

SOUTHERN ALABAMA + HEALTHCARE PROFILES

Summer Is Coming

Whatever the season, Jenny Alexander, M.D., of Alexander Pediatrics never stops looking out for your child's health.

Since its founding in 1998, Alexander Pediatrics has provided exceptional, compassionate healthcare for children throughout Montgomery. "I grew up shadowing my mom in the office when she took care of her patients," recalls Jenny Alexander, M.D., who today heads the popular practice.

Alexander Pediatrics offers state-of-the-art, comprehensive medical care, including checkups, vaccinations, minor procedures, and testing for strep, flu, RSV, and COVID-19, for patients aged newborn to 18 years. They offer same-day and telemedicine appointments.

As warmer weather approaches, Dr. Alexander counsels parents on the importance of outdoor safety. "We advise families to help keep kids safe and healthy throughout spring break and summer vacation," she says. "Children should always wear a helmet when riding bicycles, and if they're going to be in or near water, adult supervision and sunscreen are a must. Children should take swimming lessons or wear a life jacket if they are not comfortable swimming."

Spring and Summer Sniffles

Alexander Pediatrics answers many calls from parents concerned that their child



From the earliest days of the COVID-19 pandemic, Alexander Pediatrics pivoted to meet the needs of its patient families. To ensure safety, well-child appointments take place in the mornings, while sick children are seen in the afternoons.

Across the country, the pandemic prompted many parents to delay annual checkups and routine vaccinations for their children. "It is very important to resume routine care so that we can identify and address any issues or concerns early and continue building a warm, trusting relationship with your child," says Dr. Alexander.

might have a cold or COVID-19. "These symptoms are very common, and while you should call us if you're concerned, it's important not to jump to a worst-case scenario," says Dr. Alexander. "As spring approaches, kids will encounter pollen, grass, and other allergens. A runny nose and cough with no fever might very well just be allergies.

"Once we've established that a child's symptoms are allergy related, we can develop a treatment plan," she explains. Sometimes, simply washing children's faces and hands after outdoor play can make a big difference. Indoor dust can also be the culprit. Frequent vacuuming and the use of air purifiers can help.

No matter the time of year, Dr. Alexander and her team of friendly nurse practitioners, nurses, and administrators share a commitment to their role as medical allies for parents who have the world's most important and challenging job. "I get it," she says. "I have four children of my own. When a worried parent comes in with a sick child, I know how they feel. Everyone just wants their child to be healthy."

Dr. Alexander is deeply fulfilled by the generational "circle of life" she witnesses in her work. "Some of the parents I see were children my mom took care of," she says. "Now they have kids of their own, and it's rewarding to continue caring for that family."



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