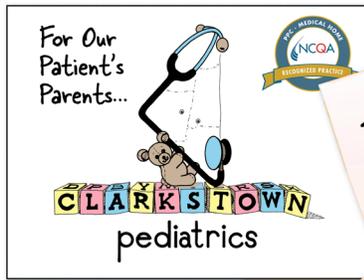


Summer 2022



PARENT LETTER

the best parents ever!



## COVID-19 Vaccine Approved for Infants and Children 6 Months or Older!

### Great, but why should infants and toddlers get vaccinated?

by Doug Puder, MD



#### ● Relief for Daycare, Babysitters, Pre-K:

Infants, toddlers, and pre-schoolers are often unable to wear facemasks. As cute as they are, we know toddlers who try to wear a facemask don't wear it properly or reliably. This age group isn't able to practice social distancing and hand hygiene is a problem. So most early childhood daycare and schools have struggled with COVID-19 outbreaks.

#### ● Relief for Working Parents:

So many parents have been forced to take days off of work to quarantine with their children due to a COVID-19 case in their child's daycare. The number of sick days and quarantine days have added up as the COVID-19 pandemic drags on.

#### ● Protection for Children:

Our CDC reports that 202 children under age 5 have died from COVID-19. Most of them were healthy children or children with minor medical issues. COVID-19 is now the 4th leading cause of death in this age group. That's more than deaths from other vaccine preventable illnesses (such as meningitis). MIS-C (*Multisystem Inflammatory Syndrome in Children*) continues to be seen. Long COVID (fatigue, loss of taste or smell for more than 4 weeks) has been seen in this age group. Although most young children recover from COVID-19 infection, there have been many children treated in emergency rooms and hospitals.

#### ● Protection for Community:

Over 2 million COVID-19 cases in children 6 months to 4 years have been reported to the CDC as of June 2022. Parents, grandparents, and community contacts are put at risk. We can never achieve "herd immunity" without protecting young children!

Vaccine details on next page...

So the doctors at Clarkstown Pediatrics think it's important!

# COVID-19 Vaccine Schedule

Which is better, *Pfizer* or *Moderna* vaccine? They were both highly effective and safe. They are both mRNA vaccines which work really well. **Take the one which is available!** Both vaccines may cause irritability, decreased appetite, fever, tenderness, redness, and pain at the injection site. But most of these reactions passed quickly. Moderna has an advantage of only two vaccine doses but a third dose may become necessary in the future. We will let you know! We have started giving *COVID-19* vaccines in our offices, call us for an appointment...

## 6 Months to Age 5 (Pfizer) to Age 6 (Moderna):

**Pfizer 3 doses:** *Second dose 3-8 weeks after first*  
*Third dose at least 8 weeks after second*  
3 microgram dose

**Moderna 2 doses:** *Second dose 4-8 weeks after first*  
25 microgram dose



## Age 5 through 11 years:

**Pfizer 3 doses:** *Second dose at least 3-8 weeks after first*  
*Third dose at least 5 months after second*  
10 microgram dose

**Moderna 2 doses:** *Second dose 4-8 weeks after first*  
50 microgram dose



## Age 12 through 17 years:

**Pfizer 3 doses:** *Second dose at least 3-8 weeks after first*  
*Third dose at least 5 months after second*  
30 microgram dose

**Moderna 2 doses:** *Second dose 4-8 weeks after first*  
100 microgram dose



## Age 18 and older:

by Doug Puder, MD

**Pfizer 3-4 doses:** *Second dose 3-8 weeks after first*  
*Third dose at least 5 months after second*  
*Fourth dose at least 4 months after third*  
30 microgram dose

**Moderna 3-4 doses:** *Second dose 4-8 weeks after first*  
*Third dose at least 5 months after second*  
*Fourth dose at least 4 months after third*  
100 mcg dose



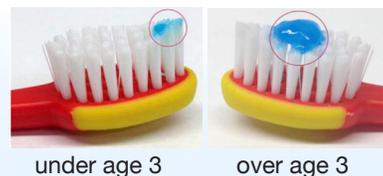
We hope you find our Parentletter helpful and informative. Please keep in mind that receipt of this newsletter does not create a doctor/patient relationship and that it is not meant to serve as a substitute for professional medical advice. For particular pediatric medical concerns, including decisions about diagnoses, medications and other treatments, or if you have any questions after reading this newsletter, we encourage you to speak with your child's pediatrician.

# How to Care for Your Baby's Teeth:

## Start brushing your baby's teeth when the first tooth breaks through!

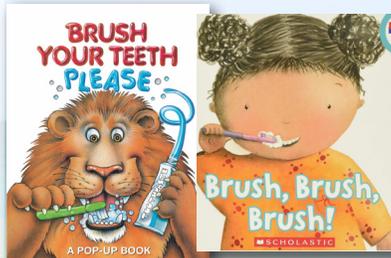
Many parents began toothbrushing later than recommended. Start brushing with a children's fluoride toothpaste. Use a soft infant toothbrush and put an amount that is the size of a grain of rice. Too much fluoride can cause abnormal color and pitting of the teeth known as *dental fluorosis*. After age 3 years you can use a pea size amount of toothpaste but they shouldn't swallow it.

by Doug Puder, MD



## What if my baby or toddler refuses to let me brush?

Show your baby or toddler how you brush your own teeth, or pretend to brush a favorite stuffed animal's teeth, or try reading stories about brushing. Praise them for trying to brush their own teeth, but you need to brush for them afterwards. It's one of those things that you must make happen no matter how they feel about it (like you must stop them from running out in the street)! Once they learn that tantrums don't get them out of brushing their teeth, they will accept it.



## Take your toddler for a first dental appointment by age 1-2 years:

Either your pediatrician or dentist should be checking the teeth at age one and discussing tooth care. Fluoride Varnish should be applied every 6 months to all children under age 5. We are looking into performing this service in our office, but as of now you will need to see a dentist.



## Prescription Vitamins with Fluoride:

We don't recommend fluoride rinses. We will prescribe fluoride supplements starting at age 6 months and continue it until teenage. It has been proven to be safe and it makes the developing teeth stronger. Fluoride supplements will decrease cavities by 50% over your's child's life! Over 200 million people in this country have drinking water with fluoride. Unfortunately, there is no fluoride in the drinking water for Bergen, Rockland, and Orange counties.



## Prevent Milk Bottle or Night Nursing Cavities:

ECC, early childhood caries (cavities) also known as nursing bottle caries or baby bottle tooth decay, is a disease that affects teeth in children aged between birth and age 5. After brushing your baby or toddler's teeth at bedtime, do not give any bottles or nurse until morning. Milk bottle rot can be quite horrible and require surgery! There is no nutritional need to feed your baby at night beyond the age of 4 months. We want to see toddlers off bottles completely by 18 months. That goes for pacifiers too!



## Cold Teething Rings for Teething Pain:

Teething begins months before the first teeth erupt and continues off and on for several years. Cold teething rings and tylenol should help. Teething is not a cause of fever!



**It's just as important as caring for adult teeth!**

# Carseat Safety: Avoid Common Mistakes

by Doug Puder, MD

## The Five Points:



Automobile crashes are one of the leading causes of death and disability in children, and yet, unknowingly, about **three out of four parents** strap their children into safety seats and devices incorrectly! Parents can dramatically decrease their child's risk of serious injury by following the guidelines recommended by the *American Academy of Pediatrics*. These are the recommended seats and positions for your child:

### Babies:

Most parents know newborns should be facing backwards and restrained in a car seat with a **5-point harness**, but did you know that your baby should **continue to face backwards until at least 2 years old**? Past recommendations were to face your baby forward at 12 months but further testing has shown that the safest position for the youngest children is rear facing. The *AAP* now recommends trying to keep your child rear facing as long as possible. Some tall toddlers may not fit facing backwards, but **never** face an infant forward under a year of age.

### Buckling errors:

Many babies are in the correct type of car-seat but are not buckled correctly. The chest clip should be sitting at the *level of the armpits*, not lower. Shoulder straps should fit snugly, so you can only fit one finger between the strap and your child. Babies should not be buckled in while wearing blankets or coats. Take off heavy winter coats prior to buckling.

### Toddlers/Preschoolers:

Use a forward facing 5-point harness infant or booster car seat. If your toddler's shoulders are higher than the highest shoulder strap slot, it's time for a booster seat.

### Booster Seats:

Many booster seats are designed for ages 4 and older, check height/weight recommendations. Booster seats with high backs and head rests are a good idea for younger children who tend to fall asleep in the car so they don't slump into a dangerous position. Older children should continue to use boosters with your car's shoulder/lap belt. They must use a booster until the shoulder belt sits on them correctly without the booster, which usually occurs between age 8 and age 12 and **when the child is 4'9"**.

### School age/Tweens:

All children should ride in the back seat. **No child under age 13 should ride in the front seat.** Children should always use both a lap belt and cross-shoulder belt. The shoulder belt should sit across your child's chest. If it lies across his neck or face continue using a booster seat.

Take a look at: [www.safercar.gov](http://www.safercar.gov) for more information...

Age	Seat Type	Illustration
1	Rear-Facing	
2		
3		
4	Front-Facing	
5		
6		
7	Booster Seat	
8		
9	Back Seat Shoulder/Lap Belt	
10		
11		
12		
13		

