



## Catch the Wave!

News & Updates for Patients and Families  
December 2025

## Happy Holidays!



From all the team at Sound Beach Pediatrics we wish you a Holiday Season full of peace, health and happiness.

## Welcome Dr. Aimée!



We are thrilled to welcome **Dr. Aimée Meyer Kahn** to the SBP family this January! Dr. Aimée brings over a decade of pediatric experience in Rockland County, along with a passion for helping children and families build healthy habits for a lifetime - through physical activity, good nutrition, and balanced living.

Dr. Aimée is an avid athlete, having played basketball in college. She is also the mother of two adorable children. We can't wait for you to meet her!

For SBP, Dr. Aimée truly feels like the perfect holiday gift and we're confident you'll feel the same way with your children in her care.

## What to do when a cold hits?

Your child probably will have more colds, or "upper respiratory infections," than any other illness. In their first two years alone, most children have around 8 to 10 colds or more if they are in day care or school. That's the bad news, but there is some good news too: Most colds go away by themselves and do not lead to anything worse.

See the links below to see all the options to help your child feel better!



## Winter Office Reminders



**Flu has hit our community hard in the past 2 weeks (please book your child's flu shot if you have not done so already!).** We sincerely appreciate your partnership in helping us provide timely, effective care for all our families. Your patience and cooperation allow our team to remain focused on delivering the best possible support during this especially busy time.

- **Please plan to arrive on time** so we can make the most of your visit and ensure your child receives the full care they deserve. Being punctual also helps us stay on schedule and respect the appointment times of other families.
- **Our on-call service is intended for urgent medical concerns that truly cannot wait until regular office hours**, such as asthma exacerbations or labored breathing, seizures, allergic reactions, or high fevers in young infants. Frequent non-urgent calls place added strain on our physicians and can be a distraction from more urgent patient care matters. Thank you for helping us ensure that our physicians are able to remain focused on those who truly need immediate care.
- **Saturday office hours are from 9:00 a.m. to 12:00 p.m.** and are dedicated to the care of sick children with symptoms that cannot wait until Monday.

## Community Outreach

### Flower Petals: Adaptive Dance Company



A non-profit **dance studio**, Flower Petals is located in the heart of Greenwich which was established for children (3 years and up) and adults with special needs.

The Classes offer a 1:1 Student to Volunteer ratio so that each dancer gets a buddy to dance with. Volunteers are local high school students and each class is led by a professional dance instructor. Classes are kept at a low cost and Flower Petals is accepting new students!!

Please feel free to email Erika Reynolds at:  
[Flowerpetalsadaptivedance@gmail.com](mailto:Flowerpetalsadaptivedance@gmail.com)

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### FNEInternational

There is still time to donate the following items for the campaign SPTLN (Health for all children) from **FNEInternational**

- Braces or boots (used after sprains or fractures)
- Harnesses for wheelchairs (to support trunk stability)
- Pediatric-sized walkers or crutches
- Foam helmets (like for sports) or DOC Bands (used for flat head correction)

**Sharkie, our donation box, is hungrily waiting in our waiting room and needs to be fed some of these items!!!**

## Measles in CT

As many of you may have heard, **measles** has returned to Connecticut, with a **confirmed case reported** in Lower Fairfield County in an unvaccinated child under 10 years of age being the first case

since 2021.

We strongly encourage families to stay on schedule with both routine well visits and recommended vaccinations. Doing so helps protect your child and helps us keep our waiting rooms safe for everyone, especially our youngest and most vulnerable infants.

Dr. Katy continues to participate in the CT DPH Advisory Committee, and the practice will continue to provide any updates promptly. There has been NO change in vaccine schedule recommendations at this time: MMR vaccine is given at 12-15 months and at 4-6 years of age (as MMRV). Infants 6-11 months of age traveling internationally should receive MMR vaccine early. This early dose will not count towards the scheduled ones at 1 and 4 years old.

Thank you for partnering with us to keep our community healthy!

### SBP Vaccine Policy

#### Contact Us:

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Fax: 475-619-9855

#### Patient Portal:

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