



News & Updates from your pediatrician



Schedule Your Child's Annual Physical!

With the ease of self-scheduling via the [Patient Portal](#), checking this task off your to-do list has never been easier! With summer approaching, now is the time to schedule your child for their well visit and ensure sports physicals are taken care of well ahead of next school year.



LIFE LOVELAND FOOD
PANTRY

FOOD DRIVE



Join our food drive donation and help us fight hunger one
donation at a time.

COLLECTING
UNTIL APRIL 25TH

DROP OFF ITEMS AT ANY OF OUR 3 LOCATIONS!

4371 Ferguson Dr. Cincinnati OH 45245
2055 Hospital Dr. Ste 250 Batavia OH 45103
4834 Socialville Foster Rd Ste 50 Mason OH 45040




ITEMS NEEDED THE MOST:

- Boost/Ensure
- Canned chicken/tuna
- Canned mandarin oranges and peaches
- Cereal
- Chef Boyardee
- Cleaning supplies
- Coffee
- Diapers size 3 and up
- Granola bars
- Hamburger Helper
- Hand soap
- Laundry detergent
- Manwich/Sloppy Joe
- Oatmeal
- Paper towels
- Pasta
- Potato dishes
- Pull-ups
- Rice-a-Roni
- Tissues



What You Need to Know about Vaccinations

At PAMC, prevention of disease is a key component of our services for your family. With any vaccine, there is cause for question and hesitation about whether it's right for your child. Dr. Peltier addresses these thoughts and shares the importance of vaccinations for immunity against serious and debilitating diseases. Tune into [this video](#) to hear what he has to say!



Protect against Measles

Measles, mumps and rubella (MMR) vaccines are recommended for children aged 12-15 months and again at 4-6 years.

Learn more about measles, [here](#).

Let's Hear From Dr. Hardy

Last month, Pediatric Associates Of Mt. Carmel physician, Dr. Hardy, sat down with The Independent Pediatrician - a digital and print publication providing information, resources, and guidance in support of America's Independent Pediatricians.

Passionate about encouraging new doctors to care for children, Dr. Hardy shares her journey and why she chose primary care.

Read the full interview [here](#).



“It's hard not to be upbeat and happy when you're dealing with kids.

Children are resilient and there is a sense of optimism that is unique to pediatrics.

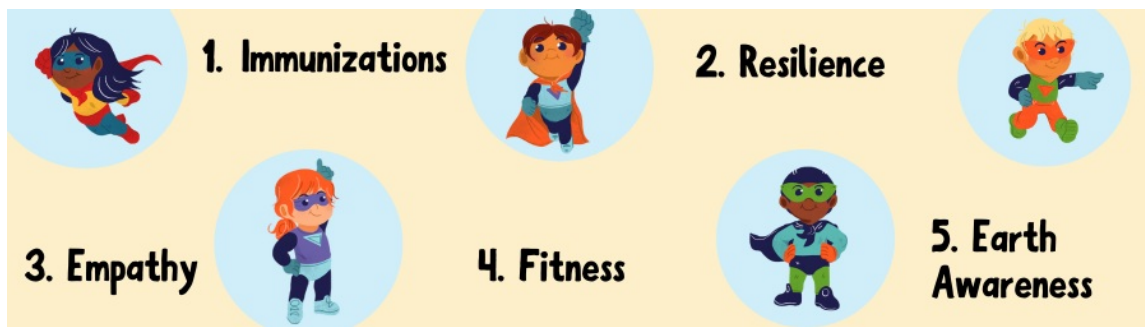
Dr. Hardy”

Your Mind Matters!

May is Mental Health Awareness Month, and though it's a topic often circulating in the news and online, many parents feel they don't have the right resources or clarity to navigate mental health difficulties in their children.

The good news is that there are productive ways to converse with your child to promote healthy relationships with themselves and others that boost healthy emotional development.

Did you know you can [be a superhero for your kid](#)? That's right! Here are five ways to nurture capable, resilient kids!



Mental Health For Children

Positive experiences and safe, stable relationships help children develop skills they need to manage their emotions, solve problems, communicate and develop close connections with others. [Creating predictable routines](#) is a surefire way to begin establishing a sense of stability and connection for young children.

Other means of teaching emotional resilience can look like the following:

- **Practicing open communication** - what made the child upset, acknowledging the emotion, validating the emotion, and meeting the need.
- **Positive parenting techniques** - setting limits and consequences, modeling appropriate behavior, pointing out positive behavior.
- **Learning coping techniques** - anxiety-grounding, deep breathing, muscle relaxation.

Mental Health For Teens

You may wonder whether the symptoms are part of the biological and social changes all young people go through on their way to adulthood, or something more. Teens face the same array of mental health challenges that adults do, however these are the most common among those 13-18: ADHD, anxiety, depression, and eating disorders.

Here are some points to consider as you open the door to discussing your teen's mental health:

- **Make it safe for your child to discuss tough issues with you.**
- **Resolve to listen more than you speak.**
- **Try not to blame yourself for your child's struggles.**

More information, resources, and guidance is available by [visiting this article](#).

Is a Babysitter Necessary?

As summer break approaches, you likely started thinking about or making plans for your child while you are away from home during these months. As your child(ren) age, it's worth considering when the appropriate time

is for them to stay home alone. Knowing the right time is different for each family. Take into account the maturity of your child, where you live, your nearby support network, and how far away you will be.

Here are some factors to consider when deciding whether your child is ready to be home alone:

- **Age:** Do you think your child is mature enough to take care of themselves?
- **Caution:** Does your child think before they act?
- **Comfort:** Have you directly asked your child if they would be OK home alone?
- **Common Sense:** Would your child be able to make good judgements on their own?
- **Safety:** Would your child be able to remember and follow important safety rules? For example, can they tell you how they would respond to a fire, gas leak or other emergency, or follow rules such as not opening the door and not posting on social media that they are alone?



For additional guidelines about planning ahead, setting boundaries, and understanding emergency situations, visit [healthychildren.org](https://www.healthychildren.org).

Moments of Mention

Our annual 'Put A Lid On It' event is right around the corner! Up to 120 individuals will be fitted to receive a free bike helmet, subject to proper sizing and availability. The family-friendly event will take place from 10 a.m. to noon at Juilfs Park and will include giveaways and biking education, including instructions on how to properly wear a helmet. We hope to see you there!



PUT A LID ON IT!

Hosted by Pediatric Associates of Mt. Carmel, Inc.

Get your **FREE**
bike helmet while
supplies last!

**Saturday,
May 17, 2025**

10 a.m. – 12 p.m.

Juilfs Park, Anderson Township, Cincinnati

8249 Clough Pike, Cincinnati, OH 45245



Education!



Giveaways!



Playground!

FOR MORE INFORMATION, contact Sarah Selickman Heidt, MD, info@pedsmtcarmel.com, 513.752.3650

We look forward to seeing you during this fun community event!



Ohio Chapter

INCORPORATED IN OHIO

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Sizes and quantities are limited and up to 120 children will be fitted for a free bike helmet.

pedsmtcarmel.com

PEDIATRIC ASSOCIATES OF MT. CARMEL, INC.
www.pedsmtcarmel.com



Pediatric Associates of Mt Carmel | 4371 Ferguson Dr | Cincinnati, OH 45245 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!