

Nevada Chapter AAP

Fall 2018



Letter from the President

Dear colleagues,

I hope everyone had a great summer. The weather is finally cooling off.

Thank you to everyone who attended our annual meeting! We had a great turnout. We hope you enjoyed the informative lectures, exciting exhibitors, and had a chance to catch up with colleagues from across the state. A special thank you to the planning committee. It would not be possible without the hard work of your chapter officers and our executive director.

We recently expanded our Walk with a Doc program to Reno. We have more details about the great program in Reno on page 2.

Congratulations to our NCE Scholarship winners! Eesha Farooqi is our resident winner and Diana Pena is our medical student winner. We hope you guys have a great time at NCE and bring back ideas for our chapter.

If anyone is interested in being more active in our chapter, we always welcome new faces to any of our committees. If we don't have the committee you're interested in, please help us start one. Additionally, the current term for officers ends March 2019. We will have elections for a new Secretary/Treasurer early next year. All committee chair positions will also be open at that time. I hope everyone considers taking a leadership role in our chapter.

As always, if you have any ideas for advocacy or projects, please let us know. Your chapter is here to support you!

Sincerely,

Betsy

Upcoming Events

Reno Walk with a Doc: Kids Time

Date: Saturday, Oct 13, 9:30-10:30 (2nd Saturday of every month)

Location: Sparks Marina Gazebo, Reno

Las Vegas Walk with a Doc: Kids Time

Date: Sunday, Oct 14, 8:30-9:30 (2nd Sunday of every month)

Location: Springs Preserve, Las Vegas

AAP National Conference & Exhibition

Date: November 2-6, 2018

Location: Orland, FL

News from the Chapter

New Walk with a Doc program in Reno

Contributed by Vanessa Slotts, MD

Reno hosted our first Walk with a Doc – Kids Time event in September. We had about 20 walkers of all ages with our youngest being just 11 months old. The healthcare providers present including pediatrics and family practice.

Pamela Burgio, Pediatric Nurse Practitioner with 22 years' experience, was our speaker. Pam highlighted the importance of hydration for both kids and adults with easy ways to remember consuming water throughout the day. She also touched on portion control for kids and the difference between adults and kids when it comes to food portions. Pam facilitated some great discussions along our walk on expanding the palate of our kids by offering healthy choices and almost everyone shared some ideas. At the end of our walk, we had some happy, sweaty faces that expressed how excited they were for our next meeting. Overall, a successful first walk!

Reno's walks are held on the 2nd Saturday of every month at 9:30 AM. We meet at the Sparks Marina Gazebo. In October, Dr. Singh will be discussing how asthmatics can stay active outdoors in the winter.



Useful Websites

Nevada Chapter AAP

www.nevadaaap.org/

American Academy of Pediatrics

www.aap.org

HealthyChildren.org

www.healthychildren.org

Chapter Officers

President – Betsy Huang

VP – Pam Greenspon

**Secretary/Treasurer –
Vanessa Slotts**

**Executive Director – Roberta
Again**

**Immediate Past President -
Kami Larsen**

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AAP Policy Corner

The Power of Play: A Pediatric Role in Enhancing Development in Young Children

Abstract:

Children need to develop a variety of skill sets to optimize their development and manage toxic stress. Research demonstrates that developmentally appropriate play with parents and peers is a singular opportunity to promote the social-emotional, cognitive, language, and self-regulation skills that build executive function and a prosocial brain. Furthermore, play supports the formation of the safe, stable, and nurturing relationships with all caregivers that children need to thrive.

Play is not frivolous: it enhances brain structure and function and promotes executive function (ie, the process of learning, rather than the content), which allow us to pursue goals and ignore distractions.

When play and safe, stable, nurturing relationships are missing in a child's life, toxic stress can disrupt the development of executive function and the learning of prosocial behavior; in the presence of childhood adversity, play becomes even more important. The mutual joy and shared communication and attunement (harmonious serve and return interactions) that parents and children can experience during play regulate the body's stress response. This clinical report provides pediatric providers with the information they need to promote the benefits of play and to write a prescription for play at well visits to complement reach out and read. At a time when early childhood programs are pressured to add more didactic components and less playful learning, pediatricians can play an important role in emphasizing the role of a balanced curriculum that includes the importance of playful learning for the promotion of healthy child development.

For the full policy statement, please visit:
<http://pediatrics.aappublications.org/content/142/3/e20182058>



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Announcements

We have brand new Twitter and Instagram accounts! Follow us @NevadaAAP and #NevadaAAP.

AAP Advocacy Toolkit

Currently, there are many ongoing issues affecting children's health from protecting children from gun violence to protecting migrant children's health to protecting children's access to healthcare, just to name a few. There are also many advocacy opportunities for pediatricians. The AAP Advocacy Toolkit is a great resource with helpful tips and useful statistics. You can access the AAP Advocacy Toolkit here: <https://federaladvocacy.aap.org/>. You can also sign up for Advocacy Alerts by emailing kids1st@app.org.

Your chapter is always hard at work coordinating with national AAP and engaging our members to participate in advocacy projects. If you are interested in doing more advocacy work, you can join our advocacy committee. If there are any advocacy projects you are interested in, please contact us.

Volunteers

We are looking for speakers for **Walk with a Doc**. You can talk about any healthy lifestyle topic.

We are also looking for volunteers for the planning committees for next year's wellness retreat and annual meeting. If you are interested, please contact us.

Contact Us

Questions? Comments? Please contact us at nevadachapteraap@gmail.com.



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