

WELCOME JENNIFER GUERNSEY

Jennifer Guernsey, RN, MS, CPNP grew up in Fort Collins and received her Bachelor of Science in Nursing degree from the University of Iowa in 2002. While working as a nurse at The Children's Hospital in Denver she attended the master's program at University of Colorado Health Sciences Center, College of Nursing specializing as a Pediatric Nurse Practitioner. She also obtained her post-master's certificate from Women's Health Nurse Practitioner program. Jennifer is certified as a Pediatric Nurse Practitioner by the Pediatric Nursing Certification Board. Jennifer started her career at a private pediatric practice in Cheyenne, Wyoming and joined the Youth Clinic in August, 2010.



Jennifer and her husband Josh stay busy raising their first child. She enjoys cooking, playing the piano, taking walks with her yellow lab, bike riding, hiking, travel, and spending time with family and friends.

Please help us welcome Jennifer Guernsey!

SNACKTIME TIPS

Kids are getting close to 30% of their calories from snacking reports a study from the University of north Carolina Chapel Hill. Unfortunately, most of those snacks are sweets, salty foods and fruit drinks. Keep these health guidelines in mind.

DO

Stick to a snack schedule, as you do with meals, so your child's not constantly nibbling.

*

Have her snack at the table or on her high chair so she can focus on what she is eating.

*

Combine two food groups, such as an apple (fruit) with nut butter (protein).

DON'T

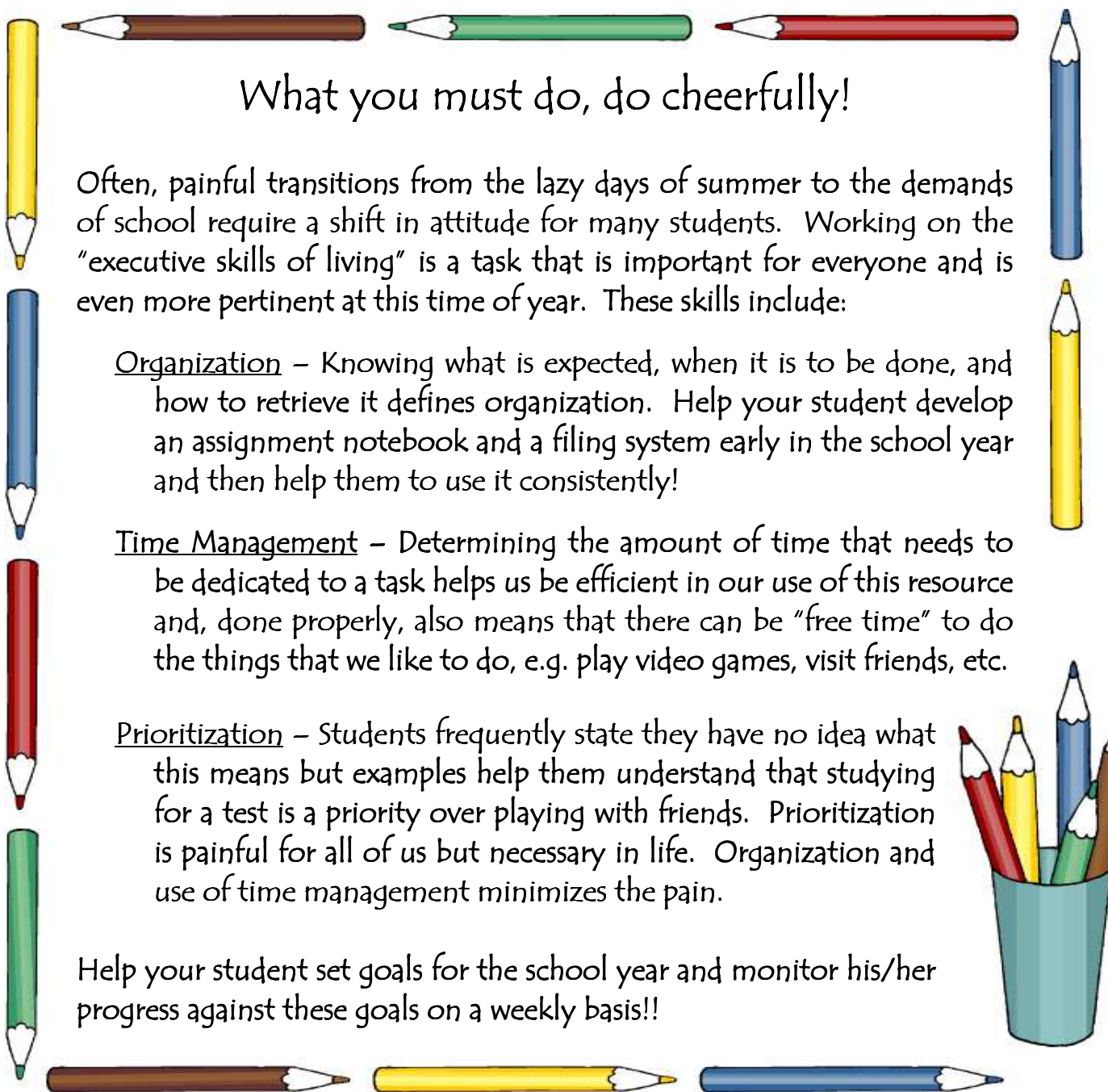
Keep bowls of snacks available for all-day grazing.

*

Hand out lots of snacks on the run, such as in the stroller or car.

*

Serve snacks in the hour before mealtime, unless you offer part of her meal (like the fruit or veggie) to tide her over.

A decorative border of colored pencils surrounds the text. At the top, there are three pencils: brown, green, and red. On the right side, there are two pencils: blue and yellow. At the bottom, there are three pencils: brown, yellow, and blue. On the left side, there are four pencils: yellow, blue, red, and green. In the bottom right corner, there is a teal cup containing several colored pencils.

What you must do, do cheerfully!

Often, painful transitions from the lazy days of summer to the demands of school require a shift in attitude for many students. Working on the "executive skills of living" is a task that is important for everyone and is even more pertinent at this time of year. These skills include:

Organization – Knowing what is expected, when it is to be done, and how to retrieve it defines organization. Help your student develop an assignment notebook and a filing system early in the school year and then help them to use it consistently!

Time Management – Determining the amount of time that needs to be dedicated to a task helps us be efficient in our use of this resource and, done properly, also means that there can be "free time" to do the things that we like to do, e.g. play video games, visit friends, etc.

Prioritization – Students frequently state they have no idea what this means but examples help them understand that studying for a test is a priority over playing with friends. Prioritization is painful for all of us but necessary in life. Organization and use of time management minimizes the pain.

Help your student set goals for the school year and monitor his/her progress against these goals on a weekly basis!!

Our Youth Clinic "family" has grown over the past several months.

Jennifer Chavez, Medical Records – daughter, Cierra Lynn
Larry Mortensen, Administration – son, William Wayne
Christie DeWeese, Nursing – son, Evan Micah
Glinda Ross, Nursing – grandchild, Nicholas Lee Chapman
Dr. Bailey – daughter, Lily Bailey Zdunek
Dr. O'Brien – daughter, Paige Alexis
JC Schmeltekopf, Business Office – grandchild, Donald McMillen, Jr
Dr. McManigal – son, Cole Jackson
Dr. Hanson – grandchild, Ellery Anna

2010 EXPRESS FLU CLINIC

**** Youth Clinic Patients and Families Only ****

**Please go to our website at
www.youthclinic.com to sign up!**

Your Kids and Electronics



If you twitter my blog, I will tweet your YouTube! Electronics have become the defining element of the younger generation with many adolescents tweeting or texting thousands of times per month! It is a wonderful technology with a myriad of really serious down sides and requires monitoring and control by responsible adults. The internet is a remarkable tool but also a cesspool into which many children may tumble.

It is important to discuss the potential problems associated with electronics in much the same way

that future generations monitored "screen time." It now requires parents to control use of newer "screens." Parents do have a right to monitor use of cell phones and internet access and as much right to censor behaviors as they have to censor the movies and TV shows that their children view. Having a central area for internet access and checking cell phones at a certain hour of the night are reasonable ways to monitor their use. Discussing expectations on the use of these devices with your children is reasonable and appropriate.



Extended Hours!

The Youth Clinic is pleased to announce that effective September 20th our South Office located at 1214 Oak Park Drive will be open until 8:00pm on Mondays and Thursdays for same day sick appointments.

Serving You!

Two providers celebrated extended anniversaries for years of service to the children of Northern Colorado.

Pam Riffe — 10 years

Beth Ballard — 10 years

Thanks to both of them for being members of the Youth Clinic "family".

Parents! Be a role model. Please wear your bike helmet when riding with your children.



EDUCATION OPPORTUNITIES

Go to www.youthclinic.com to register.

Transitions for Mothers and Daughters (Free)

The Youth Clinic is presenting a seminar for Moms and Daughters ages 9-12 to address physical changes, what girls should know about boys, social issues, maintaining a healthy body image, family relationships, sexuality followed by a discreet question and answer session.

September 14, 2010

Time: 6:00 PM – 8:30 PM

Youth Clinic South Office

Healthy Minds Healthy Bodies for Teens (\$10/Family)

The Youth Clinic is presenting an interactive, open to the community panel discussion with presentations from physicians and other community experts with over 50 years of cumulative experience and knowledge on the topic of PARENTING TEENS.

October 13, 2010

Time: 6:00 PM – 8:30 PM

Location: Fossil Ridge High School

** Please see our website @ www.youthclinic.com for future seminars **

Locations

North Fort Collins Office
1200 E Elizabeth Street

South Fort Collins Office
1214 Oak Park Drive

Loveland Office @ Centerra
2695 Rocky Mountain Ave #260

Important Numbers

970.482.2515
970.267.6715
970.221.3489
970.267.9510

Appointment Line
Phone Nurse
Business Office
Main Line

- provider calls
- after hours

- prescription refills
- miscellaneous services

Website

www.youthclinic.com