



WITH FALL JUST AROUND THE CORNER, DOCTORS FOR KIDS IS EXCITED TO CELEBRATE MANY NEW BEGINNINGS....



A Very Warm Welcome To Nurse Practitioner Kathleen Kochanowicz

Doctors For Kids is excited to welcome an additional member to our team. Nurse Practitioner Kathy Kochanowicz DNP, RN, CPNP-PC has joined our practice.

Nurse Kathy most recently worked for Baldwin Family Health Care in White Cloud and Baldwin, Michigan where she was a pediatric nurse practitioner in a family practice clinic and a Child and Adolescent Health Center. Prior to becoming a nurse practitioner Nurse Kathy was a nurse at Children's Hospital of Michigan in the Emergency Department for 6 years. She also spent time in Phoenix, Arizona as a Couplet Care and Pediatric nurse.

Nurse Kathy completed her graduate work through the University of Arizona. She was awarded a Masters of Science in Nursing with Pediatric Nurse Practitioner specialty in 2013 and a Doctorate of Nursing Practice degree in 2014. Her research interests involve the use of Motivational Interviewing techniques for pediatric obesity management.

To help you get to know Nurse Kathy a little more, she has a 3 year old Miniature Pinscher – Chihuahua mix rescue pup, named Charlie, she found her forever home with Nurse Kathy in October 2012. Charlie and Nurse Kathy love going for walks and playing fetch. She also loves to cook, bake and crochet too. Originally from the metro-Detroit area, she is happy to be back working close to home and family.

Nurse Kathy would like you to know that she's very excited to be joining the Doctors for Kids team and getting to know our wonderful children and their families.

Contents:

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- Flu Shots
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- Infant Massage

Flu Shots.

Flu shots are an essential part of staying well...

Flu shots are now available. Please call DFK reception to schedule your appointment.
248-650-5009 ext. #3

Visit Our Web Site:

www.drnavani.org
to sign up online for Wellness Center Courses, Classes and Special Events
or email:
patient.concierge@drnavani.org



Celebrating the Newest Members of the Doctors For Kids Family...

September marks new beginnings for many families as they head back to school. Here at Doctors For Kids we wanted to include all our families, by welcoming each and every newborn to the Doctors For Kids Family. We look forward to enjoying all your “new beginnings.”

As school supply lists are being sent out and new activities decided upon, even our newest additions can add something truly rewarding to their schedule. A happy healthy child begins in infancy. **Infant massage** is scientifically and intuitively known to enhance all aspects of child development and health. It is the best gift you can give yourself and the child.

For more information about our October course, ask your provider during your next visit, visit the Wellness section at www.dr mavani.org or email patient.concierge@dr mavani.org

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LET'S BEGIN WITH HEALTHY LUNCHES...



Children are amazing, as they head back to school, they often have great attitudes and are really open to making a great start to the school year, so now is the perfect time to capture their attention with healthy lunchboxes.

One of our families recently shared their story...

“The other day, my 12 year old son made us healthy lunchboxes for a busy Saturday. His 16 year old sister was really impressed, that he’d included all the food groups and because it was “ready to go,” we were able to sit down as a family and eat – yes, even on a crazy busy day.

Divided lunchboxes have been a great tool in our house – Lunch at school is often very short these days and one box helps keep kids stay organized and speeds up getting ready to eat. I was astonished when my daughter originally started making her own lunchboxes – she’d experienced our divided lunchboxes for years and so when she came to make them herself, she automatically knew that fruit goes in one section, vegetables in another and so on “monkey see, monkey do” and we were thrilled to see the same miracle as our son when he followed the same path.

We also encouraged them to follow valuable advice: Encourage your child to leave everything in their lunchbox that they don’t eat. This has several benefits – it allows parents to see if they need to increase a food group at dinner, because it was missed at lunch. It shows parents when a child doesn’t like something (they often forget to mention it by the time they get home.”



We are running a **healthy lunchbox photo contest** – please send in your photos to patient.concierge@dr mavani.org; if photos include your child’s image, please complete and include the photographic waiver on our website. Closing date October 13th 2015

Ticket Please! Is a fun way to positively motivate children and summer is a great time to introduce it. Look for a special Ticket Please SALE for Labor Day on Amazon.com under toys and games or follow us on Facebook <https://www.facebook.com/DoctorAme>

