

HEALTHY WINTER FUN

Pediatrician **Jenny Alexander, M.D.**, offers advice for parents and kids to enjoy a healthy holiday season.

Winter weather may bring to mind increased time spent indoors and plenty of delicious holiday meals, but kids can still be active and healthy during the colder months, Jenny Alexander, M.D., says.

Dr. Alexander of Alexander Pediatrics in Montgomery explains that because of lighter schedules and time off school, the holidays are a terrific time for staying active, eating well, and keeping up to date on routine healthcare.

“Even when it’s cold outside, kids can still find a way to get up and play,” Dr. Alexander says. “If children can get into the mindset that staying active and eating well is part of life, they are on their way to being healthy adults.”



Eating for Tradition and Good Health

Dr. Alexander says it’s fine for kids to enjoy holiday treats and traditions, but moderation is key.

Adding more fruits and vegetables is important to get the nutrients they need. Dr. Alexander also recommends increasing daily water intake no matter the season. Getting in the habit of drinking more water than sugary juices and sodas will be beneficial for everyone, especially young children.

visits help Dr. Alexander and her staff address concerns and spot any potential issues. Alexander Pediatrics offers appointments year round and on some holidays, making winter break an ideal time for scheduling appointments.

“As a pediatrician, you get to know not just the child, but the siblings and parents as well. They become like family,” explains Dr. Alexander, a mother of four. “I want to make sure they are treated well and the parents are comfortable before they leave.”

Well-Child Visits

Parents should not forget routine well-child check-ups (and not all check-ups include shots). These routine well-child

Dr. Alexander appreciates the wide variety of children she sees, from newborn babies up to age 18. Alexander Pediatrics includes nurse practitioners Michelle Kirkland and Jill Fitch, and a dedicated support staff. This close-knit group of professionals focuses on service to patients, their families, and the community.

It’s an honor to work with our whole staff and be on the front line together.



Left to right: Michelle Kirkland, FNP; Jenny Alexander, M.D.; and Jill Fitch, FNP.



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