



Catch the Wave!

News & Updates for Patients and Families
October 2025

Boo!! Trick Or Treat!

**Ghosts and goblins come to play,
Spooky fun on Halloween day!
Costumes, treats, and laughter bright
Safe and happy all through the night!**

We wish you a safe and happy Halloween!



Every year, millions of children count down the days to Halloween—planning their costumes, mapping their routes, and dreaming of candy-filled buckets. But for families managing food allergies, Halloween can be a time of extra caution and careful label reading.

In the U.S., a food allergy reaction sends someone to the emergency room every 10 seconds. Nearly any food can trigger an allergic reaction, and many candies contain one or more of the “Top 9” allergens—like milk, peanuts, tree nuts, soy, wheat, and eggs. For some children, the risk of exposure is simply too high, and they may have to sit out traditional trick-or-treating altogether.

Let’s help make Halloween fun and safe for every child in our community! By joining the Teal Pumpkin Project, you can offer non-food treats—like stickers, glow sticks, or small toys—and signal to families that your home is a safe stop for kids with allergies.

**Together, we can make Halloween a celebration
where everyone feels included. 🎃**

[Teal Pumpkin Flyer](#)



[Teal Pumpkin Project](#)



Safe Halloween

Dr Caro gives us some Halloween safety tips in the following video

[Halloween Tips](#)

Making Waves: Behavioral Health Services

Is a child in your family facing anxiety, depression, or behavioral health challenges? If so, they are not alone. The **CDC reports** that nearly 1 in 5 children ages 3 to 17 has been diagnosed with a mental, emotional, or behavioral health condition.

Sound Beach Pediatrics is excited to partner with licensed psychologist **Dr. Lori Woodring** to bring her range of behavioral health and therapy services to our patients and their families. Dr. Lori is an independent therapist who provides parent consultations, child and family therapy, and individual therapy for teens and adults, with appointments now available at the Sound Beach Pediatrics office.

[Learn More About Dr. Lori](#)



Community Outreach

At Sound Beach Pediatrics, we're proud to support **FNE International**, an organization that works alongside communities in developing nations to strengthen housing, health, and education — empowering individuals to become engaged members of their communities and the world.

One of FNE's programs, **STLN (Salud Para Todos Los Ninos or Health for All Children)**, is **well known to Dr. Caro**. STLN provides life-changing support to children with disabilities in Nicaragua. Through STLN, families receive medical care, equipment, and therapy, along with guidance to help them navigate the healthcare system.

We're joining this effort by collecting much-needed pediatric mobility and support equipment for STLN families. If you have any of the following items to donate, we'd be deeply grateful:

- 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)

A donation box will be located in our waiting room.

If you have questions, please message Dr. Caro through our **patient portal** or call the office. Space is limited, and we're only able to accept the items listed above.

**Together, we can make a meaningful difference
for children and families in need.**

[Health For All Children Stories](#)



Vaccine Reminders

At Sound Beach Pediatrics, we believe that **vaccines save lives** and protect our entire community. As part of this commitment, **Dr. Katy** is now participating as an appointed member of the **Advisory Committee to the Commissioner of the CT Department of Public Health**, which was established to advise her on matters relating to recommendations by the CDC and FDA.

We are proud to be a fully vaccinating practice, and we appreciate your partnership in keeping every child safe and healthy. A few reminders about our vaccination policy:

- We do not carry individual vaccine components. **We use trusted combination vaccines** for many of our **routine immunizations**, including Vaxelis, ProQuad, Pentacel, and Quadracel.
- Flu season is here! We're currently offering **flu shot-only appointments with our dedicated nursing team**, Monday through Saturday, as a nurse-only visit.
- Your child may also receive the flu shot during a well visit.

**Thank you for helping us maintain a healthy community.
Together, we can protect our children, and each other, from vaccine preventable diseases.**

[SBP Vaccine Policy](#)

[Schedule your FLU Vaccine here!](#)

Contact Us:

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[Visit our Website](#)

Patient Portal:

You can send messages related to non-urgent medical or administrative matters. We will respond within 2 business days.

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