in schedules or habits all at once. Get your sleep and meal schedules in place and working consistently before you try to toss in something else challenging such as cooking more meals or launching a new physical fitness routine.

COPING SKILLS

Dr. Tomasula shared a few coping skills that help her get through her own day-to-day challenges and stressful moments.

It's important to remember that a coping skill that works for one person might not be quite right for someone else. One single coping strategy isn't likely to work in every scenario so Dr. Tomasula recommends building a toolkit (so to speak) of readily accessible or remembered options. She says it is also helpful to practice different coping strategies when you're not actually stressed so you can find a few that work for you and be able to quickly use them when needed.

Take some deep breaths.

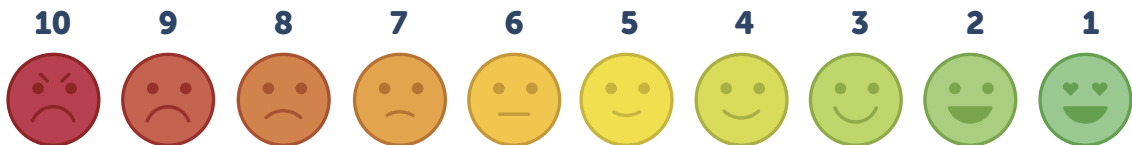
When I'm feeling overwhelmed or stressed and notice that I have shortness of breath, I use deep breathing techniques. I like square breathing because it's easy to remember. I also use this breathing strategy when my mind starts to race. It helps me calm down and then I'm able to prioritize tasks. I like to make short lists. Post-it notes are my friend!

Move your body.

Exercise helps me a lot too. It gives me time to myself and releases muscle tension. I recently got back into high intensity interval workouts, but I have always enjoyed neighborhood jogs, walks and yoga.

Count to 10; give everyone a minute to reset.

When working with my kids (or spouse), I really do try to count to 10 before I respond when I know that I'm getting angry or frustrated because voice tone and volume can really make things worse or de-escalate a situation. It doesn't happen all of the time but, when I can, it's a helpful tool. My older child and I have talked about how we need to let the other person know that we need a minute when we're in the middle of a disagreement, so when one of us starts to count to 10, the other person knows to back off for a minute.



Try counting slowly from 10 to 1 when you're feeling angry or frustrated.

Start & finish in a positive way.

Recently, I've tried to begin and end my days in a better (mental) place. In the mornings, I try to set an intention for the day, which could just be one word like patience, contentment, or strength. At the end of the day, I try to practice gratitude in some way. Either I'll do that when going over the highs/lows of the day with my older child, as I mentioned before, or I'll mentally review them. Some people like to journal about the ups and downs. Simply thinking or talking about those aspects of the day helps most people move forward.

For more help with coping, Dr. Tomasula recommends trying some of the latest apps for mindfulness and stress or anxiety management.



When Kids Push Back

It is developmentally appropriate for kids to push back a little when parents make changes to schedules or set new rules or expectations. Dr. Tomasula says younger children are especially testing you to find out if you're going to "fold like a chair" and give in. Older children tend to push back verbally or behaviorally because they are establishing their own identity, and they're also evaluating your commitment and consistency. So stick to your plan, clearly communicate expectations for everyone, and model the family behaviors you are seeking.

Don't expect children of any age to accept change right away. Even if they act like you're the worst parent ever, Dr. Tomasula advises parents not to take it personally. "Back talk, fussing and tantrums are fairly normal," said Dr. Tomasula. "Of course, professional intervention is needed if a child becomes physically abusive." Otherwise, give yourself and the whole family a couple weeks to adjust to the new lifestyle.

BUILD YOUR SUPPORT NETWORK



It's important to invest in building or maintaining quality relationships. As priorities have understandably shifted during the pandemic, our support networks may have too. To make sure your relationships are supportive, think about how you feel after spending time with a person. If you feel uplifted, content, validated and supported, then those relationships are the ones to keep investing in even if you can't physically see those people as often as you'd like.

- Schedule regular times to check in with friends and family.
- Try not to take it personally if someone is not as available as you are in those moments because they may not have figured out how to best squeeze in social connection time yet.
- Take advantage of existing connections to other parents. It's always a good idea to have the parental contact information of your child's friends. Offer to plan a pandemic-friendly, outdoor get-together with a parent and friend of your child's.
- Remember, building new relationships takes time so you might need to be proactive and persistently vulnerable as you get to know other adults who might be great additions to your support network.
- Look for those who seem to have similar interests, priorities, and/or values.
- Be patient with yourself and others.



MEET THE EXPERT

Jessica Tomasula, PhD

Jessica Tomasula, PhD, is a licensed pediatric psychologist and manager of behavioral health services at WakeMed Children's. Dr. Tomasula's professional interests include family-based behavioral interventions for health and wellness, parent training, sleep hygiene, adolescent suicide prevention, and pediatric integrated care.

Making time for unplugged outdoor activities is increasingly important as families find themselves spending more time online for both work and school. Parents know that kids need plenty of active time in their day, but getting outside to explore and play has added benefits that go way beyond the need for physical activity.

There are both physical and mental benefits for families when they take the time to explore the outdoors. "While you can always find ways to get your exercise indoors, there is something to be said for breathing fresh air, feeling the sunlight, and being out in a new environment," said Dr. Lynne Wirth, WakeMed Children's – Pediatric Primary Care. "A walk in the woods can be very refreshing and meditative, and being out in nature can be very healing."

Get Outside

Plug Into Something New Near You

Our community is full of parks, open green spaces, water features and public art. Your outside adventures don't always need to involve a lot of gear or trail maps. Remember that simply checking out new spots can bring delightful discoveries and create memory-making moments for children and parents.



Play in Unstructured Ways

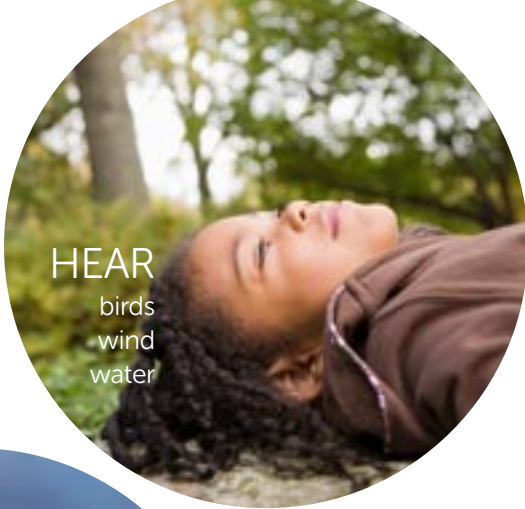
Be careful not to overly plan your daily doses of outside time. Children need plenty of time to move freely without instructions to follow. Just getting outside to work off physical energy helps with learning. Teachers will tell you that children focus and concentrate better when they've had recess.

"Play is so important for both the brain and body," said Dr. Wirth. Outdoor activity can reduce anxiety and improve mental health while also strengthening the heart, lungs, bones and muscles. Plus they are improving skills such as balance and coordination. Young children especially need a lot of time to explore in those early developmental years. Dr. Wirth recommends parents give children as much freedom as possible to climb, jump, and play the day away to support healthy physical, cognitive, social and emotional development.

Outdoor play helps kids gain a greater understanding of the world around them and how things change.



"When children are exploring, they are learning how to move their bodies in space, and they are problem-solving as they pause and think about how they're going to maneuver," said Dr. Wirth. "Childhood is all about trial and error so it's important to supervise and teach safety rules but not overly interfere in a child's outdoor exploration."



HEAR
birds
wind
water

NATURALLY FUN IDEAS

Open your mind to the simpler side of fun with these outdoor ideas. No gear needed! Just head out and let the fun discoveries begin.

- Touch tree barks
- Dig in the dirt
- Play with pebbles
- Float twigs in a stream
- Smell flowering plants
- Collect colorful leaves
- Plant some seeds



SEE
colors
creatures
plants

"As children discover new things outside, they integrate all of their senses as they gain an appreciation and understanding of the miraculousness of nature."

Dr. Lynne Wirth, WakeMed Children's – Pediatric Primary Care



TOUCH
plants
dirt
rocks

Bonus: Vitamin D Benefit

- Reduce mental fatigue
- Lower stress & anxiety
- Elevate your mood
- Revitalize your body
- Help fight depression

"Our connection to nature is innate," said Dr. Wirth. "So when you go out and connect with nature, you uncover what your body already knows." When we are stuck within a few walls, there aren't as many new and changing things to see, hear, smell and feel. "There's nothing quite like the wind in your hair," said Dr. Wirth. "Our senses are stimulated by a change in environment that brings new sounds, sights, smells, textures and tastes."



SMELL
flowers
earth
fresh air



TASTE
vegetables
fruits
herbs

What else do you enjoy when you're outside? Keep in mind that parents also benefit greatly from time outside. So give yourself some time off the devices, too! And remember, there is always something to be learned together – parenting should be full of fun discoveries!

Safe Surroundings

It's always a good idea to check out the area where your children are playing. Look for the hidden dangers and pass along tips and reminders to help your kids stay safe. Dr. Wirth recommends that parents give their child some space to explore, but stay within a safe distance so you always know where your child is and what they are doing. Be aware of what is around you.

Dr. Wirth's Safety Tips!

- Make sure the whole family wears a helmet properly anytime you go out to bike, skateboard, scooter or rollerblade. And wear appropriate helmets for varying sports activities.
- Be on the lookout for snakes in wooded or wet areas, under logs and near woodpiles
- Watch out for slippery surfaces such as logs, mossy areas, slick rocks and wet bridges.

Use Your Head; Wear a Helmet

As families seek more outdoor activities, wearing helmets is important for injury prevention. Kids are going to fall, and we want them to be able to get back up and try again. A helmet is the single most effective safety device available to reduce injury.

The Hard Facts: Properly fitted helmets can reduce the risk of head injuries by at least 45 percent – yet less than half of children 14 and under usually wear a bike helmet.

A properly fitted helmet and other safety gear such as knee and elbow pads will help prevent many serious injuries such as concussions, internal injuries and fractures.

Safe Kids Worldwide provides helpful education for families and recommends both children and parents use properly fitted helmets.

Learn more at safekids.org.



MEET THE EXPERT Lynne Wirth, MD

Dr. Lynne Wirth is a board-certified pediatrician with over two decades of experience in the Raleigh area. She enjoys caring for children of all ages and working with their families to develop thorough and individualized care plans. Dr. Wirth is currently seeing and accepting new patients at the WakeMed Children's – Pediatric Primary Care office in Clayton.

IN SEASON IN NC
FALL THROUGH WINTER

APPLES
PEARS

RASPBERRIES

BEETS

BOK CHOY

CABBAGE

COLLARDS

CUCUMBERS

GREENS

INDIAN CORN

KALE

NAPA CABBAGE

PUMPKIN

RADISHES

ROMAINE LETTUCE

SNOW PEAS

SPINACH

SWEET POTATOES

TURNIPS



at the market

WITH MONIKA

Monika Kraus, a busy mom of two teens and WakeMed dietitian, recommends fun outings to the farmer's market to get the best variety of locally grown options.

"When you buy local, you can get the freshest options, which is important because fruits and vegetables that are picked at the peak are likely packed with the most nutrients," said Kraus. "Plus, they taste better!"

Shopping in an open-air farmer's market also gives you more time outside and a lot of inspiration to try new things. Kraus recommends getting kids involved and picking one or two new things to incorporate into your upcoming meals. It doesn't have to be daunting. Consider trying one new recipe every couple of weeks. Even simpler, Kraus suggests picking a different color or type of fruit or veggie that you can just wash, slice and incorporate into a snack plate. Perhaps you or your kids have never had a sweet, purple pepper or a yellow apple! Whatever catches your eye – just give it a try!



Pack a Picnic

Stock up on these easy-to-grab, healthy snacks from the grocery store to make it easy to pack for spontaneous picnics and fun family outings.

- Mini cucumbers
- Fresh carrot chips
- Snap peas
- Hummus
- Guacamole (premade packs)
- Yogurt (snack-size)
- Grapes – Remember to cut grapes (quarter them) for young children
- Bananas
- Apple chips (or any freeze dried fruit without added sugar)
- Plantain chips
- Nuts

Hot Apple Cider

(Makes two quarts)

10 large apples (cut into quarters)

1/2 orange (cut in half)

4 cinnamon sticks

1 tsp. whole allspice

1 tsp. cloves

1 whole nutmeg

1/4 cup packed brown sugar (or maple syrup). You can adjust the amount of sweetener to your preference.

- In a large pot over medium heat, add the apples, oranges, cinnamon, allspice, cloves, and nutmeg. Add water so that everything is covered by at least 2 inches. Bring to a boil. Reduce heat, cover, and simmer for 2 hours.
- Remove oranges, and mash apples with a spoon. Then continue to simmer uncovered for an additional hour.
- Use a mesh strainer or cheesecloth to strain out all of the solids. (Discard the solids or save them to use for a smoothie).
- Stir in your desired amount of brown sugar or maple syrup to taste.



More Ways to Eat Apples

- The classic way – just wash it and enjoy! There are so many varieties of apples to try!
- Top a rice cake with chopped apple and peanut butter for a crunchy snack
- Add apple slices to a grilled cheese sandwich
- Baked apple for dessert! Just cut out the core; fill it with cinnamon, nuts, and a teaspoon of brown sugar. Put in a dish with a small layer of water at the bottom and bake on 375° for 30 minutes.

Mashed Butternut Squash

2 (2-pound) butternut squash, peeled, seeded, and cut into 1 inch cubes (or buy it already cut-up and cubed)

4 Tbsp. olive oil

Kosher salt (to taste)

Freshly ground black pepper (to taste)

4 tbsp. butter

- Preheat oven to 400°. On a large baking sheet, toss butternut squash with oil and season with salt and pepper.
- Roast until squash is extremely tender, tossing halfway through, about 30 minutes.
- Place squash and butter into a food processor and blend until smooth.

Butternut Squash Burrito Boats

2 small butternut squash, halved and seeds removed

Olive oil

Kosher salt (to taste)

Freshly ground black pepper (to taste)

1 large onion, chopped

3 cloves garlic, minced

1 lb. lean ground beef

1 tsp. ground cumin

1/2 tsp. chili powder

1 1/2 cups frozen corn

1 (15.5-oz.) can black beans, drained

1 (10-oz.) can enchilada sauce

1 1/2 c. shredded Monterey jack

1/2 c. quartered cherry tomatoes

Freshly chopped cilantro, for garnish (optional)

- Preheat oven to 425°.
- On two baking sheets, drizzle squash halves with olive oil and season with salt and pepper. Roast 25-30 minutes, until almost tender. Let cool slightly, scoop out squash, leaving a 1/2" border around edges and saving the insides for filling.
- Reduce oven heat to 350°.
- In a large skillet over medium heat, heat 1 tablespoon oil. Add onion and cook about 5 minutes, until soft. Stir in garlic and beef, breaking up meat with a wooden spoon. Cook to an internal temperature of 145°. Season with salt, pepper, cumin, and chili powder and cook until no longer pink (approximately 6 minutes).

- Stir in corn, black beans, enchilada sauce, and reserved butternut squash. Cook until sauce is warmed through.
- Fill butternut squash boats with beef mixture and top with cherry tomatoes and cheese. Bake until cheese is melted, about 2 minutes.
- Garnish with cilantro.

Roasted Butternut Squash Salad with Warm Cider Vinaigrette

1 (1 1/2-pound) butternut squash, peeled and 3/4-inch diced

Olive oil

1 Tbsp. pure maple syrup

Kosher salt and freshly ground black pepper

3 Tbsp. dried cranberries

3/4 cup apple cider or apple juice

2 Tbsp. cider vinegar

2 Tbsp. minced shallots

2 tsp. Dijon mustard

4 ounces baby arugula, washed and spun dry

1/2 cup walnuts halves, toasted

3/4 cup freshly grated Parmesan

- Preheat the oven to 400°.
- Place the butternut squash on a sheet pan. Add 2 Tbsp. olive oil, the maple syrup, 1 tsp. salt and 1/2 tsp. pepper and toss.
- Roast the squash for 15 to 20 minutes, turning once, until tender.
- Add the cranberries for the last 5 minutes.
- While the squash is roasting, combine the apple cider, vinegar, and shallots in a small saucepan and bring to a boil over medium-high heat. Cook for 6 to 8 minutes, until the cider is reduced to about 1/4 cup.
- Turn off the heat, whisk in the mustard, 1/2 cup olive oil, 1 tsp. salt, and 1/2 tsp. of pepper.
- Place the arugula in a large salad bowl and add the roasted squash mixture, the walnuts, and the grated parmesan.
- Spoon just enough vinaigrette over the salad to moisten and toss well.
- Sprinkle with salt and pepper and serve immediately.



squash

RECIPE TIPS

- You can substitute other vegetables for a variety of flavor and nutrients including mushrooms, zucchini, carrots, potatoes, beets, brussel sprouts, cauliflower, etc.
- Line the baking sheet with parchment paper for easier cleanup.
- Be careful not to overlap the vegetables to allow them to roast rather than steam.
- Vary the herbs and spices added to the vegetables (oregano, rosemary, basil, cumin, dill, garlic, curry).
- If you are short on time, purchase pre-cut vegetables.



ON THE MOVE FOR KIDS

The WakeMed Children's Transport Team

A dedicated team of registered nurses, respiratory therapists and emergency medical technicians work around the clock to bring pediatric and neonatal patients to WakeMed from other hospitals in Raleigh and throughout the state.

We want to introduce you to a few members of our superstar team. Check out what they love about their job!



Logging Lots of Miles; Focused on Smiles

WakeMed Children's Transport Team not only logs thousands of miles every year, but they are committed to going that extra mile to bring a smile to children and families facing unexpected emergencies. They're well prepared with bubbles, stickers, silly songs, and a drawer full of age-appropriate toys. WakeMed Child Life Services also gives the team stuffed animals so the patients can have a snuggly ride-along companion. "When we bring those children onto the truck, we treat them as if they are our children," said Katrina Schweisthal, RN, manager of WakeMed Mobile Critical Care Services. "We do everything in our power to protect and comfort them while providing the highest level of care possible."

The team has traveled as far as 400 miles away to Maryland and Atlanta. Typically, a long distance transport is provided in unique situations when it's important to bring a patient closer to family and/or to receive a specialized level of care.

BY THE NUMBERS

- **140** – number of people who work in Mobile Critical Care at WakeMed
- **360** – years of combined clinical experience on the pediatric transport team
- **1400+** – latest annual number of children or babies transported by the mobile care team
- **7,000** – approximate miles a month to transport children and babies primarily in Wake County and surrounding communities.
- **20,754** – total number of patients assisted by Mobile Critical Care team in 2019



New Truck!

Check out the latest and greatest care on wheels provided by WakeMed Children's. Thanks to the support of generous donors from our community, the WakeMed Foundation helped fund top-notch equipment to give even our tiniest neonate patients the same level of care they would receive in an intensive care unit. Some favorite features include:

- Isolette with Tecotherm Neo, which is a total body cooling and warming system to keep small babies in the isolette at targeted body temperature.
- Special inhalation medicines that help babies and children breathe better.
- TV for children to watch during transport as a distraction, which has reduced the need for narcotic pain medication by 50 percent.

"All of our mobile care teams are trained to provide care for children and adults, and this special pediatric transport team and truck gives us the ability to provide the absolute best neonatal care for even the tiniest and sickest babies," said Pam Baden, RN, Director, Mobile Critical Care Services. "The pediatric transport truck is built to be an ICU on wheels; our amazing team is ready and equipped with what they need to perform life-saving and life-preserving care wherever they are needed in the community."

Meet Ashli Messina, BSN, RN, CPEN, CNPT

I am a nurse on the transport team. That means when you see me I will be listening to your heart and lungs, and checking your body to see if there is anything I can do to make you feel better. I will also be the one making sure you are getting the right medicine and treatment for your sickness.

Favorite part of the new transport truck?

I have a few favorite things! There is enough room in the back of the new truck to allow a parent to ride along with their child, and you can still move around to perform the important things to help their child with them present. The cool lighting features and the DVD player to help keep kids entertained and distracted.

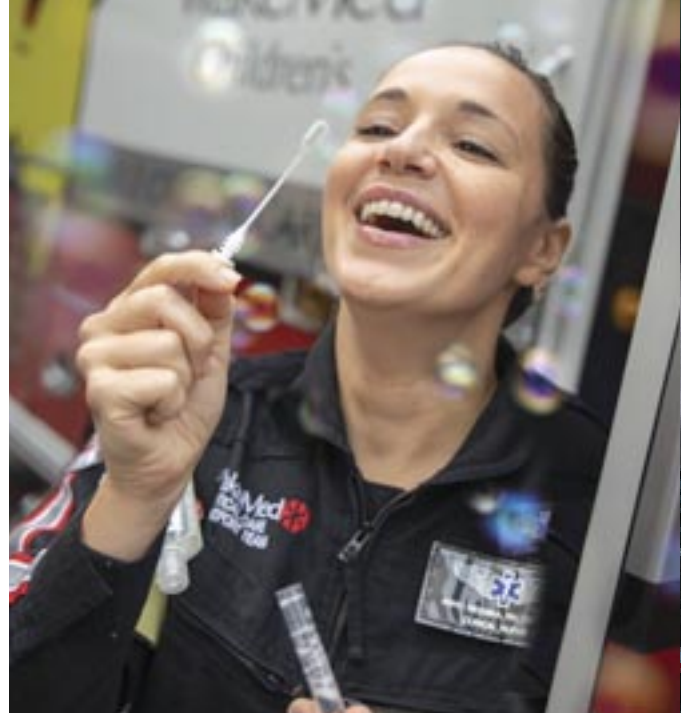
Why do you like working in mobile care?

I love working in mobile critical care for many reasons! I love that we are able to bring the help, resources, and specialty care to sick children in outlying areas who don't have it. I love that I am able to learn and be challenged to be the best at my job and handle stressful situations. Lastly I love the team collaboration to get the job done.

How You Can Help

Ongoing support for the growing health care needs of the patients at WakeMed Children's is made possible through the generous donations of readers like you to the WakeMed Foundation.

To learn how you can support the expansion of WakeMed Children's services, please visit the WakeMed Foundation at www.wakemedfoundation.org or call 919-350-7656.



Do you prefer stickers or bubbles?

Bubbles!! 100%. They are more entertaining and interactive. In my experience as a nurse I find I get best smiles when I use bubbles vs. stickers.

Meet William Pender, EMT

My role on the Pediatric unit is driver/operator and possible resource person if needed.

Favorite part of the new transport truck?

The patient compartment (in the back) because it looks relaxing, and it has a cool, flat screen TV/ DVD player.

Why do you like working in mobile care?

I've been doing this type of work for 20 years. I get gratification by helping someone in need.



Published by the WakeMed Marketing & Communications Department. Call 919-350-8120 with comments or suggestions.

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Do you prefer stickers or bubbles?

I like stickers over bubbles because stickers last longer and they tell a little bit about who you are as a person.

Meet Mark Gibbs, EMT, RRT, CNPT

I'm a respiratory therapist. Every person and animal needs to breathe to stay alive. Your respiratory system is the group of body parts that helps you breathe. You have two lungs in your chest. They are full of air, like balloons. You wouldn't want them to pop, so 12 bones called ribs make a cage around your lungs to keep them safe. I help make sure that you are breathing right. We have lots of cool equipment to help us help you breathe easier.

Favorite part of the new transport truck?

The new isolette because we have everything to be able to use our advanced practice skills. For example, we are able to deliver our nitric oxide with our new AeroNOx delivery system through our new Hamilton ventilator, and our Tecotherm allows us to provide active cooling or targeted temperature management.

Why do you like working in mobile care?

I like working for Mobile Care because I get to work with two age groups: babies and children. This is my passion. I also get to use my advanced practice skills as respiratory therapist.

Do you prefer stickers or bubbles? Stickers.

Advisory Panel for Families First

Jerry Bernstein, MD, Raleigh Pediatric Associates, PA

Karen Chilton, MD, Chief Medical Officer, WakeMed Children's

Bridget Donell, MD, Medical Director, WakeMed Physician Practices – Pediatric Critical Care and Hospital Medicine

Amy Griffin, MD, Wake Emergency Physicians, PA

Andy Jakubowicz, MD, Wake Emergency Physicians, PA

Bill Lagarde, MD, Executive Medical Director, WakeMed Children's Services

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