



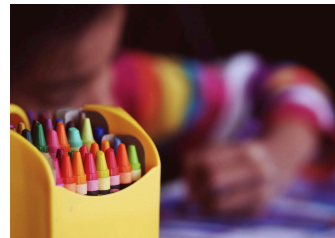
## Catch the Wave!

News & Updates for Patients and Families  
September 2025

### Back To School!

Here are several tips to ensure a smooth transition!

- **Practice a night routine with an early bedtime:** Getting enough sleep is essential to learning!
- **Visit the new school:** Take walks to the new school, see the building, play on the playground, and get familiar with the new surroundings.
- **Read books:** Ideal for all school-aged children, and especially for the little ones! Choose books about starting kindergarten and talk through what to expect. Books can help children to visualize new experiences and role play in new scenarios.
  - The Kissing Hand (Dr. Caro's Favorite)
  - The Night before Kindergarten
  - Kindergarten Here I Come!
- **Stay positive:** New transitions can be unsettling for everyone on different levels. Avoid expressing your own worries in front of your child. Focus on the excitement of learning new things and making friends!



### Why Are Transitions SO Hard?

Young children's executive function skills (such as cognitive flexibility, impulse control, and planning) are still immature, making it harder to switch focus between activities.

Changes disrupt their sense of routine and security, and can lead to BIG reactions and emotional dysregulation.

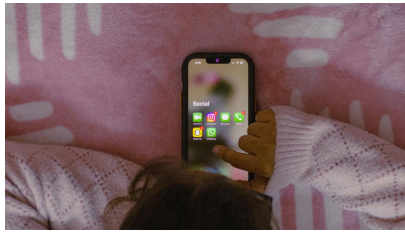
Most common times of chaos?? Transitioning from play time (or screen time) to dinner and getting out of the door in the morning.

Here are 3 tips to make transitions smooth:

- **Offer a "HEADS UP!":** use a timer (sand timers work best) to help young children know how long they have before moving on to the next activity
- **Make eye contact:** get up close and make eye contact with your child to let them know what is coming next. This is more effective than yelling from the other room!
- **Visual chart:** morning or bedtime routines can be made into a simple visual chart (for example, brush teeth, put on PJs, read two books, off to bed) to help promote autonomy and help kids anticipate what comes next.



# Electronics: What To Do?



## Are iPhones and Apple Watches our only options?

No. There are many others with better parental controls, no browser access, and limited apps.

### Non iPhone Devices:

- Gabb (phone & watch)
- Bark (phone and watch)
- Pinwheel (phone & watch)
- Troomi (phone & watch)
- Lightphone (phone)
- Wisephone (phone)
- TickTalk (watch)
- Gizmo (watch)
- Apple (watch)
- BoT (non-watch wearable)

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## What about YouTube?

YouTube is risky for children. They can access inappropriate content and spend too much time in this digital space.

We do not recommend YouTube Shorts. It exposes children to a never-ending cycle of instant gratification, encourages mindless scrolling, and can be addictive.

How can we make our children's time in the digital space as safe as possible? Monitor your child! For tips to setup parental controls on any device (and specifically for YouTube) please take a look at the links below:

[Google Family Link](#)

Google Family Link is the first step. There are other apps that can help control Smartphone use even further. Some of these apps are free and some require a paid subscription.

[Bright Canary](#)

[Bark.com](#)

Children learn more from what we do than what we say! By setting limits on our own screen time, we show them balance and self-control. We show them that we CARE about their interactions with us. Our examples teach them that real human connections go far beyond electronic devices.

# Thoughts On Vaccines



"As a pediatrician, I'm often asked why I feel so strongly about vaccines. The answer is simple: they are among the safest and most effective tools we have to protect children's health. Vaccines have helped turn once-devastating childhood illnesses into rare, preventable diseases.

This belief in prevention runs deep in my family. My father, Dr. Joel Rascoff, grew up in an era where polio outbreaks were common. He was sometimes forbidden from attending summer camp because of the risk. He remembered the fear of that time—fear I never want my patients to experience.

His father, my grandfather, Dr. Henry Rascoff, was a pediatrician in New York City. He treated children in iron lungs—massive machines that kept them breathing when polio paralyzed their muscles. Alongside

his mentor and friend, Dr. Bela Schick, he traveled to Brazil to train doctors in how to use these lifesaving devices.

These stories are more than family history—they're reminders of what life was like before vaccines. Today, we have the power to prevent such suffering. Let's use it."

**Dr. Henry Rascoff and the Sound Beach Pediatrics Team**

## Flu Vaccine Clinics



- Starting **Monday September 8**, we will be offering flu shot only appointments with our dedicated team of nurses, from Monday to Saturday.
- Please be aware these appointments are **ONLY** for flu shots.
- If you have other health concerns to discuss, or your child needs additional vaccines, please book your appointment with a physician.

If you already have your child's well visit or another medical appointment scheduled this fall, we are happy to give your child the flu shot then!

[Schedule your FLU Vaccine here!](#)

## RSV (Beyfortus) Vaccination

- RSV Immunization (Beyfortus) will begin in October.
- We will reach out to all families with infants who meet criteria for immunization before October 1st to book your appointment

[Read More About RSV Vaccine](#)

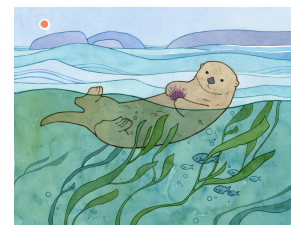
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### Patient Portal:

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



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