





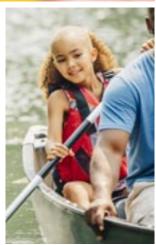
BOATING TO BUG SPRAY

PROVIDERS SHARE THEIR SUMMER MUSTS





As summer heats up, many families are looking for ways to enjoy the season while staying safe and healthy. The team at WakeMed Children's Pediatric Primary Care – Morrisville Medical Park shared their personal favorites—from childhood outdoor memories to local staycation spots—along with practical tips to help you and your kids beat the heat and stay well all season long.





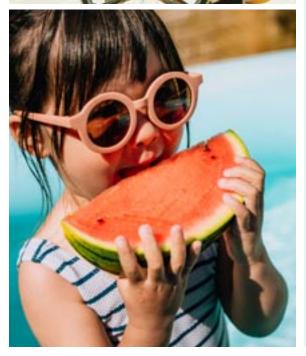














CLOSE TO HOME, READY TO HELP

Whether you're looking for a trusted pediatrician, care that fits your family's needs, or support to keep your kids safe and thriving in every season, WakeMed Primary Care is here for you. In addition to our team in Morrisville, we have locations across the region to help you stay healthy all year long. Find the practice that's right for you.

Pediatric Primary Cary – Clayton 204 Medspring Drive, Suite 200

Pediatric Primary Care – Fuquay-Varina 2400 N Main Street, Suite 230

Pediatric Primary Care – Kildaire 110 Kildaire Park Drive, Suite 410

Pediatric Primary Care – Morrisville 101 Holly Creek Road, Suite 101

Pediatric Primary Care – Wake Forest 1030 Siena Drive, Suite 230



Scan the code to view our Pediatric Primary Care locations, meet the physicians or to schedule an appointment.



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- Visit MyChart.WakeMed.org
- Call our Help Desk at 919-350-2288
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Fast Action Saves Lives

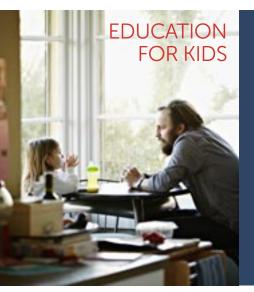
"A young girl who learned about strokes in her PE class saved her grandmother's life," said Kathy Nadareski, BSN, RN, SCRN, WakeMed Stroke coordinator.

"We really want to increase awareness with families so they realize what's happening and act quickly when someone is having a stroke. Even if you're not sure, call 911 at the slightest concern that something is wrong."

Recognizing the symptoms of a stroke and taking the necessary steps can save a life and decrease the chances of lifelong disability, such as paralysis or blindness. It's not uncommon for the people who are having a stroke to miss the signs and their own symptoms. For example, someone may not realize they are having a facial droop if they aren't looking in a mirror.

O'Neal says less than 20% of people know the signs and symptoms of a stroke, and it can look like so many other things. "When children and family members are educated, they can be real life-saving superheroes for a loved one."

Approximately 14,000
North Carolinians are
disabled by
stroke each
year, and
more than
5,000
residents lose
their lives.



The WakeMed Stroke Team encourages families to make time to talk about strokes symptoms and health risks so they can help prevent a stroke or help a loved one if a stroke occurs.

Gerolemon says the easiest way to explain a stroke is that it happens when the blood flow to the brain stops or is interrupted. "Your brain controls your body, and if it does not get the oxygen and blood it needs, then cells die," said Gerolemon. "Your brain helps support you in doing all the things you want to do."

Sometimes people think they are just tired and want to sleep it off. "If something seems off, please don't wait and see how you feel later because every minute you lose 1.9 million brain cells," said O'Neal. "Never hesitate to call 911 because it's best to get someone to come check on a loved one as quickly as possible."



If you think someone is having a stroke, look for these signs:



BALANCE

Is the person losing his/her coordination or balance? Is he/she having trouble walking?



EYES

Is the person having trouble seeing out of one or both eyes?



FACE

Does the face look uneven? Ask the person to smile.



ARM

Does one arm drift down? Ask the person to raise both arms.



SPEECH

Does his/her speech sound strange? Ask the person to answer a simple question.



TIME

If you observe any of these signs, then it's time to call 911.

"The quicker a stroke victim gets to the hospital, the better their chances for recovery," said Nadareski. "Stroke treatments are available, but they are time sensitive."

If you suspect you or someone around you is having a stroke, don't wait! Call 911 immediately for transport to the emergency department. When you call 911, they can notify the hospital that a possible stroke has happened; they can prepare for their arrival. Paramedics also know where to go for the fastest and most appropriate stroke care.



About WakeMed's Stroke Team

With two Joint-Commission certified Stroke Centers, WakeMed is a leader in comprehensive stroke care. From delivering rapid, evidence-based care in the emergency department to offering a full-spectrum of rehabilitation services, our care teams offer support and resources for patients and families throughout their stroke recovery journey.



any adults aren't sure how to talk to kids about tough topics like abuse. The good news? Parents can naturally weave in body safety and abuse prevention during general safety conversations—like speaking up about a concern and trusting your instincts.

Heather Williams, MD, medical director of WakeMed's Child Maltreatment Team and director of SAFEchild Advocacy Center, says it's vital to start these talks early and have them often. As a mom and child abuse expert, she emphasizes giving kids the language and confidence to understand their bodies and set boundaries.

"Teach young children the correct names for body parts so they can clearly express concerns," says Dr. Williams.
"Explain that the areas covered by bathing suits are private and others shouldn't look at or touch them"

If a doctor needs to examine private areas, explain what's happening and why. A trusted caregiver should always be present to help children feel safe and supported.

"Talking to children about boundaries early on and often can make a big difference for the rest of their lives," said Dr. Williams.



Children's Advocacy Centers of North Carolina provides information to help parents talk about abuse with children. The information below is available at cacnc.org along with answers to other tough questions, abuse prevention tips, signs and symptoms, mandatory reporting laws and resources available across the state.

Child abuse is when an adult hurts a child, and it is not an accident. Hitting, constant yelling or unwanted touching can all be child abuse. If someone is hurting you or making you uncomfortable, ask the person to stop or leave and tell someone you trust about what happened.

Physical abuse is when an adult hurts a child by hitting, shaking, choking, burning, pinching, beating, or any other action that causes pain or injury. If you are physically abused, you may notice cuts, bruises, or other marks on your body.

Emotional abuse is when an adult hurts a child by always yelling at the child, threatening to leave, or saying mean things. If you are emotionally abused, you may feel like you are all alone and that no one cares about you.

Child sexual abuse is when someone touches the private parts of a child's body or has a child touch the other person's private parts. It is also sexual abuse if an adult shows a child pictures or movies of people without their clothes on or takes these types of pictures or movies of a child. If someone is sexually abusing you, you may feel uncomfortable, scared, or confused.

Neglect is when an adult does not give the food, care, or place to live that a child needs. If you are neglected, you may not have clean clothes, a bed to sleep in, or medicine when you are sick.



Secrets vs. Surprises

Children should know the difference between secrets and surprises. They should know that secrets should not be kept from their trusted, safe adults. "Explain that a surprise is something that someone will eventually find out – like a birthday gift, but secrets tend to be something that someone never finds out," said Dr. Williams. "Secrets can be dangerous because child predators frequently manipulate children with secret-keeping." Children should feel like they can tell their parents or caregivers anything, even if they've been told by someone else to keep something a secret.

Reassure Children & Be Their Safe Person

Cristin DeRonja, executive director of SAFEchild and board president of Children's Advocacy Centers of North Carolina, encourages parents and caregivers to ensure children know they won't get in trouble for asking questions or expressing concerns about something that has happened.

"If a child shares something they've experienced, seen or heard that makes them uncomfortable, they need to know you'll listen and won't be upset," said DeRonja. "Let them know they won't be punished for speaking up – for themselves or others."

When a child comes to you, give them your full attention. Show them you take them seriously. Feeling heard makes it more likely they'll come to you again in the future.

Dr. Williams says children should be taught that they are allowed to say "no" to touches and other situations that make them uncomfortable. "Because children are frequently taught to follow rules and do what they are told, they may be uncertain about their right to say 'no' when it comes to their body," said Dr. Williams. "Talking to children about boundaries early on and often can make a big difference for the rest of their lives."

Even hugs can be something children feel unnecessarily pressured to give at times. Dr. Williams encourages parents to support their child when they say "no" even if it creates an awkward experience momentarily with groups of friends and family.

Respecting a child's decisions to say "no" to seemingly innocent hugs or other body touching early on is important because it is the start of their understanding about consent and bodily autonomy – the right to privacy and control of one's own body.

"Caregivers should know there are trained professionals in the community ready to support their child after trauma," said Dr. Williams. "Children's Advocacy Centers offer a team approach to abuse cases and help families begin the path to healing and justice."



Dr. Williams recommends the books below to support ongoing conversations. Be sure to give children a chance to ask questions about what they learn in the books.

- > For Girls: The Care and Keeping of You (There are versions for younger and older girls)
- > For Boys: Guy Stuff The Body Book for Boys

Recognizing & Reporting Abuse

Each child is unique, so common signs of abuse may not be present in all cases. Children's Advocacy Centers of North Carolina offers the following signs as a guideline to help adults be more mindful advocates for children.

- > Sudden changes in behavior
- > Regression to earlier behaviors
- > Fear of going home or to previously trusted places
- > Changes in eating
- > Changes in sleeping
- > Sudden changes in school performance and attendance
- > Lack of personal care or hygiene
- > Risk-taking behaviors
- > Inappropriate sexual behaviors
- > Unexplained injuries

If a child is in immediate danger, call 911. North Carolina is a Mandated Reporting State. If you are aware or have reason to believe that a child is the victim of child maltreatment, NC law requires that you report what you know to both local law enforcement where the crime occurred and the Department of Social Services where the child resides. Visit **cacnc.org** for information about child abuse, prevention and resources for victims of abuse.

SAFEchild, a nonprofit that is supported by WakeMed, provides child abuse prevention programs and resources for families. The SAFEchild Advocacy Center (safechildnc.org) provides hope and healing for victims of child abuse.

WakeMed Mothers' Milk Bank Celebrates 40 Years

For 40 years, WakeMed Mothers' Milk Bank has provided lifesustaining breast milk for the most vulnerable infants in the Southeast. Breast milk has life-saving antibodies that protect premature and full-term infants against disease, illness, and intestinal infections

The WakeMed Mothers' Milk Bank, which is the only accredited milk bank in North Carolina, was established by Mary Rose Tully, who was a founding member of the Human Milk Banking Association of North America (HMBANA) and a pioneer in breastfeeding education and milk banking. Tully is pictured in the front row (center), at the inaugural meeting of HMBANA in 1985.

Meeting a Critical Need

"Science shows us that breast milk is best for premature babies, so if a mother's own breast milk isn't available, pasteurized donor milk is the next best choice," said Kerrie Gottschall, RN, manager of WakeMed Mothers' Milk Bank. "Human donor milk can dramatically reduce the risk of necrotizing enterocolitis — a serious and even fatal gastrointestinal disease."

For a baby in the NICU, human milk donations can be essential to life. Gottschall says that 95 percent of donated breast milk goes to NICU babies – bridging the gap while a mother's milk supply comes in and supporting the baby's digestive health.

Gottschall, whose passion is helping babies get breast milk, leads a team of nurses, pasteurization technicians, production specialists, a logistics coordinator and volunteers who work to ensure that the highest standards of quality and safety are maintained.



Grateful Patients

Want to recognize your care team? Please consider sharing a little about your family's experience by emailing foundation@wakemed.org.



You can also express your gratitude with a gift to the WakeMed Foundation designated for WakeMed Children's. Visit us today and learn more about how you can show your support.



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Increase in Demand & Donation Sites

Over the years, the Milk Bank has grown exponentially along with awareness, need and donations. More than 10 percent of babies born in NC are premature, and that means more than 10,000 babies a year can be helped by receiving donated breast milk.

WakeMed Mothers' Milk bank dispenses approximately 300,000 ounces of donor milk annually to NICUs across the state and region. The team has recently made it easier for donors to contribute their milk by establishing Milk Bank drop-off locations across the state and introducing a courier pick-up service for locations within three hours of Cary Hospital.



Donations can now be made in Wake, Durham, Mecklenburg, Pasquotank, Jackson and Cumberland counties. To learn more about the Milk Bank and how to become a donor, scan the code.

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Karen Chilton, MD, Chief Medical Officer, WakeMed
Children's & Senior Vice President & Chief Quality Officer
Bridget Donell, MD, Medical Director, WakeMed Physician
Practices – Pediatric Critical Care and Hospital Medicine
Amy Griffin, MD, Assistant Medical Director, WakeMed
Children's Emergency Department
Andy Jakubowicz, MD, Wake Emergency Physicians
Damilola Joseph, MD, Medical Director,
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Jeff Langdon, Executive Director, WakeMed Women's & Children's

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