



Pediatric Corner

by Rachel VanDeMark, DNP, ARNP

For those of you who haven't met me yet, I'm Rachel, a pediatric nurse practitioner here at the Nisqually Health and Wellness Medical Clinic.

Beginning in June, I will be here 3 days a week on Tuesdays, Wednesdays, and Fridays.

I am trained to take care of babies, children and teens including sick visits, well visits, sports and back to school physicals, and in partnership with other team members, behavioral health care including ADHD, anxiety, and depression.

I enjoy watching children and teens grow and thrive, and I especially love meeting the many different special people in a child or teen's life.

I hope to see you soon whether it's for a back to school physical, catchup up immunizations, a check in on asthma or allergies, or something else!

Contact the Nisqually Tribal Health and Wellness Center at (360) 459-5312 option 1 to schedule your child's appointment.

Summer safety tips for kids!

- Stay hydrated – water bottles are the best!
- Use sunscreen and enjoy some shade during the hottest part of the day.
- Always wear a helmet when bicycling or during other wheeled adventures.
- Watch children of all ages around water and use life jackets.
- Wear seatbelts and use car seats and booster seats.
- Never leave a child alone in a parked car, even for a minute.

