

Why I Love Caring for Children: Meet Dr. Afsheen Abid

At BrightKids Pediatrics, our providers bring something unique for each family. For me, pediatrics is both a passion and a privilege, rooted in a commitment to good health, proper development, and utmost happiness for children.

I'm Dr. Afsheen Abid, a pediatrician with BrightKids Pediatrics, and I am honored to be in partnership with parents working alongside them to support their children's well-being. From the first steps to their school years and beyond, I believe pediatric care goes farther than just medicine; it's about nurturing a relationship based on trust, empathy, and shared goals for prolonged health.

Why Pediatrics?

During my time in medical school, it easily became clear to me that working with children was my calling. My heart truly belonged in pediatrics, and I find that apparent with each experience I have working with children. Children carry honesty, energy, and a capacity for resilience, reminding me daily why I chose this career path. It's exceptionally rewarding to see a child heal, thrive, and achieve new milestones, especially when I contribute to that progress. Even in the smallest ways, it is a responsibility I take seriously with joy.

A Personalized Approach to Care

Every child is unique, and so is every family. That is why I focus on personalized but collaborative care. I take the time to explain, listen, and empower parents. Whether we're looking to treat a common illness, manage a chronic condition, or provide routine preventive care, I pride myself on ensuring families are heard, informed, and assisted at every step.

Our practice puts a strong emphasis on preventive medicine, especially when it comes to childhood obesity and mental health. We believe we have the opportunity and the responsibility to improve the physical and emotional well-being of growing brains and bodies. The early years are the most critical, and we are here to guide families through them with care, expertise, and compassion.

Growing with Our Communities

At BrightKids Pediatrics, we're not just seeing and treating patients; we're investing in the future of our communities. Through compassionate care, educational support, and preventive health initiatives, we help to build healthier communities, one child at a time.

Looking Ahead

As a pediatrician, I, Dr. Afsheen Abid, am constantly inspired by my patients. Their laughter, their courage, and their potential motivate me every single day. I look forward to being part of your child's care journey, whether it's an initial checkup or a return visit to celebrate a health milestone.

Thank you for entrusting me with the care of your family. I'm here to help your child grow strong, stay healthy, and feel confident in every step they take.

Warmly,

Dr. Afsheen Abid

Board-Certified Pediatrician

BrightKids Pediatrics