When it comes to a child’s health, parents want the very best care. WakeMed is focused on providing the very best team to provide that care – pediatric-specific, specialized care from before a baby is born all the way through the teen years.

**Growing Up with Us**

"Whether they’re sick, hurt or living with specific health challenges, a child-focused approach makes a world of difference in helping and healing children," said Perry Ann Reed, executive director of WakeMed Children’s Hospital. “We’re committed to providing child-friendly medical care and have significantly grown our pediatric specialties to meet a child’s needs every step of the way as they grow and develop.”

In addition to our own pediatric specialists, WakeMed partners with pediatric providers throughout the community to ensure that all of our patients’ clinical needs can be met. Together, with our partners, we offer the following pediatric specialties:

- Anesthesia
- Cardiology
- Ear, Nose and Throat
- Emergency Medicine
- Endocrinology/Diabetes
- Gastroenterology
- Intensive Care
- Neonatology
- Neurology
- Neurosurgery
- Orthopaedics
- Radiology
- Rehabilitation
- Surgery
- Urology
- Weight Management

“The access to pediatric specialists at WakeMed is phenomenal, and we’re providing the full spectrum of care that growing families need right here in Wake County. It’s truly an incredible asset that families might not even know about until a need arises.” – Stephen Leinenweber, MD, Medical Director, WakeMed Children’s
Care in the Early Years
For many families, a lifelong path of reliable care for a child at WakeMed Children’s Hospital is likely to start with prenatal and neonatal care. WakeMed Physician Practices Maternal-Fetal Medicine Team includes physicians with additional years of education and training in managing high-risk pregnancies. The team works with general obstetricians to diagnose and treat conditions of pregnancy for the best possible outcome for both mother and baby.

Not all babies come into the world the same way. At the time of birth, the team of specialists at WakeMed Children’s are available to step in when needed for immediate concerns or needs such as surgery. Some babies require the clinical expertise, vast experience and technological resources available in a neonatal nursery or intensive care. At WakeMed, high-level neonatal expertise is available with three nurseries, including Level III Nurseries at WakeMed North and Cary Hospital, and the Level IV NICU, which is the highest level available, at WakeMed Raleigh Campus.

If necessary, babies can be transferred to the Raleigh Campus for a higher level of medical care. If a baby is transferred to the Raleigh Campus by our dedicated Children’s Transport Team, every effort is made to transfer the mother to the Women’s Pavilion & Birthplace - Raleigh so she can complete her postpartum stay closer to her child.

The Special Infant Care Clinic at WakeMed Children’s provides medical and developmental follow-up for infants born prematurely or children with special medical or developmental needs.

“For families in Wake County, WakeMed has everything you need – right in your backyard.” – Karen Chilton, MD, Medical Director, Pediatric Critical Care and Hospital Medicine
Children’s Emergency Department
The first freestanding facility of its kind in North Carolina and the only dedicated Children’s Emergency Department in Wake County, caring for thousands of pediatric patients every year.

Child Life Services
To ensure that your child has a positive and stress-free experience while in the hospital, child life specialists are located throughout the WakeMed Children’s Hospital to help pediatric patients.

Chest Wall Derformity Center
WakeMed is the busiest facility in the state of NC, performing more than twice the volume as the second leading provider. Pediatric surgeons work closely with parents and children to explain the various chest wall deformities, options and what to expect through the entire treatment journey.

ENERGIZE!
Designed for children age 6-18, ENERGIZE! is an award-winning, family-centered approach to making healthy lifestyle changes. This program is the physical activity arm of WakeMed’s Pediatric Weight Management practice. Patients receive an initial health behavior evaluation as well as ongoing education and support.

NIDCAP-Certified & Training Center
WakeMed’s Neonatal Intensive Care Unit was the fourth in the world to become a Newborn Individualized Developmental Care and Assessment Program (NIDCAP) certified nursery and is home to the Carolina NIDCAP Training Center.
“From the minute that you’re trying to get pregnant all the way through the years, we are here to provide you with the level of care you need.”
– Perry Ann Reed, Executive Director, WakeMed Children’s Hospital
Planning Ahead for Life’s Big & Little Emergencies

As the area’s leading provider of emergency and pediatric care, WakeMed assures you that we have the facilities, services and professional staff ready and available to care for the most precious members of your family. All of WakeMed’s emergency department physicians are board certified and trained to care for patients of all ages.

“Everyone needs to have a family safety plan – where is the closest, child-focused care,” said Stephen Leinenweber, MD, medical director, WakeMed Children’s. “Talk with your pediatrician to ask their recommendations for your child’s needs and be proactive to think beyond emergencies and learn about the subspecialties at WakeMed before your child ever needs help.”

Backed by the state’s first dedicated, freestanding Children’s Emergency Department on the WakeMed Raleigh Campus, all of WakeMed’s emergency departments are equipped, staffed and ready to provide expert care for those “unscheduled” emergencies.

To locate the emergency department closest to your family, visit wakemed.org/emergency.

Critical, Lifesaving Care for Your Child

At WakeMed’s Pediatric Intensive Care Unit (PICU), an experienced team of pediatric specialists, full-time intensivists, critical-care nurses, child life specialists, child psychologists, social workers, respiratory therapists and chaplains are prepared to meet the physical, emotional and psychological needs of children.

“WakeMed values the extra level of training for our pediatric specialists such as our team of radiologists and anesthesiologists who understand the intricacies of how a child’s mind and body work,” said Dr. Leinenweber. “Our Children’s Hospital is a real treasure, and we are proud to be a trusted community partner – we feel a strong responsibility to always seek the best experts and continually grow our child-focused services.”

COMING IN EARLY 2018 to WakeMed Apex Healthplex!

WakeMed Physician Practices Pediatrics, a multi-specialty practice, will provide medical care and specialty services under one roof at the Apex Healthplex to ensure area families have convenient access to the care they need and deserve. Pediatric specialists will provide the following for children ages newborn to 18 years:

- Pediatric Cardiology
- Pediatric Endocrinology
- Pediatric Surgery
- Pediatric Gastroenterology
- Pediatric Weight Management

120 Healthplex Way
Apex, NC 27502
Eight Ways to Get the Best Medical Care for Your Kids

Dr. Kurt Newman, author of Healing Children, surgeon and president and CEO of Children’s National Health System, advises parents that using experts and facilities that specialize in pediatric care helps improve a child’s experience and outcome. In his book, he shares eight ways to help parents become advocates for their children.

Below are some excerpts from the tips provided in Healing Children:

1. **A few key questions to ask your kids’ doctors:**
   - For your pediatrician:
     - Will my child see the same doctor or nurse every time we visit?
     - What type of affiliation do you have with the closest hospital?
     - Will you refer me there in case of an emergency?
     - Can I call you when my child is hospitalized?
     - Can I put you in touch with my child’s surgeon?
     - Is anyone in your practice available in the middle of the night in case of an emergency?
   - For your specialist:
     - Do you exclusively care for children?
     - Do you have fellowship training and board certification in your pediatric specialty?
   - For certain issues – namely, concussions, broken bones, dental, and mental health needs – you’ll want to be absolutely certain your provider specializes in the care of children.
   - For your surgical facility:
     - Is anesthesia provided exclusively by a pediatric anesthesiologist?
     - Does the facility have dedicated pediatric nursing?
     - Is a Child Life program available?

2. **Develop an emergency care plan for your child:**
   - Determine where the nearest pediatric specialty hospital is located and find out how it operates.
   - Is it designated as a pediatric trauma hospital?
   - Does it have pediatric emergency physicians on call 24/7/365?
   - Are on-call pediatric specialists immediately available?

Pick the hospital near you with the most advanced pediatric services and make sure you know how to get there from home, school, sports activities and anywhere else where your child spends significant time. Map out directions and provide them to caregivers, guardians and babysitters.

3. **Find out what child-specific services are covered by your health insurance plan:**
   - Is your pediatrician covered?
   - How about other pediatric specialists – particularly ones specializing in mental and behavioral health?
   - Will transportation to the closest pediatric specialty center be covered in an emergency situation?

These are key questions to ask when choosing coverage or to evaluate the plan you already have.
4 Take a tour of the nearest hospital before you need it.
You can also visit the hospital's website in advance to understand what resources are available and research the hospital's ratings and accreditations.

5 Create a plan for specialized newborn care.
- Talk to your obstetrician and pediatrician about referral options for a maternal-fetal specialist.
- Determine what level of NICU is available at your delivery hospital and ask your provider and insurer about transfer options to a higher level NICU in case of complications.
- Find out ahead of time if pediatric surgeons, anesthesiologists and radiologists are immediately available in the NICU.

No parent wants to think about the prospect of a seriously ill newborn but being prepared means you can avoid making rushed or uncertain decisions in a time of high stress.

6 Prioritize your child's mental health.
More than 20 percent of children will have a mental health issue at some point in their lives – but parents often don't recognize or admit their child needs help until an average of eight years after the first symptoms – frequently when they have reached a state of crisis.
- Track and report worrisome changes in your child's behavior to your pediatrician.
- Find out what psychiatric and social services are available and ask about ways you can take advantage of them.

Prioritizing mental health is vital not just for kids with established special needs but for all children.

7 Be an active member of your child's care team.
At top children's hospitals, parents are considered active members of the care team, and their input is encouraged.
- When you sense something is wrong with your child but can't put your finger on what, keep track of your observations and share them with your pediatrician.
- You can also share constructive feedback about your child’s care.

In the right hands, a single patient's story (positive or negative) can help spark change across an entire organization.

8 Bookmark these important online resources.

Meet the Expert

He is a graduate of the University of North Carolina at Chapel Hill and of Duke Medical School. He completed his surgical residency at Brigham and Women's Hospital and Harvard Medical School before joining Children's National Health System in Washington, D.C., which is ranked one of the nation’s best pediatric hospitals by U.S News & World Report.

Dr. Newman has served Children’s National for over 30 years, first as a surgeon, then Surgeon-in-Chief, and now CEO. He guided the creation of the Sheikh Zayed Institute for Pediatric Surgical Innovation at Children’s National, with the bold vision of making children’s surgery less invasive and pain free. He is a strong advocate for expanding mental health access for kids and has led two national forums on this issue. He also plays a critical role in improving pediatric health and well-being nationally through his work on the Boards of the Children’s Hospital Association and Safe Kids Worldwide and as the author of numerous scientific publications and books.

WakeMed Children’s looks forward to welcoming Dr. Kurt Newman to Raleigh later this winter for a special community presentation. Stay tuned to wakemed.org for details.
‘Tis the season for tasty, comforting soups. As we start to feel a chill in the air, a nice warm bowl of soup can be a great option for a healthy meal. Making homemade soup doesn’t have to be complicated or time consuming.

Monika Kraus, WakeMed dietitian, says it can be quite simple, and it’s a great way to pack in a lot of nutrients.

“When making soup, think about real food first – that’s where the real benefits are,” said Kraus. “Skip the packaged seasonings, bouillon cubes and high sodium broths.” Natural spices and herbs will add plenty of flavor and some are even thought to be immune system boosters.

Kraus likes to remind families of the old quote by Hippocrates – “Let food be thy medicine and medicine be thy food.”

Figuring out which foods will help with specific health concerns can be challenging because of all the processes in our body. Kraus says it’s best to be proactive and focus on a well-rounded diet rich in fruits, vegetables and whole grains because a poor diet can contribute to a weakened immune system.
We know that antioxidants in plants can help improve our immune system," said Kraus. "When making soups, include a variety of colored veggies, dark greens, such as kale or spinach, and a mix of herbs."

To pack a lot of flavor in place of salt and gain some nutritional benefits, use fresh garlic in homemade soups. Turmeric and oregano are also great, natural options to add to soups – test different flavors and soup styles to find your family favorites.

For parents of picky kids, puree vegetables for a smoother texture that won’t look like any one specific vegetable. You can use an immersion blender in your soup pot or pour the soup into a regular blender. Kraus also suggests blending in some yogurt as a healthy twist that will make soups a bit creamier.

To get an extra meal out of previous preparations, try making soup from roasted or sautéed veggies that you use as sides for other meals. The extra leftovers can make a great soup starter.

“If someone is feeling ill, chicken soup is a great option because it provides protein, vitamins, minerals, calories and lots of fluid, and electrolytes, which your body needs,” said Kraus. “The best soup combo is veggies and protein so vegetarians should consider using beans, chickpeas or even quinoa.”

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**Warm Winter Vegetable Carrot and Thyme Soup**

1/4 cup diced celery  
1/4 cup diced baby carrots  
1/4 cup diced red onion  
1 cup fresh spinach  
1 cup well steamed baby carrots  
2 tbsp. plain yogurt  
2 tbsp. cream cheese  
3 cups low sodium vegetable broth  
2 tbsp. olive oil  
2 tbsp. flour  
1 tsp. dried oregano  
1 tsp. dried thyme  
1 tsp. dried sage (rubbed)  
1 tsp. turmeric  
1 tbsp. fresh thyme leaves (no stems) for garnish  
2 tsp kosher salt  
2 tsp fresh ground pepper

- Add oil, celery, baby carrots and onions to a saucepan.  
- Cook on medium high heat until lightly browned.  
- Remove from heat and sprinkle in the flour. Stir in well.  
- Return to medium heat and stir constantly for 4 minutes.  
- Add the dried oregano, thyme and sage.  
- Turn off the heat and stir in the low sodium vegetable broth.  
- Add the spinach, cooked baby carrots and turmeric.  
- Insert a stick immersion blender or add contents to a conventional blender.  
- Purée on high until well blended.  
- Add the yogurt and cream cheese and blend again until smooth.  
- Return the contents to the pan and turn on low until it begins to simmer.  
- Stir in the salt and black pepper and simmer on low for 15 minutes.  
- Pour into a bowl or coffee mug and garnish with a pinch of finely chopped fresh thyme.

Serves 6
TASTY, HEALTHY TIPS

• Use quinoa instead of noodles for extra protein. Just add it into the soup. One cup of quinoa is good for 2 cups of liquid.
• Use a low sodium broth
• If you have the time, make your own broth by boiling chicken bones. An easy way to do this is to save the bones from a previous meal and freeze them for when you need a soup.
• Use herbs and spices to increase flavor of broth and reduce amount of salt needed for seasoning.
• Use older carrots, celery, onion, and other veggies in your refrigerator to make a broth (you can freeze them as well for soups later).
• Let your kids pick some ingredients for your soups. If you grow some herbs or veggies at home, they’ll likely take even more interest.
• Butternut squash and sweet potatoes pureed with a basic broth make a nice, sweet-tasting soup.
• Keep some frozen vegetables handy for a quick soup.
• Try using jarred tomatoes or salsas.
• Avoid adding creams and unnecessary fats to soups.

Basic Chicken Soup Ingredients
• olive oil
• chopped onion
• celery stalks, thinly sliced
• carrots, thinly sliced
• mushrooms
• garlic cloves, minced
• unsalted chicken stock
• thyme sprigs
• bay leaves
• unsalted chickpeas, drained
• skinless, bone-in chicken breasts
For some families, allergies seem to be a problem around the holidays. While some assume it’s the fresh trees that are frequently brought into homes, Dr. Nathan Calloway of WakeMed Physician Practices - ENT, explains there are a number of reasons people might experience irritating symptoms at this time of year.

“Diagnosing the cause of holiday sniffles and sneezes can be difficult,” said Dr. Calloway. “As the environmental allergens of fall dwindle and cold and flu season pick up, it can be challenging to determine what’s causing your symptoms.” Add some holiday décor, such as fresh greenery and Christmas trees, and the puzzle can get even more confusing.

Spring, summer and fall tend to be bigger months for environmental allergies (trees, grasses and weeds) so you could be experiencing the tail end of allergy season as the holidays approach. However, it could be something completely different.

“We see more people for upper respiratory viral infections or even the flu around this time of year,” said Dr. Calloway. “Contact your doctor if symptoms are not manageable with your usual allergy medications or avoidance because it could be something more serious, and you might be contagious.”

Meet the Expert

Dr. Nathan Calloway is board certified by the American Board of Otolaryngology. As part of WakeMed Physician Practices – ENT - Head & Neck Surgery, his clinical interests include pediatric otolaryngology, otology (ear disease), sinus disease, the thyroid and parotid, and cancers of the head and neck. To learn more or request an appointment visit www.wakemedphysicians.com.
Achoo... What’s New?

Dr. Calloway explains that there can be two things going on if you find you’re fighting with allergy symptoms around the holidays. “You can already have inflammation from fall allergens, and there are many ways you might be introduced to new, mechanical irritations such as dust coming in on the tree, decorations from the attic, a fresh or dried flower arrangement, candles, potpourri or other new scents.”

Another consideration is the mold levels that could rise while a Christmas tree is in the house. If it really bothers you or a family member, consider alternate decoration options but remember that items stored all year in the attic, such as artificial trees, can also harbor dust or mold.

Remember that visiting family and friends might also bring on allergies as you are exposed to a new environment.

Tips

• The American Christmas Tree Association recommends shaking out your tree before you bring it inside.

• National Allergy Bureaus frequently releases mold and allergy counts by area. www.aaaai.org

• Be aware of other changes in your environment such as dirt and dust from attic boxes, seasonal items stored under the bed, and what’s happening outdoors.

• Be diligent with allergy medications at times of change. Use an over-the-counter nasal saline rinse or salt water as needed.

• If you know your allergy triggers, the best thing is to avoid exposure or pretreat before you know you’re going to be around it.

• Stay hydrated, eat healthy, get your exercise and minimize the amount of dust you are exposed to on a daily basis.

• Keep your house clean, wash sheets in very hot water, and have drapes and carpets cleaned seasonally.
When the chillier temperatures hit, some parents hesitate to take the kids outside. With the right planning and proper gear, outdoor time is actually a great way to keep your family active and healthy, says Amy Griffin, medical director of WakeMed Children’s Emergency Department.

“Being outside doesn’t increase your chances of getting a cold,” said Dr. Griffin. “In fact, outdoor play and regular exercise helps boost the immune system.”

**Layer Up**

“The fresh winter air can feel great and is a perfect way to escape from the germs that tend to get spread around inside,” said Dr. Griffin. “Just make sure you layer properly and keep checking to make sure clothes are dry and kids are warm.”

When it’s cold out, make sure your child’s head, neck, hands and feet are covered. “I am a big fan of wool socks because they can get wet, but will still keep feet warm,” said Dr. Griffin.

Because babies have a hard time regulating body temperatures, children under age one should wear an extra layer when outside – think about what you need to wear and then add another layer.

Some popular winter clothes can be a hazard for small children. “Avoid using scarves and clothes with strings such as hoods because they can easily catch on objects and strangle a small child,” said Dr. Griffin.

**Play it Safe!**

You can still get sunburn in the winter so remember to apply sunscreen before everyone heads outdoors. This is important even on really cold, snowy days because the sun reflects off the snow.

Dr. Griffin reminds parents that wearing helmets goes way beyond riding a bike or scooter. “Children should always wear helmets when sledding, snowboarding, skiing or playing ice hockey, and all sports equipment should be professionally fitted.” Make sure children aren’t sledding around trees or cars, and stay away from areas where cars might come along.

“On snow days, the emergency department fills up with kids who have sustained injuries such as lacerations and broken bones because they run into obstacles while sledding,” said Dr. Griffin. “Ski helmets provide a lot of protection while sledding, and they will also keep kids very warm.”

Make sure children understand the danger of playing near ponds. Children can become profoundly hypothermic in a short period of time if they fall into an icy, cold pond. This could result in death by hypothermia and drowning.
Take Breaks
Keep an eye on outdoor time and tell kids to come inside when they get wet or cold. If you’re not playing with them, keep checking on their warmth. “Some kids will get caught up in the fun and stay outside even if they’re too cold,” said Dr. Griffin. “Make coming inside fun – offer up some warm soup, hot cider or chocolate and give them an activity to do inside while they warm up.”

Stay Hydrated
Keep the whole family hydrated by drinking plenty of water. “Offer warm drinks and soup after outdoor playtime to help keep the fluids going all day,” said Dr. Griffin. “Kids tend to lose more water through their breath in dry, winter air.”

Know Warning Signs
Keep an eye on the fingers, ears, nose and toes of kids. “Pale, grey, white or blistered skin are signs of frostbite, and early warning signs include redness and tingling or numbness,” said Dr. Griffin. “If your child has any signs of frostbite, bring them inside immediately, place the areas of concern in warm (not hot) water and get them into dry clothes.” After warming them up, seek medical advice if you suspect frostbite, especially blistering.

Shivering, slurred speech, and clumsiness is a sign of hypothermia. If you think someone has hypothermia call 9-1-1 immediately!

Sources & Resources
safekids.org, aap.org, cdc.gov

Travel Wisely
Dr. Griffin recommends packing winter hats, gloves, socks coats, blankets and other warm layers if families must drive on extremely cold days or during a snowstorm. Be prepared in advance for unpredictable car accidents, traffic or other reasons that you might need to pull off the road and stay in the car for long periods of time. Remember to fill up the gas tank and pack water and snacks.
NC Symphony Young People’s Concert Series
Presented by WakeMed Children’s
**Superheroes & Supervillains**
Saturday, January 6 at 1 pm and 4 pm
**The Firebird**
Saturday, April 7 at 1 pm and 4 pm

Learn more and purchase tickets at ncsymphony.org or call 919-733-2750

**Memories for Marcus**
benefiting WakeMed Children’s
**Wednesday, December 13**
6 to 9 pm
**Daily Planet Café**
**121 West Jones Street, Raleigh**
By making a $20 donation to Memories for Marcus or bringing in a new unwrapped toy, you will receive a delicious buffet meal courtesy of The Daily Planet (drinks not included). All proceeds will benefit WakeMed Children’s through the WakeMed Foundation. Toys will be given to children hospitalized during the holiday season. Please make checks payable to WakeMed Foundation and specify “Memories for Marcus” in the memo line of your check. To learn more, including a list of suggested gift items, please visit wakemed.org or email memoriesformarcus@gmail.com or call Margie at (919) 906-0156.
WakeMed Children’s Holiday Toy Drive
Each year, the community rallies in support of the pediatric patients here at WakeMed Children’s by donating gifts and toys to share with children in the hospital during the holidays. WakeMed Children’s is happy to accept your gift and encourages all groups and individuals interested in making a donation to make your donation during one of our designated Toy Drive drop-off dates.

WakeMed Raleigh Campus
3000 New Bern Avenue, Main Visitor Lobby
• Saturday, December 2, 10 am to 3 pm
• Monday, December 4, 6 to 8:30 pm
   During our annual Love Light & Trim the Tree with Twinkle event
• Friday, December 8, 5 to 7 pm
• Saturday, December 16, 10 am to 3 pm

WakeMed North Hospital
10000 Falls of Neuse Road, Main Visitor Lobby
• Saturday, December 9, 11 am to 2 pm

WakeMed Cary Hospital
1900 Kildaire Farm Road, Main Visitor Lobby
• Saturday, December 9, 11 am to 2 pm

Please keep in mind that many of the patients in the hospital are acutely ill and unable to receive visitors. In an effort to prevent the spread of illness, we ask that all donations be directed to the designated drop off dates and locations. For a list of preferred donations items, please visit www.wakemed.org/Childrens-Holiday-donation

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.
Two Great Events, One Fantastic Evening!

Love Light & Trim the Tree with Twinkle

Monday, December 4 • 6 to 8:30 pm (Tree-lighting ceremony at 6 pm)
WakeMed Raleigh Campus Courtyard, 3000 New Bern Avenue

Join us for our annual Love Light Tree Ceremony – a special candlelight ceremony where our Love Light Tree will be lit by the Divine family, former WakeMed patients. With the gift of a Light, a Wish or a Star, you can help make a difference for the patients served at WakeMed! Make your donation online by visiting wakemedfoundation.org.

Following the tree lighting, join us for Trim the Tree with Twinkle. This festive event will include holiday crafts, ornament making, hot cocoa and pictures with Santa. Plus, help spread holiday cheer to pediatric patients by decorating a tree that will be displayed in the WakeMed Children’s Hospital.

Both events are free! No registration required.