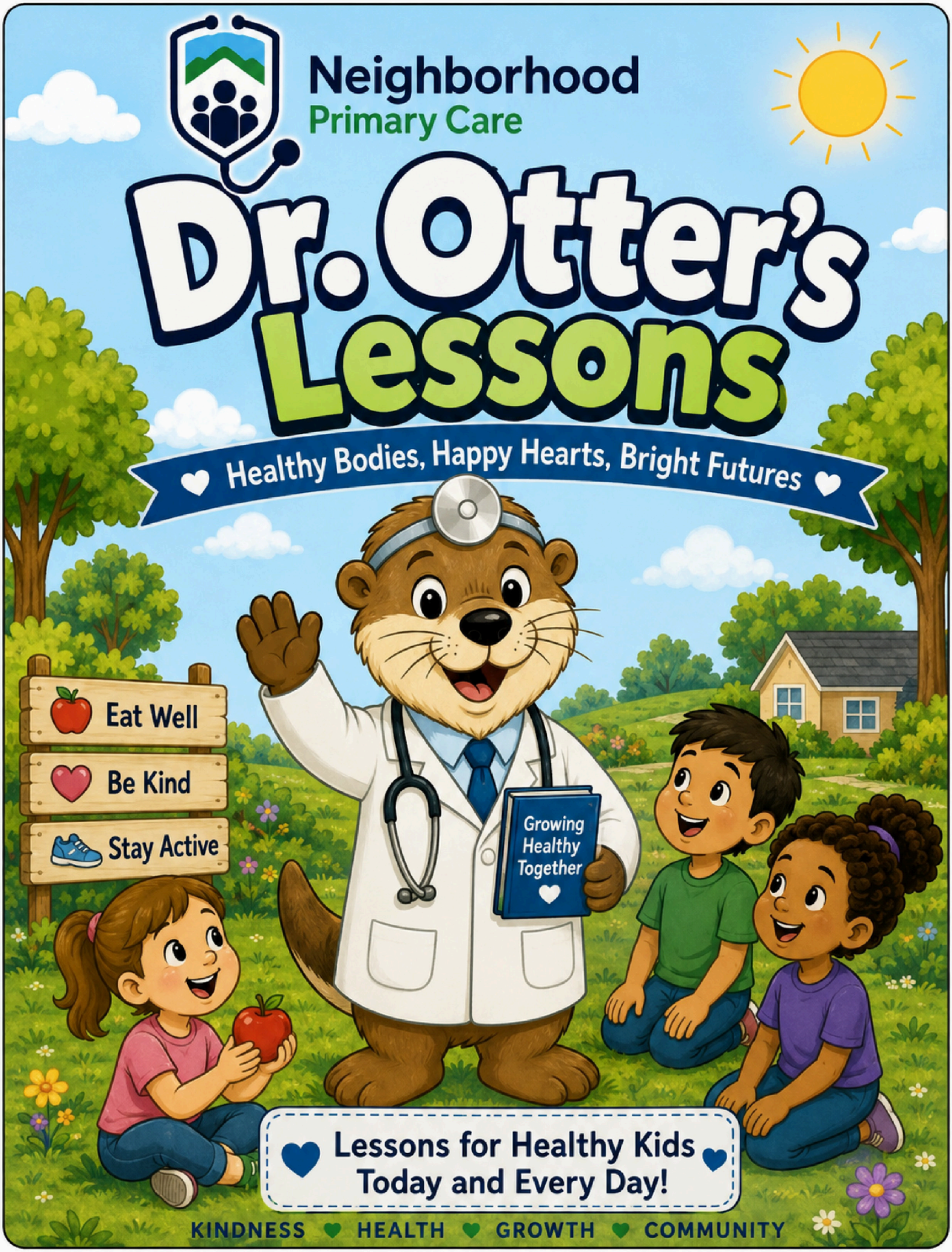

Neighborhood
Primary Care
Dr. Otter's Lessons
Healthy Bodies, Happy Hearts, Bright Futures
Eat Well
Be Kind
Stay Active
Growing Healthy Together
Lessons for Healthy Kids Today and Every Day!
KINDNESS ♥ HEALTH ♥ GROWTH ♥ COMMUNITY

Neighborhood Primary Care

Dr. Otter's Lessons

Dedicated to

Dr. James O'Neill

1934 – 2026



Dr. James O'Neill devoted his life to caring for children, supporting families, and serving his community with kindness, humility, and compassion. For more than sixty years, he was a trusted pediatrician and a comforting presence to generations of families throughout Clarkston and Oakland County.

Known for his warmth, patience, and unwavering dedication, Dr. O'Neill believed every child deserved to feel safe, healthy, and cared for. Families trusted him not only because of his medical knowledge, but because he treated every patient with genuine kindness and respect.

Dr. O'Neill's legacy extended far beyond medicine. He was a devoted husband, father, grandfather, great-grandfather, veteran, mentor, and community leader whose life reflected service, humility, faith, and compassion.

Dr. O'Neill was the inspiration behind "Dr. Otter."

The character of Dr. Otter was created to carry forward the same kindness, encouragement, and caring spirit that Dr. O'Neill shared with generations of children and families throughout his life.

A Legacy That Continues

Dr. O'Neill's grandson, Dr. Joe Gorz, is a physician at Neighborhood Primary Care. Inspired by his grandfather's lifelong dedication to children and families, Dr. Joe Gorz was motivated to open his own practice so he can continue the legacy of compassionate, patient-centered care in our community.

Through these lessons, his compassion, wisdom, and service continue to make a difference.



Dr. Otter's Milestone Moments

Every Step Forward is a Step to a Bright Future!

♥ You are growing, learning, and amazing every day! ♥

♡ Color in each milestone as you reach it! ♡

2 MONTHS

- ☆ Smiles when you talk or smile
- ☆ Looks at faces
- ☆ Makes sounds besides crying
- ☆ Watches you move
- ☆ Holds head up on tummy



4 MONTHS

- ☆ Smiles on own
- ☆ Chuckles
- ☆ Brings hands to mouth
- ☆ Pushes up on elbows
- ☆ Swings at toys



6 MONTHS

- ☆ Knows familiar people
- ☆ Takes turns making sounds
- ☆ Reaches for toys
- ☆ Rolls tummy to back
- ☆ Leans on hands when sitting



9 MONTHS

- ☆ Sits without support
- ☆ Looks when name is called
- ☆ Moves things hand to hand
- ☆ Uses fingers to rake food
- ☆ Makes many sounds



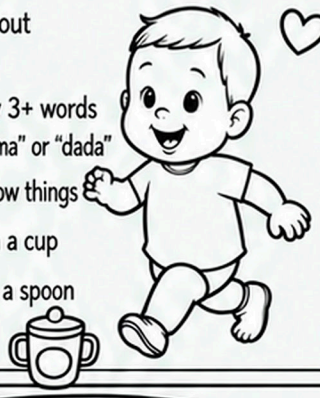
12 MONTHS

- ☆ Pulls up to stand
- ☆ Walks holding furniture
- ☆ Says "mama" or "dada"
- ☆ Waves bye-bye
- ☆ Puts things in a container



18 MONTHS

- ☆ Walks without holding on
- ☆ Tries to say 3+ words besides "mama" or "dada"
- ☆ Points to show things
- ☆ Drinks from a cup
- ☆ Tries to use a spoon



24 MONTHS

- ☆ Runs
- ☆ Kicks a ball
- ☆ Says 2+ words together
- ☆ Eats with a spoon
- ☆ Points to body parts



3 YEARS (36 MONTHS)

- ☆ Has back-and-forth exchanges
- ☆ Asks who, what, where
- ☆ Says first name
- ☆ Draws a circle
- ☆ Puts on some clothes



4 YEARS (48 MONTHS)

- ☆ Catches a large ball most of the time
- ☆ Speaks in 4+ word sentences
- ☆ Names some colors
- ☆ Draws a person with 3+ parts
- ☆ Tells what comes next in a story



Milestones are general guides. Talk with your child's healthcare provider if you have concerns about development.

♡ Healthy Bodies, Happy Hearts, Bright Futures! ♡

Neighborhood Primary Care

Dr. Otter's Lessons

Good sleep helps our bodies **rest**, our minds stay **strong**, and our hearts stay **happy!**



HEALTHY SLEEP HABITS

1. **GO TO BED ON TIME**
   A regular bedtime helps your body know when to sleep.
2. **UNWIND**
   Do quiet activities like reading or listening to calm music.
3. **KEEP IT DARK AND QUIET**
   A quiet, dark room helps you sleep better.
4. **NO SCREENS BEFORE BED**
   Screens can keep your brain awake.
5. **GET ENOUGH SLEEP**
   Your body needs sleep to grow, heal, and feel your best!

When we have good sleep habits, we wake up feeling refreshed and ready for a wonderful day!

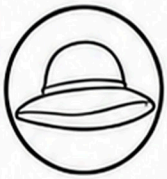


Neighborhood
— Primary Care —

Dr. Otter's Lessons

Sun safety helps protect our skin so we can play, learn, and have fun every day!

SUN SAFETY TIPS



1. WEAR A HAT
A hat with a wide brim helps protect your face, ears, and neck.



2. WEAR SUNGLASSES
Sunglasses help protect your eyes from the sun's bright rays.



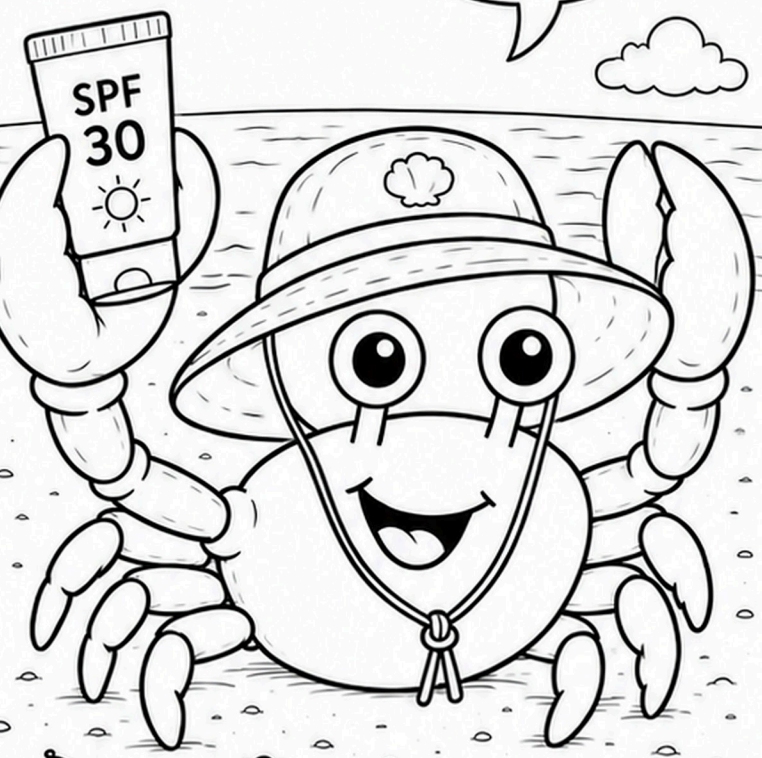
3. USE SUNSCREEN
Use broad-spectrum, water-resistant SPF 30+ sunscreen. Reapply every 2 hours and after swimming or sweating.



4. FIND SHADE
Take breaks in the shade, especially when the sun is strongest.



5. DRINK WATER
Drink plenty of water to stay cool and hydrated!



A little protection today helps us stay healthy and enjoy the sunshine all year long!

Neighborhood
— Primary Care —

Dr. Otter's Lessons

Being active helps our bodies stay strong, our minds stay sharp, and our hearts stay happy!

EXERCISE & ACTIVITY TIPS

1. **MOVE EVERY DAY**
   Play and be active throughout the day!
2. **FIND FUN ACTIVITIES**
   Choose activities you enjoy, like playing, dancing, walking, or biking!
3. **STAY STRONG**
   Activity helps build strong muscles and bones.
4. **BOOST YOUR MOOD**
   Moving your body can help you feel happy and less stressed.
5. **DRINK WATER**
   Stay hydrated before, during, and after being active!

Move your body every day in ways that are fun for you! It's one of the best things you can do for your health!

Neighborhood
— Primary Care —

Dr. Otter's Lessons

Wearing a helmet keeps our heads safe so we can enjoy bike rides and have fun!

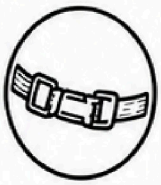
BIKE HELMET SAFETY TIPS



1. WEAR A HELMET
Always wear a helmet when you ride your bike, scooter, or skateboard.



2. FIT IT RIGHT
Your helmet should sit level on your head and feel snug, not too tight or too loose.



3. BUCKLE UP
Always fasten your helmet strap so it stays in place.



4. CHECK YOUR HELMET
Look for cracks or damage. If it's been in a crash, get a new helmet.



5. BE A GOOD EXAMPLE
Wear your helmet and encourage friends and family to do the same!

BE SAFE.
HAVE FUN!

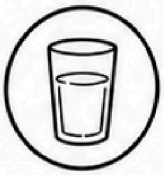
A helmet today can help prevent a serious injury tomorrow. Stay safe and keep on riding!

Neighborhood
— Primary Care —

Dr. Otter's Lessons

Drinking water helps our bodies stay healthy, strong, and full of energy!

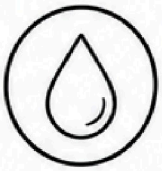
DRINKING WATER TIPS



1. DRINK OFTEN
Take sips of water throughout the day, not just when you're thirsty.



2. CARRY A WATER BOTTLE
Keep a water bottle with you at school, at home, and when you play.



3. STAY HYDRATED
Water helps your body work well, your brain think clearly, and your muscles stay strong.



4. WATER IS BETTER
Choose water instead of sugary drinks. It's healthier for your body and your teeth!



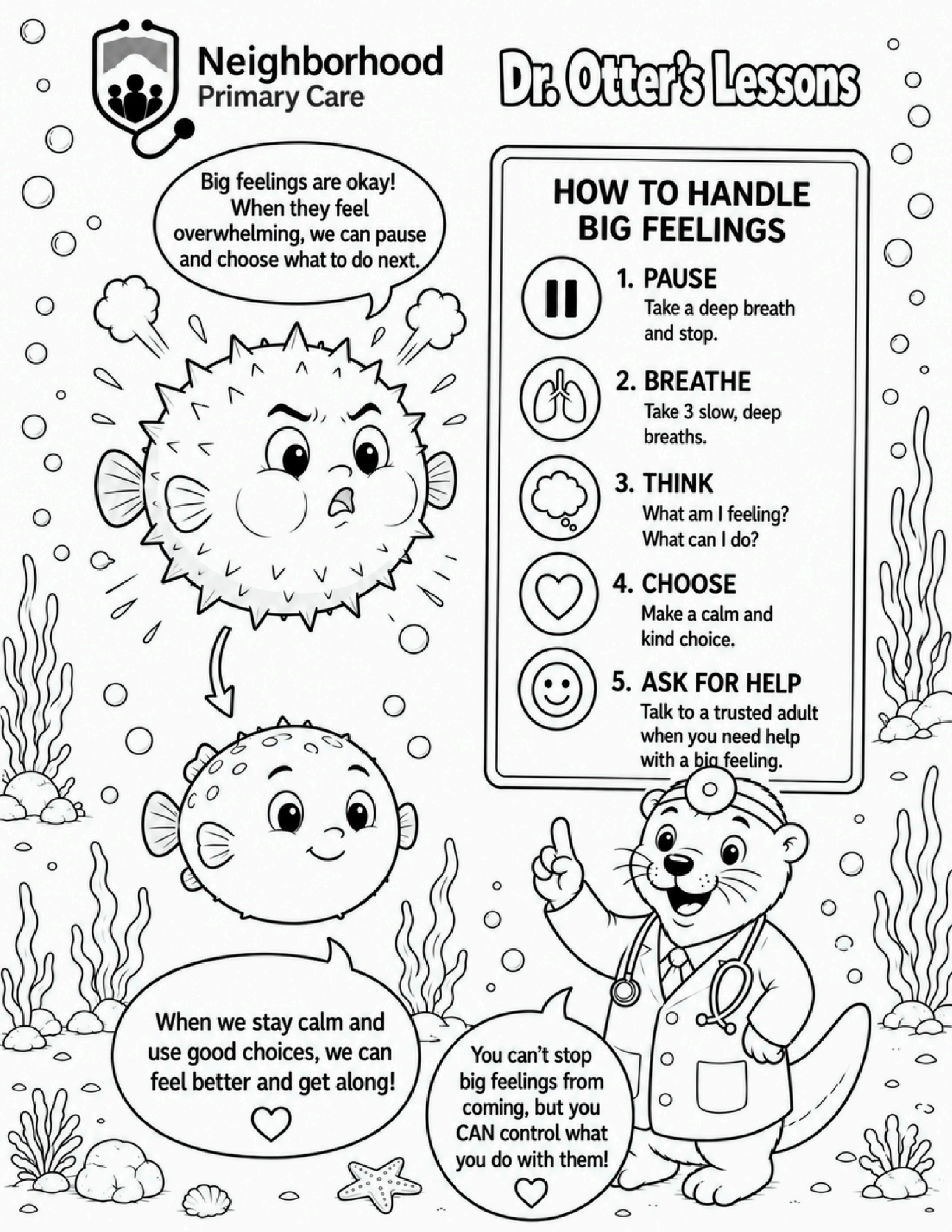
5. LISTEN TO YOUR BODY
If your mouth feels dry or you feel tired, your body may need water!

WATER IS ONE OF THE BEST THINGS YOU CAN DRINK!

Make water your best friend every day! Drink it often so your body can do its best!

Neighborhood Primary Care

Dr. Otter's Lessons

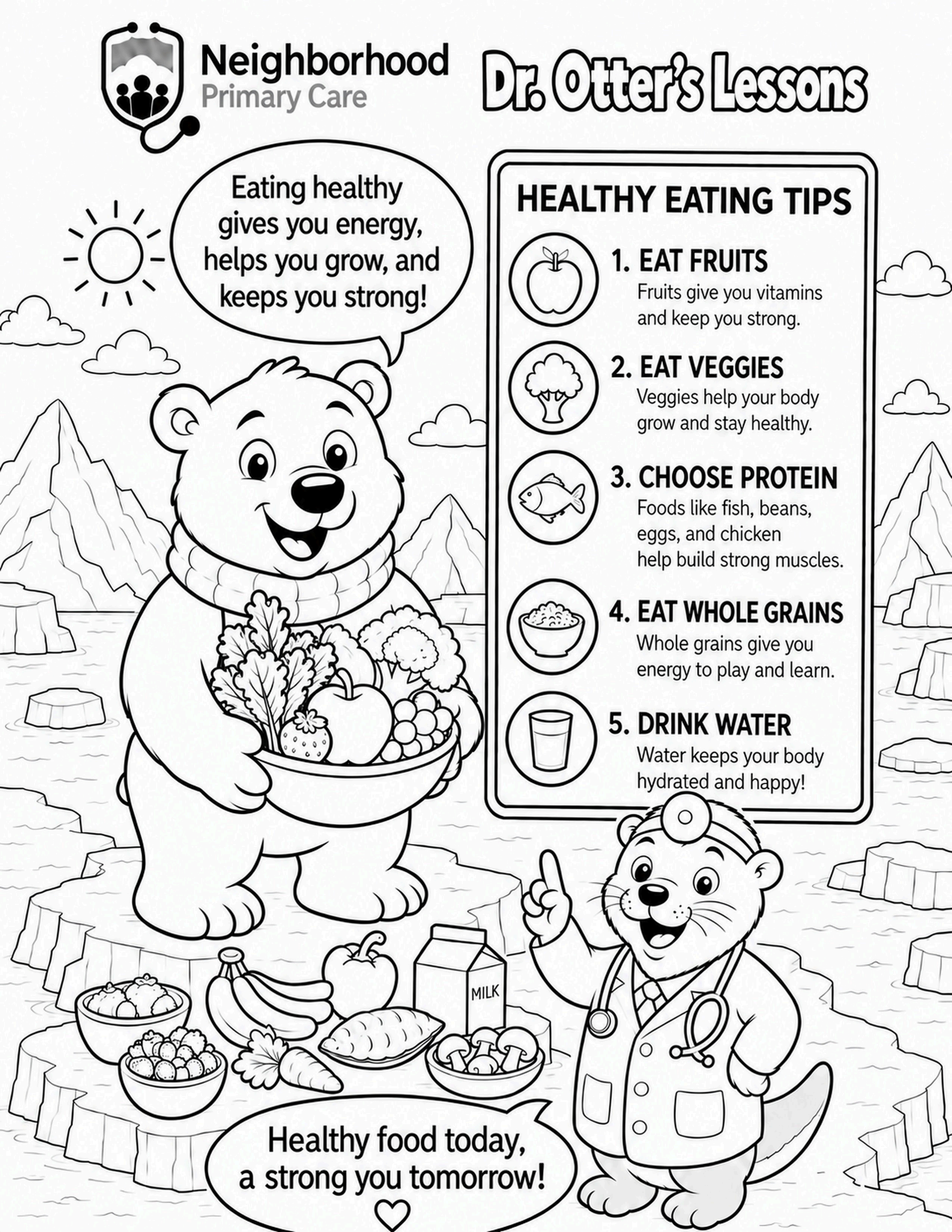


HOW TO HANDLE BIG FEELINGS

1. **PAUSE**
   Take a deep breath and stop.
2. **BREATHE**
   Take 3 slow, deep breaths.
3. **THINK**
   What am I feeling? What can I do?
4. **CHOOSE**
   Make a calm and kind choice.
5. **ASK FOR HELP**
   Talk to a trusted adult when you need help with a big feeling.

Neighborhood Primary Care

Dr. Otter's Lessons



HEALTHY EATING TIPS

1. EAT FRUITS
Fruits give you vitamins and keep you strong.

2. EAT VEGGIES
Veggies help your body grow and stay healthy.

3. CHOOSE PROTEIN
Foods like fish, beans, eggs, and chicken help build strong muscles.

4. EAT WHOLE GRAINS
Whole grains give you energy to play and learn.

5. DRINK WATER
Water keeps your body hydrated and happy!

Neighborhood Primary Care

Dr. Otter's Lessons

A clean body helps you feel good, stay healthy, and shine bright!

HOW TO WASH YOURSELF



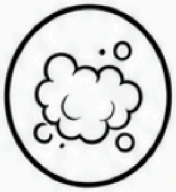
1. USE LUKEWARM WATER

Use lukewarm water to wet your body.



2. USE SOAP

Wash all over your body—don't forget arms, legs, neck, and between toes!



3. WASH GENTLY

Use your hands or a soft washcloth to gently clean your skin.



4. RINSE

Rinse off all the soap with clean water.



5. DRY

Pat yourself dry with a clean towel.





Clean today, healthy every day!

Neighborhood Primary Care

Dr. Otter's Lessons



Eye exams keep our vision healthy!

Neighborhood Primary Care

Dr. Otter's Lessons



Neighborhood Primary Care

Dr. Otter's Lessons



Neighborhood
Primary Care

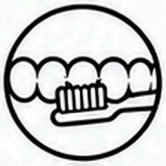
Dr. Otter's Lessons

Brushing your teeth keeps them clean and strong and helps you have a healthy smile!

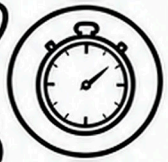
HOW TO BRUSH YOUR TEETH



1. **USE FLUORIDE TOOTHPASTE**
   Ask a grown-up to help you use the right amount.



2. Brush all sides of your teeth.



3. Brush for 2 minutes.



4. **SPIT, DON'T SWALLOW**
   Spit out the toothpaste when you're done.

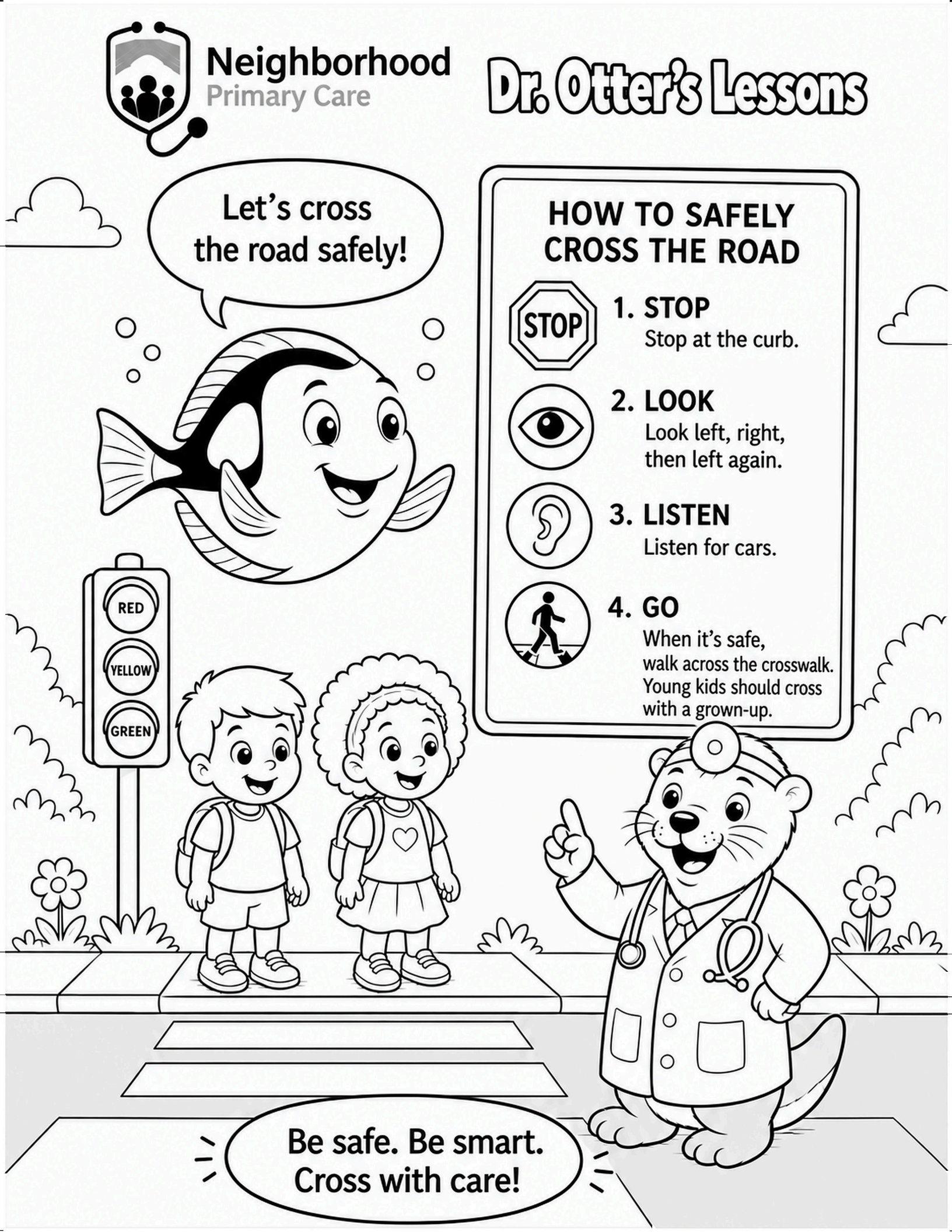


5. Brush twice a day—in the morning and before bed!

A healthy smile makes you happy!

Neighborhood
Primary Care

Dr. Otter's Lessons

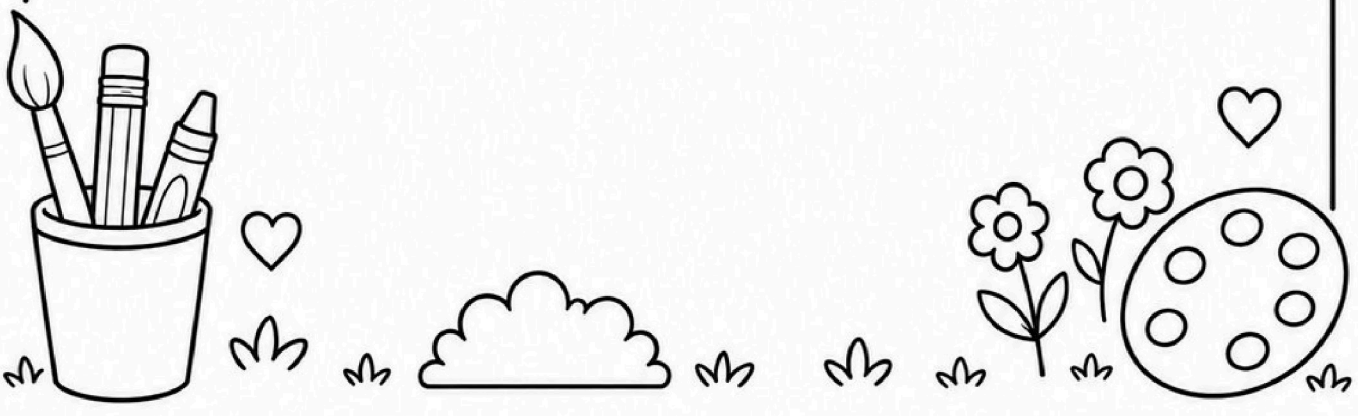


Neighborhood Primary Care

Dr. Otter's Lessons

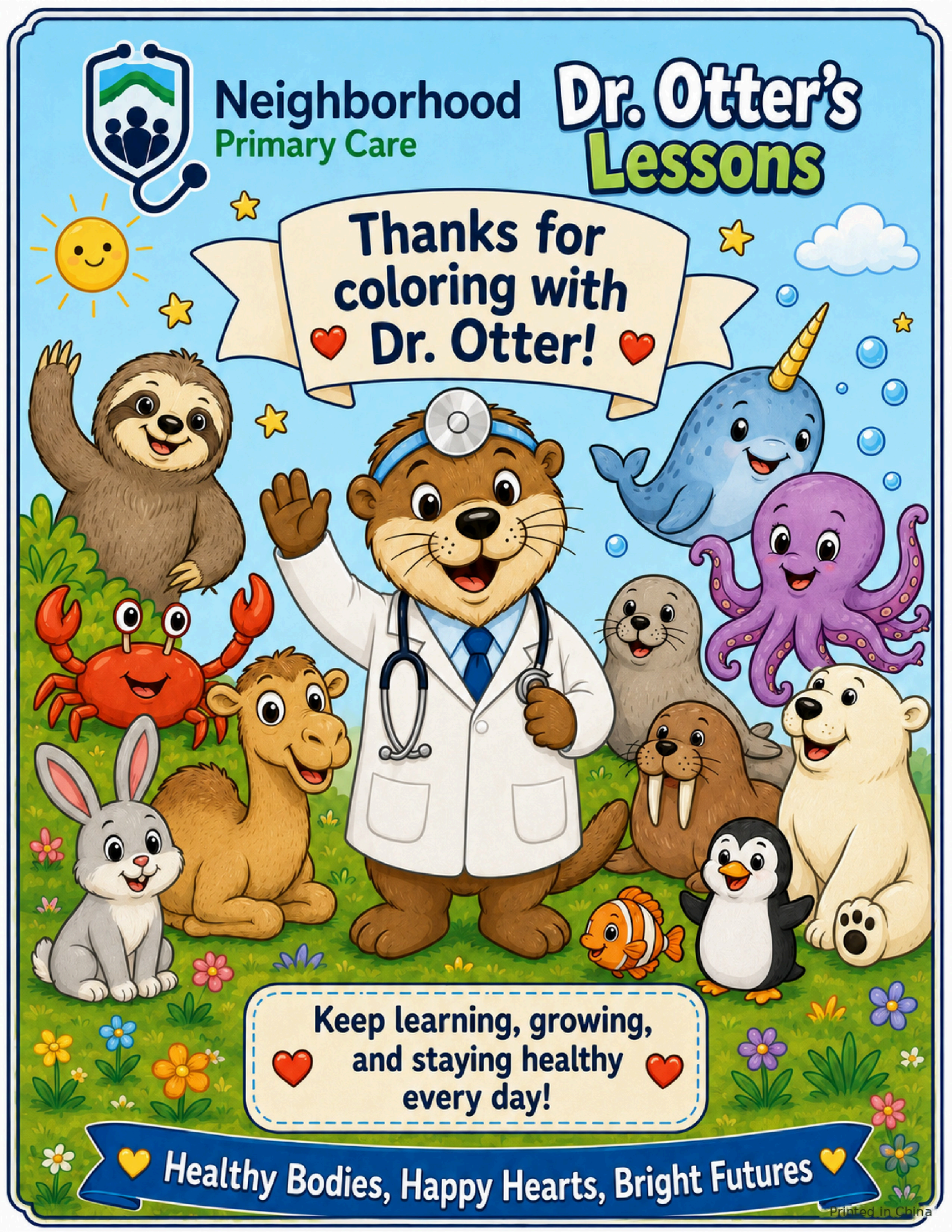
Your turn!

Draw something amazing!
Use your imagination!



Neighborhood Primary Care

Dr. Otter's Lessons



Printed in China