

Hot Summer Tips

☒ Here is a photo of a lovely plant nestled along side the bicycle path my family rode on over the weekend. Recognize it? “Leaves of three, let them be!”- That’s right, it’s either poison oak or poison ivy. In this case my iphone captured poison ivy in its late spring glory. As we rode along I barked at my family to avoid the poison ivy, reminded them about Lyme ticks, rubbed in sunscreen, fitted bike helmets and fretted over everyone’s hydration status. Nothing is more jovial and carefree than a bike ride with your pediatrician mom!

Back by popular demand are the links to summer posts which some of you missed last year when we initially launched Two Peds in a Pod.

Here are hints on bee and wasp stings, hydration ,traveling with children, swimmer’s ear , Lyme disease , and poison ivy .

Yes, you too can start summer by spewing health tips at your children.

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