

# Youth Clinic

W I N T E R 2 0 1 1

## Locations:

### **North Fort Collins**

1200 E Elizabeth Street

#### Office Hours

Monday through Friday  
8:00 — 4:00 pm

#### Saturday

8:30 — 12:00 pm

#### Sunday

9:00 — 2:00

### **South Fort Collins**

1214 Oak Park Drive

#### Office Hours:

Monday & Thursday  
8 am — 8 pm

#### Tuesday, Wednesday

and Friday  
8 am — 5 pm

#### Saturday & Sunday

Closed

### **Loveland @ Centerra**

2695 Rocky Mountain Ave  
Suite #260

#### Office Hours

Monday through Friday  
8:00 — 4:00 pm

#### Saturday & Sunday

Closed

## **Important Numbers**

#### Appointment Line

970.482.2515

#### Phone Nurse

970.267.6715

#### Business Office

970.221.3489

#### Main Line

970.267.9510

- provider calls
- after hours
- prescription refills
- miscellaneous services

follow

Youth Clinic on



## Getting your little one to talk

Does your little one seem to understand everything you say, but just looks up at you with his big eyes and does not say anything? Does he vocalize all of the time, but everything sounds like gibberish? Does he throw tantrums when you do not understand what he is saying? Here are some milestones to watch for:

- Your little one should be attempting to imitate your words and sounds by 15 months of age.
- He should have about 50 words that he uses spontaneously (ba for ball is okay) by 18 months.
- Between 18 and 24 months of age, he should start to put two words together (e.g., more milk, my ball, want juice).
- By three, he should be using more two and three word phrases and you should understand about 75% of what he is saying.
- By four, he should be using complete sentences, even if you still notice grammatical errors (e.g., runned/ran). You should understand everything he is saying, even if he still has some trouble making some of the sounds (e.g., f/th, w/r, w/l).

If your child is 18 months old and is only using a

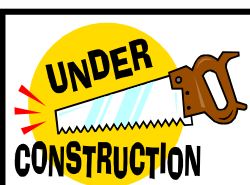
handful of words, you want to make sure that you are keeping up a running monologue of what you are doing and what he is doing. Also, give him opportunities to make his wants and needs known by not anticipating his needs.



You want to encourage him to imitate your words and sounds. Spend time on the floor playing with him and letting him direct the play. Give him choices throughout the day and play dumb rather than just providing whatever toy or snack you think he might want.

If you try these ideas and still do not see much change, you should talk to your primary care provider. They might want to have his speech and language skills evaluated by a Certified Speech/Language Pathologist. Your insur-

ance will generally pay for the evaluation, although the deductible is not waived. They occasionally pay for therapy. If he is under three, there is a federally funded program that can help pay for therapy. If he is over three years old, he can be evaluated through the school system. If you have questions or concerns, please contact your Primary Care Physician for a possible referral to our Speech/Language Pathologist, Roxanne Batezel.



Starting April 2011, we will begin upgrading to a new state of the art Electronic Health Record. The upgrade is designed to improve patient care and online patient access. Please be patient with our staff! We will be learning a whole new system and you may experience slower wait time and a slower visit. We appreciate your patience during this transition!

Youth Clinic  
Baby Cafe

Lactation  
Support Group  
1214 Oak Park Drive  
Wednesday mornings  
10-12  
Beginning March 2nd  
Bring baby and drop in.  
Refreshments Provided



Tell Us  
What  
You  
Think?

**We Want Your Opinion**

The Youth Clinic is conducting a *Patient Satisfaction Survey* and we need your help! The survey takes 10-15 minutes and can be completed online or if you prefer, you can request a paper version of the survey and mail it back to us in the clinic supplied self addressed stamped envelope.

To take the survey online, please go to [www.youthclinic.com](http://www.youthclinic.com). The survey link is listed under the announcements section and will take you directly to the survey.

This is an anonymous survey. We will use your feedback to improve the services the Youth Clinic offers your family.

Thank you in advance for your help!

Youth Clinic presents

Transitions

For Mothers and Daughters

March 8th 6:00 - 8:30 pm  
South Office  
Sign up at [www.youthclinic.com](http://www.youthclinic.com)



This seminar is for Moms and Daughters ages 9-12 to discuss and have a discreet question and answer session about:

- Physical changes
- What girls should know about boys
- Social issues
- Maintaining a healthy body image
- Family relationships
- Sexuality



Starting March 1st, please visit us at [www.youthclinic.com](http://www.youthclinic.com) to enroll in our Youth Clinic Patient Portal. When our system upgrade is complete, this will allow you to receive lab results, request medical records, receive online statements and pay your bill online. Watch for even more features to come!

**Our  
Youth Clinic  
"family"  
has grown**

**Emily Grabau, Nursing — daughter Ella Leighann  
Alison Griess, Front — daughter, Jessie Elizabeth  
Glinda Ross, Nursing — grandchild, Nicholas Lee  
Karen Dugan, Front Desk — grandchildren, Elliot  
Harland and Paige Ella**