



The Youth Clinic
caring for our future generations

OUR FAMILY IS HERE FOR YOURS



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Welcome to The Youth Clinic!



We are pleased that you have chosen The Youth Clinic to care for your child's healthcare needs. Pediatricians spend many years in training to treat only children. They recognize that children's needs are unique and that they are not just "little adults." Our pediatricians, physician assistants, nurses and other staff consider themselves a team designed to help you raise healthy children and to make parenting easier. We are always striving to improve our services and welcome your suggestions and ideas.

Availability is an important part of our care, so one of our pediatricians is on-call at all times. The on-call doctor makes rounds at Poudre Valley Hospital and is part of the teaching faculty for the local residency program at UC Health Poudre Valley Hospital. Because of this, your physician will not always be in the office to see your child for illness, and you will likely see different providers for acute illness and emergencies. We encourage you to develop relationships with several of our providers so you always have a familiar face when addressing your child's ongoing preventive care and illnesses.

We are interested in all aspects of health, growth and development that will ultimately affect your child's overall well being, which is why we feel strongly that it is important to see children on a regular basis for well care visits. These times are set aside not only to get to know you and your child better, but also to address ongoing preventative issues such as development, nutrition, behavior, discipline, and safety. A complete physical exam is part of this process and attention is given to maintain any chronic health problems such as asthma, poor growth, etc. We hope you will use these visits to discuss any ongoing concerns you may have. Similarly, we hope to anticipate your child's health needs as he or she matures. Knowing your child in a "well" state helps us to deal effectively with illness when it occurs.

We hope this booklet will be a central source of information for your child's healthcare. In addition to familiarizing you with our practice, this folder contains information on development, nutrition, safety, accident prevention, and anticipatory care. Please make it your own and use it to effectively manage your child's healthcare.

We look forward to serving you and your family. Welcome to our practice!



Our Family is Here For Yours

The Youth Clinic was founded with one goal: Support the future of Northern Colorado's children. Over the past five decades, we have expanded from modest beginnings to become the area's premiere specialists in the treatment of infants, children and young adults. Our experienced pediatricians, pediatric physician assistants, psychologist, dietitians, and lactation specialists are dedicated to helping your children maintain happy and healthy lives.

The Youth Clinic provides access to an on-call physician and a phone nurse 24 hours a day, 7 days a week—demonstrating our commitment to access, quality and education in your child's healthcare.

Their needs are always our top priority. The Youth Clinic would like to welcome you and your family to our practice. We look forward to providing the highest quality healthcare.

To schedule an appointment please call (970) 482-2515 or visit youthclinic.com to book now.

[Click On a picture to learn more about that Provider](#)



Carole Anderson
Pediatrician



Amy Bailey
Pediatrician



Lauren Miltenberg
Pediatrician



Barry O'Brien
Pediatrician



Pam Riffe
Physician Assistant



Lindsay von Bernuth
Physician Assistant



Oak Park Drive Office
1214 Oak Park Drive
Fort Collins, CO 80525



East Elizabeth Office
1200 E. Elizabeth Street
Fort Collins, CO 80524



Medical Center of the Rockies Office
South Medical Office Building
2500 Rocky Mountain Ave., Suite 260
Loveland, CO 80538



Timnath Office
I-25 and Harmony
4845 Weitzel Street, Suite 101
Timnath, CO 80547

Click On a picture to learn more about that Provider



Beth Ballard
Pediatrician



Julie Brockway
Pediatrician



Kate Hannifan
Pediatrician



Celia Lenarz-Geisen
Pediatrician



Kirsten Sampera
Pediatrician



Mary Baker
Physician Assistant



Traci Hess
Physician Assistant



Lorrie Kehmeier
Physician Assistant



Mason Wiebe
Physician Assistant



Brian Mesinger
Pediatric Psychologist



Martha Gooldy Garcia
*Registered Dietitian
and International Board
Certified Lactation
Consultant*



Jenna Lenhart
*Registered Dietitian and
International Board Certified
Lactation Consultant*



The Youth Clinic Services

Our state-of-the-art facilities provide an accommodating and welcoming atmosphere where pediatricians deliver the finest medical treatment available. All of The Youth Clinic physicians are Board certified. Our physician assistants are trained in pediatrics, licensed and certified. In recognizing that children's needs are unique, our practice takes pride in being your local kid experts. Our office is equipped to handle most situations and we do not over-schedule our patients. Our goal is to help you raise healthy children and make parenting easier and as enjoyable as possible. From wellness appointments to specialty care, The Youth Clinic offers high-quality care to the communities in which we live.

Services we offer include:

- Comprehensive Well Care Visits
- Same-Day Sick Appointments – M-F
- Walk in hours available at Timnath location
- Immunization Clinics
- Nurse Triage Line Available 24 Hours a Day
- UC Health Poudre Valley Hospital Coverage 365 Days a Year
- Interactive Website with Symptom Checker
- Child Psychology Services
- Dietitian Services
- Radiology services available at Timnath location
- Outreach Clinics by Children's Hospital Specialists
- Seminars on Parenting and Growth & Development
- Healthy Measures and Baby Bistro Lactation Support
- Participation With Most Insurances
- Express Flu Clinics—Seasonal
- Online Patient Portal with Personal Records Access and Bill Pay
- Healthy Kids and Teens Programs



All visits require a scheduled appointment. Please call (970) 482-2515 or visit youthclinic.com to book now.



Here for Your Family 365 Days a Year

Walk-in Hours on Weekdays,
Weekends and Holidays!

**For Current Hours of Operation
Visit PUCNC.com**

4845 Weitzel St.
Suite #101
970.494.2626

We Accept Most Insurers



Northern Colorado's only pediatric-specific urgent care is here for your kids 365 days a year including weekends and holidays. Not sure where to start? Here is how to get help from Pediatric Urgent Care of Northern Colorado:



[Click For Directions](#)



Healthy Kids & Teens Programs

As a result of The Youth Clinic's dedication to keeping families healthy and happy, we have put together a series of Healthy Kids & Teens Programs that offer education, tips and more to parents and children in the community.

Healthy Bodies for Life

Smart eating and staying active are key to your entire family's well-being. Sometimes, life gets out of balance: eating too much or the wrong types of foods, and having too little activity can lead to kids being overweight. The Healthy Bodies for Life program is here to support you! Martha Gooldy Garcia, Registered Dietitian is available to meet with your child and family either one on one or through group programs.

[Click Here](#) for more information.

Healthy Measures

The Youth Clinic's Healthy Measures program offers support for new parents. The American Academy of Pediatrics recommends that babies be seen 1-3 days after discharge from the hospital. We will weigh your baby and answer any questions you may have on what to expect for the first few weeks of your baby's life. Our team is specially trained in lactation. If you are breastfeeding, you will get one on one support so you can feel confident your baby is nursing well. Ongoing breastfeeding support is available as your baby grows. The Youth Clinic offers classes, one on one consultation, and Baby Bistro, our weekly mom's group.

[Click Here](#) for more information

Healthy Lungs

The goal of asthma management is to reduce symptoms on a day to day basis and maintain normal activity levels, including the ability to participate in sports, attend school and sleep well. The Youth Clinic is proud to offer customized asthma care and education for our patients and their families. We can help with

adolescents transitioning to their own asthma management; surviving cough and cold season; discuss common asthma triggers; review proper technique with medications; and guidance with exercise and asthma. Families who have a child with asthma are invited to sign up for a one on one consultation with one of our asthma educators.

[Click Here](#) for more information

Healthy Steps

This special class for boys ages 11-13 is designed to teach them about the transition to becoming a young man. The class is designed to have a parent or other guardian attend, as there are "talk sessions" throughout the class when the boys are encouraged to discuss things with them. The class covers physical, emotional and social changes associated with puberty while promoting positive body image and healthy lifestyle choices. Our relaxed atmosphere helps minimize the embarrassment and awkwardness often associated with this topic and promotes honest conversations while fostering good communication between boys and their parents.

[Click Here](#) for more information



More Healthy Kids & Teens Programs

Healthy Transitions

This special class for girls ages 9 – 11 is designed to teach them about the transition to becoming a young woman. The class is designed to have a parent or other guardian attend, as there are “talk sessions” throughout. It covers physical, emotional and social changes associated with puberty while

promoting positive body image and healthy lifestyle choices. Our relaxed atmosphere helps minimize the embarrassment and awkwardness often associated with this topic and promotes honest conversations while fostering good communication between girls and their parents.

For information on upcoming class dates

[Click Here](#)

*We previously listed this class as appropriate for girls 9-12 but have found that some 12-year-olds are developmentally and intellectually beyond this presentation. If you have a 12-year-old who has not yet progressed too far through puberty or is a “young” 12, it may still be appropriate for her.

Healthy Families

Having a baby can be one of the most joyous, thrilling events in a family’s life. It can also be stressful. As we partner with you to care for your new baby, we also want to support you during this transition. Many women experience symptoms of the “baby blues” after childbirth, which can include frequent mood swings, crying for no reason, feeling anxious, restless, irritable or angry, or having trouble sleeping or eating. Symptoms usually begin 2-3 days after delivery and last 2-3 weeks; if symptoms last longer or seem overwhelming, you may be experiencing postpartum depression.

Our Healthy Family Program at the Youth Clinic was designed to help families who may be experiencing postpartum depression.

Our goal is to help you access support within the community (health care providers, mental health care providers, support groups, etc.), as well as to provide one on one support for you as you care for your baby.

Ask your provider for a referral or
[Click Here](#) for more information





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Baby Steps

Having a baby is a wonderful and challenging life change.

Baby Steps at The Youth Clinic is here to support you through your child's first year of life. This weekly group allows parents to connect informally with other parents and share their experiences.

A pediatric nurse is available to answer questions, and provide information on important topics such as:



Development and Play



Feeding



Family Life Balance



Sleep



Babyproofing and Safety



Common Infant Illness



Date:
Every
Wednesday



Time:
3:00pm - 4:30pm



Location:
1214 Oak Park Drive
Fort Collins, CO



Cost:
FREE

No registration is required, walk-ins are welcome! Children under 1 year of age are welcome to attend.

See upcoming classes by scanning the QR code!





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Baby Bistro

Our lactation and feeding support group provides mothers with tips and advice in a relaxing environment.



Date:
Every Tuesday



Time:
9:00am - 12:00pm



Cost:
FREE



Location:
1214 Oak Park Drive, Fort Collins, CO

No registration is required and walk-ins are welcome!

Come in with your baby and enjoy complimentary refreshments and caring support from fellow moms and a member of our lactation team.

See upcoming classes!



WE CARE

WELL CARE

Here at The Youth Clinic we are interested in all aspects of health that affect your child's overall well being. Knowing your child in a "well" state helps us effectively treat illnesses when they occur.

Age (approximate)	Immunizations and Labs (in addition to physical exam)
1-2 Days	Healthy Measures Appointment
1 Week	Newborn Well Care Visit
1 Month	Well Care Visit
2 Months	Pediarix, S. Pneumo vaccine, Pedvax Hib, Rotavirus
4 Months	Pediarix, S. Pneumo vaccine, Pedvax Hib, Rotavirus
6 Months	Pediarix, S. Pneumo vaccine, Hib (if on 4 dose)
9 Months	Catch up
12 Months	MMR, S. Pneumo vaccine, Pedvax Hib, Hep A, hemoglobin, Vision Screening, lead screening if indicated, PPD if indicated
15 Months	Varivax, DTaP
18 Months	Hep A
24 Months	Hemoglobin, Vision Screening, lead screening if indicated, Imm. catch up if needed
30 Months	Immunization catch up if indicated
3 Years	Blood Pressure, Vision Screening
4 Years	Vision, hearing, & blood pressure, Imm. catch up if needed
5 Years	Vision, hearing, blood pressure, Kinrix, MMRV
6-12 Years Annual Physical Recommended	Vision, hearing, blood pressure, Tdap age 11. Meningococcal age 11. Cholesterol screening once for ages 9-11. HPV beginning age 11.
13-College Years Annual Physical Recommended School require annual sports physicals	Blood pressure, vision, hearing, Bexsero. HPV series. Cholesterol screening one time age 17+, Hgb once in this age bracket for females. May need yearly physical per health form recommendations. 10/2012

Hep B: Hepatitis B 3-4 doses.

(schedule may vary between Pentacel and Pediarix)

Hep A: Hepatitis A – required for Medicaid. Schedule may vary. Recommended at age one. Two doses six months apart. **Varivax:** Varicella vaccine, 2 doses

HBV: Hepatitis B vaccine – schedule may vary

HIB: Haemophilus Influenza type B (4 doses)

HIB: Ped Vax (3 doses)

MMR: Measles, Mumps, and Rubella

DTaP: Diphtheria, Tetanus, Acellular Pertussis

Td: Adult Tetanus, Diphtheria

Tdap: Tetanus, Diphtheria, Acacellular Pertussis

10-64 years

PPD: Tuberculin test, intradermal

IPV: Inactivated Polio Vaccine

S. Pneumo: Strep Pneumococcal Vaccine

Pediarix: Combination vaccine – DTaP, IPV, HBV

Kinrix: Combination vaccine – Dtap and IPV for 5 years of age only

MMRV: Measles, Mumps, Rubella, and Varicella

Rotavirus: Rotavirus vaccine, 2-3 oral doses

2, 4, 6 months Rotateq or Rotarix

HPV: Gardasil vaccine, 2-3 doses in series

depending on age (ages 9-26)

Meningococcal (strain A, C, Y, and W-135): Menveo vaccine, 2 doses recommended for adolescents 11-18 yrs

Meningococcal (strain B): Bexsero vaccine, 2 doses recommended for adolescents 16-25 yrs

Resources

www.cdc.gov - Center for Disease Control site for latest information on immunizations, and offers links to other sites as well. Also addresses the concerns and controversies surrounding vaccines.

www.chop.edu - The Children's Hospital of Philadelphia provides information about pediatric care with resources for treatment options and support.

Influenza vaccines are recommended to be given each year to all patients 6 months of age & older as long as the vaccine is available. Flumist nasal vaccine is recommended for ages 2-49. Immunization schedule is subject to change based on AAP recommendations and/or due to shortages or variations. Our website and providers should have most current information.



Immunization Clinics

What:

Appointments for immunization and weight checks

When:

Tuesdays & Wednesdays 1:30-4:30

Where:

E Elizabeth, Oak Park, and MCR offices.

If your child needs immunizations or a weight check, you may schedule a brief appointment with one of our nurses. Please call the appointment line at (970) 482-2515 to schedule an appointment.



What is an ASQ?

(Ages and Stages Questionnaire)

As part of routine well care exams, an ASQ questionnaire is completed by parents and used for screening young children 2 months to 5 years of age for developmental concerns.

Prior completion of the questionnaire in your home environment is the most ideal setting for accurate answers. You can download the screening questionnaire prior to your appointment from our website, www.youthclinic.com. If you do not have electronic access, the clinic is happy to mail the forms or give you the forms in advance of your well care visits. Please be sure to communicate your desired choice for receiving the questionnaires. Each questionnaire contains 30 questions that are divided into the following five areas of development: Communication, Gross Motor, Fine Motor, Problem Solving, and Personal/Social. The provider will score each questionnaire and determine if there are any areas needing attention before the next regularly scheduled well care visit.

What is an MCHAT-R?

The Youth Clinic uses the MCHAT-R, a standardized evaluation used to identify unsuspected deviation from normal patterns of development. Parents complete the screening before their child's routine well care visit at 18 months and 2 years of age.



Medical Financial Policy

The providers and staff of The Youth Clinic want to welcome you and your family to our clinic. We want to make sure that every encounter you have with our clinic from Patient Care to Billing is a positive and refreshing experience. In order to ensure this, we have prepared the following financial policies:

Your Visit

Please be prepared to do the following:

- Present your current insurance card at every visit.
- Settle any co-pay or deductible. We accept cash, checks, and all major credit cards. A minimum of \$75 towards your deductible will be collected at the time of service.
- If you do not have insurance, a minimum of \$75 towards the visit will be collected at the time of service.

Cancelled Appointments

We require 24-hour notice for cancellation of any well care or medication check. We ask for one-hour cancellation of any other appointment. Visit our website for further details.

Changes in Insurance Coverage

If you have a change in insurance coverage, it is your responsibility to make sure we have all of the pertinent information on file including effective dates. Any medical expenses not covered by your insurance will be billed directly to you.



Complete Insurance Information

In order to file your insurance, we must have complete information including:

- Insured's name, date of birth and employer information
- Plan ID number, Network, Address and Phone Number

All of the above information is listed on your insurance card, which you will be asked to present at every visit. If you are unable to supply us with a valid insurance card, you will be in self-pay status until your information is provided.

Non-Participating Insurance Plans

If The Youth Clinic does not participate with your insurance plan, several options are available:

- You may request an itemized statement from our business office and file a claim with your insurance company.
- The Youth Clinic may file a claim to your insurance company on your behalf.
- You may contact our business office to set up a payment arrangement at (970) 416-6271.

Newborn Insurance Coverage

If your child is a newborn, there may be a delay in processing of claims. It is your responsibility to make sure your newborn child is added to your insurance. If you do not have your child added to your insurance plan, you will be considered a self-pay patient and payment in full will be expected from you.

Primary Care Physician

Many insurance plans require a Primary Care Physician be assigned to manage your child's healthcare. You may see any Provider at The Youth Clinic, regardless of which Youth Clinic provider you choose.

Medical Financial Policy



Insurance Payment Delays

The Youth Clinic is committed to partnering with its patients to resolve insurance payment delays. You may be called on to assist us in resolving issues with your insurance company. If we experience delays in payment beyond ninety days, you will be notified. It is important that you contact us immediately so we can resolve any issues and avoid holding you responsible for unpaid claims. Please call (970) 221-3489.

Coordination of Benefits

Coordination of benefits will be the responsibility of the parent. The Youth Clinic will mail an insurance claim to your secondary carrier, but will not provide copies of the Explanations of Benefits.

Responsible Parties

Parents who maintain custodial care of their children will be considered the Guarantor of the patient. Billing statements and other correspondence will only be sent to the address listed under the Guarantor. The Youth Clinic will not provide joint statements due to joint custody arrangements. Insurance information from other responsible parties may be added to the patient's account; however, payment of bills owed to The Youth Clinic will be the responsibility of the Guarantor.

Billing Statements

Billing statements are sent out by The Youth Clinic on a monthly basis. Any patient-responsible balances due on your account at that time will be reflected in your statement.

Returned Checks

A \$10.00 service charge will be added to all returned checks.

Service Charge

If your account has a patient balance over sixty days old, there will be a monthly \$5 service charge added to your account until the balance is paid in full.

Collection Letters

If you receive a collection letter from us, the most important thing you can do is contact us. We have courteous, helpful staff that can assist you in setting up satisfactory payment arrangements. Payment plans are available by contacting our business office at (970) 221-3489.

Collections

Balances not paid within ninety days will be reviewed for placement with an outside agency. Patients whose account is placed with an outside collection agency may be terminated from our practice. Patients who are terminated from the practice may be considered for reinstatement by contacting the business office at (970) 221-3489 and requesting a reinstatement application.

Bankruptcies

Patients who file for bankruptcy on behalf of the patients attending The Youth Clinic may be subject to termination from our practice. Patients who are terminated from the practice may be reinstated by contacting the business office at (970) 221-3489 and requesting a reinstatement application.

Medicaid Patients

Parents of Medicaid patients enrolled in a Primary Care Physician program must ensure that one of our providers is selected as the Primary Care Physician. Failure to do so will result in delayed or cancelled appointments until the situation is corrected. If The Youth Clinic is unable to verify eligibility, you may be asked to reschedule.

Phone Charges

As an extension of our total care, our providers are committed to being available to patients by phone 24 hours a day. After hours phone calls or prescription calls to a pharmacy may result in a charge.



Business Office Information

Benefits

Our billing office will answer questions you may have to help you understand your insurance coverage. Insurance plans can be written very differently within the same insurance or even within the same employer. There are usually customer service numbers on your card; please call and ask if you have questions about your benefits.

Referral

Your provider may place a referral to a pediatric specialist or order procedures or medications that may require a prior authorization with your insurance. At the time the referral is ordered by the provider they will give you the referral and instructions on how to contact your insurance to see if your policy requires an authorization. Directions will also include who to contact at our office if authorization is required. Please call our office at (970) 267-9510 with any questions you have.

Emergency Care

Urgent/emergency care provided in the office may have an additional fee. Although the amount is greater than a regular office visit, the fees are usually significantly less than an emergency room charge.

Labs/X-rays

If a provider requests lab or x-rays to be done at a different site, it is your responsibility to confirm that the outside facility participates with your insurance plan. These services will remain your responsibility (insurance coverage or private payment).

Insurance

The Youth Clinic providers are part of several insurance company networks and we bill those companies directly. You are required to pay any deductible, co-payments, co-insurance, and/or non-covered charges as part of those contracts. It is your responsibility to provide us with all group, policy and individual numbers

along with signatures so we can bill your insurance company correctly. Please bring your insurance card to each visit to ensure you receive the benefits you are entitled to under your health plan.

Payment Policy

We require payment at the time of service. We accept check, credit card (MasterCard, Visa, Discover or American Express) or cash. Payment toward deductible and co-payment for our contracted insurances are required at the time of service. If you need to make a special arrangement, please call the billing office at (970) 221-3489 before you arrive.

Pay Your Bill Online

For your convenience, The Youth Clinic maintains a secure patient portal that is available 24/7 or visit www.youthclinic.com and click the "Pay My Bill" button.





Dosage Charts

Acetaminophen (Tempra, Panadol, Generic)

Dosage: 15mg/kg every 4-6 hours as needed

	7-11 lbs.	12-17 lbs.	18-23 lbs.	24-35 lbs.	36-47 lbs.	48-59 lbs.	60-70 lbs.	71-100 lbs.
Syrup Elixir (Infants Tylenol or Syrup or Children's Tylenol® Oral Suspension) 160 mg/5ml	1.25 ml	2.5 ml	3.75 ml	5 ml	7.5 ml	10 ml	12.5 ml	15 ml
Children's Chewable 160 mg tabs				1 tab	1 ½ tab	2 tabs	2 ½ tabs	3 tabs
Suppository 80 mg		1 Supp.	1 ½ Supp.	2 Supp.				
Suppository 120 mg			1 Supp.	1 ½ Supp.				
Suppository 325 mg				½ Supp.	¾ Supp.	1 Supp.		

	47-69 lbs.	70-95 lbs.	95+ lbs.
Adult 325 mg	1 tab	1 ½ tabs	2 tabs
Adult 500 mg		1 tab	1 tab

IBUPROFEN (Motrin®, Advil®) * Not recommended for under six months

Dosage: 10mg/kg every 6-8 hours as needed

	12-17 lbs.	18-23 lbs.	24-35 lbs.	36-47 lbs.	48-59 lbs.	60-71 lbs.	72-95 lbs.
Infant Drops 50 mg/1.25 ml	1.25 ml	1.875 ml	2.5 ml	3.75 ml	5 ml		
Suspension 100 mg/5 ml	2.5 ml	3.75 ml	5 ml	7.5 ml	10 ml	12.5 ml	15 ml
Chewable 50 mg			2-3 tabs	3-4 tabs	4-5 tabs	5-6 tabs	6-7 tabs
Chewable 100 mg			1 ½ tabs	1½-2 tabs	2-2½ tabs	2½-3 tabs	3-3½ tabs
Caplets 100 mg			1-1½ tabs	1½-2 tabs	2-2½ tabs	2½-3 tabs	3-3½ tabs
Adult Tabs 200 mg					1 tab	1-1½ tabs	1½-2 tabs

Remember to check active ingredients in cough/cold medicines, as they may contain Acetaminophen or Ibuprofen and should not be given with the above medication.

Always double check the concentration of your medicine bottle with our guidelines for dosing as some generic forms may be different. Always use the dropper that came with the bottle for the most accurate dosing. Call if you have questions.

Last Updated: July 5 ,2017



Keep Kids Safe in Crashes

Tips to keep your Child Safer While Driving

USE THE CORRECT CAR SEAT FOR YOUR CHILD'S AGE AND SIZE



Convertible seat installed with LATCH

- All infants and toddlers should ride in a rear-facing safety seat until they are 2 years of age or until they reach the highest height or weight allowed by the manufacturers of their child safety seat.
- All children 2 years or older, or those younger than 2 years who have outgrown the rear-facing weight or height limit for their child safety seat, should use a forward-facing child safety seat with a harness for as long as possible, up to the highest weight and height allowed by the manufacturer of their child safety seat.
- All children whose weight and height are above the forward-facing limit for their child safety seat should use a belt-positioning booster until the vehicle lap-and-shoulder seat belt fits properly. This typically occurs when the child has reached 4 feet 9 inches tall and is between 8 and 12 years of age.
- When children are old enough and large enough to use the vehicle seat belt alone, they should always use lap-and-shoulder seat belts for optimal protection.
- All children younger than 13 years of age should be restrained in the rear seats of vehicles

BUYING A FAMILY CAR? HERE ARE SOME THINGS TO THINK ABOUT

- What type of and how many seat belts and car seats will you need?
- Will your car seats fit in the vehicle? Not all seats fit in all cars. Try them out before buying.
- Compact pickup trucks and sports cars are not safe family cars.
- Does the vehicle have safety features such as shoulder belts in the center rear seat, adjustable shoulder belts in the rear side seats and LATCH (Lower Anchors and Tethers for Children)?

CHOOSE A SAFE LOCATION IN YOUR VEHICLE



Rear seating for 11-year-old

- Never put an infant in a rear-facing seat in front of an active air bag.
- Plan ahead. Always be sure that there is a seat belt for every child who rides in your car.
- If a child must ride in the front seat, move the vehicle seat as far back as it can go, away from the air bag. Be sure that the child riding in the front is in the correct restraint for her age and size.
- The safest place for all children 12 and younger is the back seat.



High-back booster

SEAT BELTS AND TETHER STRAPS ARE IMPORTANT

- Some rear center seats in cars have only a lap belt. You can use a lap belt alone to install a child safety seat, but never use it for a booster. Correct use of a booster seat requires a lap-and-shoulder seat belt.
- If your vehicle has LATCH, you can use it to install a car seat. LATCH attachment points are usually in rear side seats. Check your vehicle owner's manual for more information.
- Always attach the top tether strap when your child is riding in a forward-facing car seat.

Keep Kids Safe in Crashes

Belt-positioning Booster Seats: Safe and Easy to Use

A booster seat raises your child up so that your vehicle's lap-and-shoulder belt fits him correctly. This will help to prevent injuries in a crash. Your child needs a booster seat when he reaches the top weight or height recommended for your child safety seat, his shoulders are above the harness or his ears have reached the top of the seat. Children should use a booster seat until they are between 8 and 12 years of age.

WHY AREN'T SEAT BELTS GOOD ENOUGH?

- Seat belts were designed to fit adults. Until your child is big enough for a seat belt to fit correctly, she needs a booster.
- Boosters help to keep your child safer in a crash. While using any restraint is better than none, boosters are better at preventing injuries than seat belts. In a crash, seat belts alone (without a booster) can cause serious injuries to your child's abdomen, neck and back.

HOW DO YOU USE A BOOSTER SEAT?



Backless booster with belt-positioning strap

- Read instruction manuals for both the booster and the vehicle before you start.
- Put the booster in the back seat where there is a lap-and-shoulder belt. Lap-only belts are not optimal for booster seats.
- After your child is in the booster, pull the lap-and-shoulder belt across her and buckle it.
- Check that the belt crosses her shoulder between her neck and arm and that the lap belt is low and snug on the hips, just touching the thighs.

WHAT TYPE OF BOOSTER IS BEST?

- Both high-back and backless types work to make the seat belt fit better. But if the back seat of your car doesn't have a headrest or a high seat back, your child needs a high-back booster.
- Prices start at \$15 for a backless model. Remember, just because a seat costs more does not make it safer.

WHAT TO DO IF YOUR CHILD SAYS, "I'M TOO BIG FOR A CAR SEAT."

- Let him choose his own booster seat and teach him how to buckle up.
- Show him how the booster helps him to see out of the window better and makes the shoulder belt more comfortable.
- Remember not to call the booster a child seat or car seat.
- Finally, tell your child that the car will not move until everyone is buckled up correctly.

WHEN IS IT SAFE TO MOVE MY CHILD TO AN ADULT SEAT BELT?



High-back booster

- Keep your child in a booster until he is about 4 feet 9 inches tall, usually between 8 and 12 years old. This is about the time when adult seat belts fit properly.
- Here is how you can tell when he is ready for an adult seat belt:
 - Your child is tall enough to sit against the back of the car's seat with his legs bent at the knees and feet hanging down.
 - The shoulder belt lies across the chest, not at the neck or face.
 - The lap belt is low and snug across the thighs, not across the soft abdomen.

Safety



There are things you can do to keep your child safe.

- Read product labels to find out what can poison kids.
- Keep all poison and medicine out of sight and reach of kids.
- Keep the poison control hotline number (800-222-1222) and emergency numbers by every phone.
- Find out if your family is at risk from lead-based paint.
- Install carbon monoxide detectors and change batteries regularly.

Home

- Lock poisons out of sight and reach of kids. This includes makeup, medicine, plants, cleaning products, pesticides, art supplies and beer, wine and liquor.
- Read labels to find out what is poisonous.
- Know which plants in and around your home can be poisonous.
- Never leave poisons where kids can reach them, even for a second.
- Buy child-resistant packages when available
- Keep products in their original, labeled packages to avoid confusion.
- Never mix cleaning products.
- Don't take medicine or vitamins in front of kids.
- Don't call them "candy."
- Always read labels and follow directions when giving medicines to kids.
- Tell grandparents and friends about these rules to avoid accidental poisoning when visiting their home.

Lead Paint and Carbon Monoxide

- In homes built before 1978, test for lead based paint. If it's there, cover it with a sealant or get professional help. Also get kids tested for lead exposure.
- Install carbon monoxide alarms in all bedrooms and on all levels of the home.
- Check the batteries in carbon monoxide alarms every month.
- If the alarm sounds, leave immediately. Call for help from a neighbor's home.
- Have heaters, furnaces, fireplaces and wood burning stoves checked for safety every fall.

If a Child is Poisoned

- Call 911 if a child is choking, can't breath or is having a seizure.
- Otherwise take the product to the phone and call the poison control hotline, 800-222-1222
- Follow the operator's instructions. Don't make the child vomit or give him anything to drink unless directed.



Information Sources for Parents



As parents, either first time or those going through different stages with older children, you are bound to have questions about everything from what formula to feed to a multitude of teen issues. All of the providers at The Youth Clinic are a great resource for you and your kids and can make suggestions for other sources of information as well. The Internet also offers an endless supply of information to parents and families, but we do encourage you to approach unfamiliar web sites with caution. The following list is not meant to be comprehensive, but rather a broad framework to guide you to reputable sources of information about some general topics. These sites will offer many links to other sites that may be more specific to the questions you are researching. Our website, www.youthclinic.com, is updated often with answers to many of your questions from feeding tips to symptoms and illness checklists to growth and development milestones. If you can't find what you're looking for or need more information, refer to some of the sites listed below.

General

www.healthychildren.org

From the American Academy of Pediatrics, this site offers an abundance of information on parenting issues, illnesses, nutrition tips and more. This is a great resource and starting place that also features links to other sites.

www.nih.gov - Website that provides access to the National Institute of Health, and from this site you can access MedlinePlus and the NIH Health site Information Index to find information on virtually any topic.

www.childrenscolorado.org - Official website of Children's Hospital of Denver.

www.youngwomenshealth.org - Website through Children's Hospital of Boston that is dedicated to health and overall well-being of adolescent girls.

www.coloradowic.com - Women, Infants and Children (WIC) is a nutrition program that provides nutrition education, breastfeeding support, healthy food and other services free of charge to Colorado families who qualify.

www.cpsc.gov - Consumer Product Safety Commission provides recall information.

www.aap.org - American Academy of Pediatrics

Immunizations

www.cdc.gov - Center for Disease Control site for latest information on immunizations, and offers links to other sites as well. Also addresses the concerns and controversies surrounding vaccines.

www.immunize.org - Immunization Action Coalition website, also offers information, support, and links to other sites regarding immunizations.

www.chop.edu - The Children's Hospital of Philadelphia provides information about pediatric care with resources for treatment options and support.

Travel

www.cdc.gov/travel/#geographic - Comprehensive Center for Disease Control website that is a great resource for what you need to know for travel anywhere in the world.

Occupational Therapy

www.murraytherapy.com/ - John Murray is a Pediatric Occupational Therapist that can help in a variety of areas including sensory processing disorders, gross and fine motor skills, poor handwriting, lack of self-confidence, and more.

E-cigarettes and Youth: What Parents Need to Know



WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called “vaping.” E-cigarettes do not create harmless “water vapor”—they create an aerosol that can contain harmful chemicals.

HOW MANY YOUTH ARE USING E-CIGARETTES?

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2018, CDC and FDA data showed that more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, were past-month e-cigarette users.
- During 2017 and 2018, e-cigarette use skyrocketed among youth, leading the U.S. Surgeon General to call the use of these products among youth an epidemic in the United States.

WHAT ARE THE RISKS FOR YOUTH?

- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
 - » Harm brain development, which continues until about age 25.
 - » Impact learning, memory, and attention.
 - » Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly flavors—including mango, fruit, and crème—which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:

» Nicotine	» Ultrafine particles
» Cancer-causing chemicals	» Flavorings that have been linked to lung disease
» Volatile organic compounds	» Heavy metals such as nickel, tin, and lead



www.CDC.gov/e-cigarettes

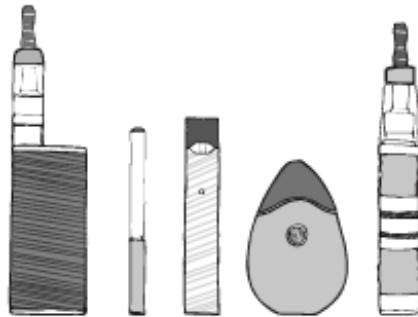


U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



WHAT DO E-CIGARETTES LOOK LIKE?

- E-cigarettes come in many shapes and sizes. Some look like regular cigarettes, cigars, or pipes. Larger e-cigarettes such as tank systems—or “mods”—do not look like other tobacco products.
- Some e-cigarettes look like other items commonly used by youth, such as pens and other everyday items. New e-cigarettes shaped like USB flash drives are popular among youth, including JUUL and the PAX Era, which looks like JUUL and delivers marijuana.



WHAT CAN YOU DO AS A PARENT OR CAREGIVER?

As a parent or caregiver, you have an important role in protecting children from e-cigarettes.

- » Talk to your child or teen about why e-cigarettes are harmful for them. It's never too late.
- » Set a good example by being tobacco-free.
- » Learn about the different shapes and types of e-cigarettes and the risks of e-cigarette use for young people at www.CDC.gov/e-cigarettes.

ABOUT USB FLASH DRIVE-SHAPED E-CIGARETTES

As a parent or caregiver, you may have heard about the use of USB flash drive-shaped e-cigarettes, including JUUL (pronounced “jewel”). JUUL is the top-selling e-cigarette brand in the United States.

JUUL is being used by students in schools, including in classrooms and bathrooms. JUUL’s nicotine liquid refills are called “pods.” According to the manufacturer, a single JUUL pod can contain as much nicotine as a pack of 20 regular cigarettes.

JUUL delivers nicotine in a new form called “nicotine salts,” which can make it less harsh on the throat and easier to use by youth. JUUL also comes in flavors that can appeal to youth.



My Health Connection Patient Portal

The Youth Clinic is part of the My Health Connection (MHC) community health record patient portal. To ensure your family's access to convenient online features and access to medical information, we encourage all families to sign up for a My Health Connection (MHC) patient portal account.

[My Health Connection \(MHC\) Information](#)

With A MHC Patient Portal Account You Can:

Securely Message Your Youth Clinic Provider

View Your Child's Medical Record

Schedule An Appointment

Pay Your Bill

Receive Appointment Reminders

Renew Or Refill Prescriptions

Sign Up for a My Health Connection (MHC) Patient Portal Account

If you don't already have a My Health Connection (MHC) patient portal account, use the link below to register yourself. Please note, to access your child's medical information you will need to have your own patient portal account.

[Sign up for a My Health Connection \(MHC\) patient portal account](#)

I Already Have a My Health Connection (MHC) Patient Portal Account

If you have already have a My Health Connection (MHC) patient portal account, use the link below to set up proxy access.

[Learn more about setting up proxy access for your family](#)

Contact Information

LOCATIONS

Elizabeth Location
1200 E. Elizabeth Street
Fort Collins, CO 80524



Oak Park Location
1214 Oak Park Drive
Fort Collins, CO 80525



Medical Center of the Rockies Location
South Medical Office Building
2500 Rocky Mountain Ave., Suite 260
Loveland, CO 80538



PHONE NUMBERS

Main Phone: (970) 267-9510
Appointments: (970) 482-2515
Phone Nurse: (970) 267-6715
Billing & Insurance Information: (970) 221-3489
New Patient Representative: (970) 267-6717

WEBSITE

Please visit the website for office hours.
www.youthclinic.com

