

Group Virtual Visits at CMG

CMG Pandemic Themed Virtual Group Visit Offerings

This week marks the return of our Virtual Group Visit offerings. All sessions will take place on Zoom. We expect most sessions to have between 6 and 15 participants. The sessions are meant to be participatory, but if you prefer to keep your camera off and your microphone muted, you are welcome to do so. Questions can be posed directly by voice, or indirectly through the chat function. **Sessions will be billable to insurance as would a normal visit with your provider.**

Please take a moment to look at the offerings described below. If there is a session you would like to join, please email glendys@capitolmedicalgroup.com or call the office at 301-907-3960. Please include the name and date of birth of the patient, the session you would like to join, the provider who is leading it, the day and the time. We look forward to seeing you online!

New Parent Group -- Zoom version! Dr. Ana Markovic & Lactation/Feeding Consultant Holly McClain, RN, Tuesday 2/23 1-2, followed by Mondays 1-2. See detailed schedule below.

Formerly "Mommy and Me," and now open to both Dads and Moms.

Virtual parent support group session starting at CMG! This group is ideal for parents of 2 week to 4 month old babies. Weekly sessions will be led by Pediatrician Ana Markovic and Lactation/Feeding consultant Holly McClain. Each week we will focus on a different topic, though we will also cover any particular topics of interest to the group that day. Topics include breastfeeding and feeding support, discussion about sleep strategies, nutrition, finding balance, infant development, and most of all getting to know other new parents and sharing experiences. Our traditional ways of connecting with each other have been turned upside down and this will hopefully be a welcome source of information as well as an opportunity to connect with others who may be in a similar situation.

Sign up for the whole 4-session series or drop in for one session. Remaining in this session:

Monday, 3/1, 1-2 - focus on Sleeping

Monday, 3/8, 1-2 - special session on Infant Massage

Monday, 3/15, 1-2 - focus on Infant Development (0-12 months)

Surviving Your Child - Dr. Laura Panto Arling, Tuesday 3/2 2:00-3:00

Behavior management techniques meant to support parents of 1 to 5 year olds. Education in development and appropriate discipline for your toddler or preschooler.

When Can We See the Grandparents? Dr. Dan Finkelstein, Wednesday 3/3 2:15-3

Some grandparents have started to receive vaccine, and many more hope to do so soon. All want to see their grandchildren! This session will address questions about whether it is advisable to visit with grandparents after vaccination, and how to do so most safely.

Protecting Your Child's Mental Health in the Age of Anxiety During the Pandemic - Dr. Shuchi Bhatt, Wednesday 3/3 4:00-5:00

In this session we will discuss the pediatrician's role in screening, diagnosis and treatment of mental health issues in tweens and teens. How do you know if your child has clinically significant anxiety, depression or learning issues? Most teens seem to be more moody and anxious these days. How do you know if it warrants evaluation and treatment? What type of screening tests are done by the pediatrician? What are some strategies that you as a parent can implement to help your tween or teen? When should you go directly to a therapist or psychiatrist or both? What is your pediatrician's role if you are already plugged in to a therapist and/or psychiatrist?

Puberty Class for Girls - Dr. Natalie Silverman, Wednesday 3/3 4:00-5:00

This session, recommended for girls ages 9-12, will cover basic anatomy, body changes, hygiene, skin care, and menstrual periods. Questions and discussion encouraged!

School: In Person vs Hybrid vs Distance Learning - Dr. Ana Markovic, Thursday 3/4 11:15-12:00

Whether to send the kids back to school or continue full time distance learning is a decision many are grappling with as MCPS and other schools are offering options for students to possibly return to school in March and April. In this session we will discuss the tentative plans for school reopening from the medical perspective and the possibly competing factors of maximizing safety, academics, and socialization/mental health. We will discuss the various factors to consider in the decision making process. Talk through this decision with Dr. Ana Markovic as we discuss a framework for approaching this decision. Questions and discussion are welcome.

Puberty Class for Boys - Dr. Rupert Vallarta, Thursday 3/4 4:30-5:30

Interactive lecture series with young boys in mind. This lecture series is a great introduction to a variety of health topics for boys.

March 4: STIs (12 yo and above). What are sexually transmitted infections? What is contraception/birth control? How can STIs affect female reproductive health and babies? Also will cover American Academy of Pediatrics' statement about masturbation. What does a healthy romantic relationship mean? What is sexual consent?