



# Village InCK News

iHUB 618-518-4482 or 618-226-1726(text)

[villageinck@egyptian.org](mailto:villageinck@egyptian.org)



APRIL 2024

## Upcoming Events

**Gallatin County Hands Around the Courthouse, Shawneetown-** April 4th at 12pm

**Fairfield Solar Eclipse 2024-** April 5th through 8th

**Shawneetown Wide Yard Sale-** April 6th

**McLeansboro Solar Eclipse Festival-** April 7th -April 8th from 10am to 4:30pm

**Carmi Fest, Solar Eclipse 2024-** April 5th through 7th

**Totality in Shawneetown Solar Eclipse-** April 8th from 12:30pm to 2:30pm

**SIC Job Fair, SIC Gym-** April 10th from 9am to 12pm

**Father Daughter Dance, Carmi 404**

**Seed Station-** April 13th, 6pm to 8pm (\$20 donation)

**Saline County Hands Around the Courthouse, Harrisburg-** April 16th at 12pm

**Free Laundry Day, Angie's Wash and Fold, Carmi -**April 23rd, 2pm to 5pm

**Fairfield City Wide Yard Sales-**April 27th

**Story Time, Harrisburg Library-** April 2nd, 4th, 11th, 16th, 18th, 23rd, 25th, 30th, Tuesdays at 6pm and Thursdays at 11am

## InCK Business Highlight



Pediatric Group LLC is a full-service pediatric office serving children ages 0-18. We pride ourselves on providing quality care. We want to make a visit to our office fun and strive to offer the best, individualized care for your child. We include the following services.

### SICK VISITS

Germs happen! We understand how hard it can be to have a sick child. Whenever possible, one of our providers will see your child the same day you call for sick or urgent visits. We also have nurses on staff to answer phone call questions and guide your decision whether to bring your child in to the office. Additionally, for urgent matters that cannot wait until regular business hours, we have after hours phone services by our providers and nurses in their homes via our regular phone number 618-993-0404.

### SCHOOL & SPORTS PHYSICALS

Children need a physical for Pre-K, Kindergarten, 6th and 9th grades, and any time they switch schools or play sports. We recommended scheduling these as soon as possible.

### NUTRITION COUNSELING

Children who are overweight or underweight or who have special diet needs may benefit from a session with our nutrition and fitness counselor. We provide healthy recipes and creative strategies to get the whole family on board with a healthy lifestyle.

### WELL CHILD VISIT

Well child checks are an important way for us to get to know you and your child during infancy and yearly thereafter. During the well visit, we will do a comprehensive physical exam, discuss normal growth and development, milestones, health and safety, and preventative health. We will encourage and offer all routine vaccines at your visit which we consider a safe and effective way to prevent serious illness and death. We also monitor your child's progress on growth charts and developmental screenings to ensure they are staying on track.

### LACTATION COUNSELING

Breastfeeding is an important component of an infant's nutritional health and bonding after birth. Breastfeeding is natural, but not always easy. Our lactation counselors are here to help mothers establish a successful feeding routine. By providing support and guidance right from the start, we can help you avoid common problems and enjoy a positive breastfeeding experience.