

NOVEMBER 2025



Child Neurology &
Consultants of Austin
Neurology ~ Rheumatology ~ Sleep

CN&CA SNIPPETS

CN&CA Updates and Helpful Health Tips



WELCOME!

Dear CN&CA Families,

Welcome back to **CN&CA Snippets!**

We're excited to share another edition of our clinic newsletter - a quick way to stay connected and keep you in the loop with health tips, clinic news, and helpful updates for your family.

Whether your child sees us for neurology, rheumatology, or sleep care, we're grateful to be part of your team and appreciate the trust you place in us.

Warmly,
The CN&CA Team
Child Neurology & Consultants of Austin

NEWS AND UPDATES AT CN&CA

Amani's Story

Emergency Room Visits

Autism Workshop

Epilepsy Support Groups

Jingle Bell Run

Super Doctors

Healthy Holidays

CN&CA in the Community



www.childneurotx.com



(512) 494-4000



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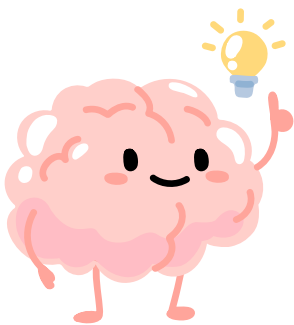
Amani's Story: Finding Strength and Confidence with Epilepsy

This month, we're sharing Amani's brave story about living with epilepsy and how she's learned to manage her seizures and not let epilepsy define her. Her message reminds us how powerful awareness and community can be. **Video credit: New Image Media, LLC**

[READ BLOG HERE](#)



Child Neurology &
Consultants of Austin



DID YOU KNOW?

If your child ever needs to go to the hospital, it's best to go where our doctors can see them.

We take care of kids at:

- Texas Children's Hospital
- St. David's Children's Hospital

Why it helps to go there:

- Your doctor already works with the hospital team
- Smoother communication
- Your child's care stays connected to us



In an emergency, always go to the closest hospital. This just lets you know where we'll be available if you have a choice.

AUTISM WORKSHOP FOR CN&CA FAMILIES: IN CASE YOU MISSED IT!

CN&CA is has partnered with VELA Families to support parents right from the start of an autism diagnosis. All families who receive a new diagnosis at our clinic are invited to "Autism: How to Begin," a free online workshop that offers practical tools and connection with other parents.



If your child was recently diagnosed and you haven't joined yet, you can learn more and register using the links below:

- [English workshop](#)
- [Spanish workshop](#)



If you have questions or need help getting started, reach out to your CN&CA care team and we'll walk you through it.

AUTISM, LEUCOVORIN & ACETAMINOPHEN: WHAT FAMILIES SHOULD KNOW

Our team at Child Neurology & Consultants of Austin walks through the latest research, explains that leucovorin may help some children with folate-related issues (but is not a cure), and reassures that acetaminophen remains a safe option during pregnancy when required.

Read more here: [Autism, Leucovorin & Acetaminophen: What Families Should Know](#)



EPILEPSY SUPPORT GROUPS

The Epilepsy Foundation is now hosting a virtual Caregiver Support Group as well as a virtual Youth Support Group. If you're interested in attending, CLICK below to sign up for reminders!

Caregiver Support Group

A virtual space for Parents, guardians, and caregivers of anyone living with epilepsy. This group offers a safe, understanding space to connect with others, share experiences, ask questions, and build community with fellow caregivers walking a similar path.



7:00 PM - 8:00 PM

APR. 3 MAY. 1 JULY. 3 AUG. 7 SEPT. 4 OCT. 2 NOV. 6 DEC. 4



Youth Support Group

A virtual peer-focused group for children, teens, and young adults with epilepsy to connect and share experiences. The focus of these sessions is on peer connection.



6:00 PM - 7:00 PM

MAY. 29 JULY. 31 AUG. 28 SEPT. 25 OCT. 30 NOV. 20 DEC. 18



Join us at the Jingle Bell Run!

We're proud to celebrate Dr. Sharanya Joginpalli, Pediatric Rheumatologist at Child Neurology & Consultants of Austin, who has been named the 2025 Austin Jingle Bell Run Medical Honoree!

Join Dr. J's Jolly Joggers and our CN&CA team on December 6th to support the Arthritis Foundation and celebrate healthy, active families. [CLICK HERE](#)



Excellence in Care, Recognized Again!

These CN&CA doctors were named 2025 Super Doctors® Rising Stars! We're so proud of them and grateful to the families who make this possible by trusting us with their children's care. [LEARN MORE](#)



Dr. Daniel Gustkey



Dr. Holly Keeley



Dr. Kate Labiner

SUPERDOCTORS®
TEXAS 2025
RISING STARS™



HEALTHY HOLIDAYS, HAPPY KIDS!

The holiday season can bring joy and a few challenges for kids' sleep, routines, and wellbeing. Here are a few quick tips from our team to help your family stay balanced and thriving all season long:

- 1. Keep Sleep Steady:** Try to stick to your child's usual bedtime and wake time, even when traveling. A consistent routine helps prevent fatigue and mood changes.
- 2. Eat Smart (Without Skipping the Fun!):** Balance holiday treats with nutritious meals and snacks. Encourage fruits, veggies, and protein alongside sweets, and keep everyone hydrated throughout the day.
- 3. Move Together:** A little activity goes a long way. Family walks, dancing to music, or outdoor play can boost energy, improve sleep, and reduce inflammation.
- 4. Manage Holiday Stress:** Busy gatherings and changes in routine can overwhelm some kids. Build in calm moments like quiet breaks, deep breathing, or reading together to help them reset.
- 5. Don't Skip Medications:** Stick to your usual medication schedule and pack extras if you're traveling. Consistency keeps symptoms under control and holidays worry-free.

CN & CA

IN THE COMMUNITY



Community Engagement & Volunteering

Volunteering at an Ubuntu Life clinic in Kenya,
Supporting the Epilepsy Foundation Walk,
Hosting a booth at the Walk to Cure Arthritis

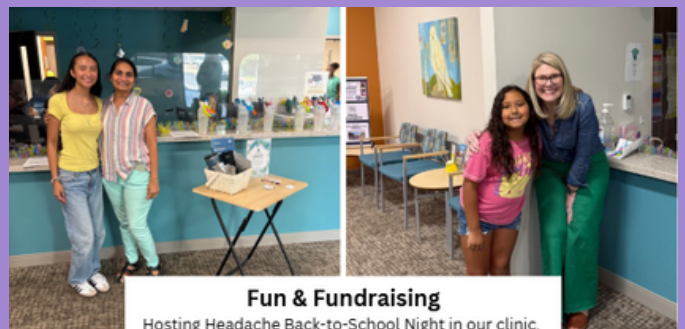


We love connecting with families, sharing knowledge, and giving back! Here's a peek at what our team has been up to:



Professional Education

Panel discussion at Texas Neurology Society Conference,
Concussion presentation at the Texas Capitol,
Poster at Child Neurology Society Conference



Fun & Fundraising

Hosting Headache Back-to-School Night in our clinic,
Playing golf at an Epilepsy Foundation Event,
Dressing up for Halloween

