



News & Updates from your pediatrician

Self-Scheduling is Live!

Put the ease of patient scheduling back in your routine with our self-scheduling option via the **Patient Portal**. Currently, self-scheduling is available for sick patients with low-acuity illnesses, such as a cough, sore throat, and ear pain, along with well visits for patients one month through six years of age.

AVAILABLE NOW!

Self-scheduling in patient portal

pedsmtcarmel.com/Patient-portal

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My Kid's Chart
Appointment Scheduling

Back

This service is intended for non-critical appointments only! If you require assistance immediately, please call the office. If you have a medical emergency, call 911.

Patient
Choose a patient

Appointment Category
Choose a category

Continue

Exit



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](#).

Poison Prevention Week

Each year, approximately three million people - many under age five - swallow or have contact with a poisonous substance. During National Poison Prevention Week, March 16-21, is the time to caution parents/guardians, families, and other caregivers about the risks of potential poisons.

The most dangerous potential poisons are medicines, cleaning products, liquid nicotine, antifreeze, windshield wiper fluid, pesticides, furniture polish, gasoline, kerosene and lamp oil. For more guidance on poison prevention in your home, refer to these [best practices](#) to keep these hazardous materials out of your little one's reach.



Catch Some Zzz's

Sleep is critical for all ages, but especially during developmental years. While it's true that sleep needs vary from one person to another, there are [science-based guidelines to help you](#), as parents/guardians, determine whether your child is getting the sleep he or she needs to grow, learn, and play. Especially during Daylight Savings Time, sleep may be impaired and make it harder for children to fall asleep and wake up.

March 9-15 was Sleep Awareness Week, and American Academy of Pediatrics (AAP) shared their best recommendations for better sleep habits:

- **Keep to a regular daily routine:** The same waking time, meal times, nap time, and play times will help your child feel secure and comfortable, and help with a smooth bedtime. Especially for teens, sleep-wake cycles begin to shift up to two hours later at the start of puberty.
- **Create a sleep-supportive and safe bedroom and home environment:** Dim the lights prior to bedtime and control the temperature in the home. Don't fill up your child's bed with toys. Keep your child's bed a place to sleep, rather than a place to play.
- **Be active during the day and monitor screentime at night:** Scheduling suitable play time and activities, especially outdoors, ensures your child has exerted energy throughout the day. Keeping all screens - TVs, computers, tablets,

and phones out of children's bedrooms helps avoid distractions that may prevent sleep disruption.



Allergy Season Incoming!

Warmer weather is on its way! Which means seasonal allergies are close behind. Tune in to this [video](#) as Dr. Pittinger shares the most common symptoms experienced by young children, how to distinguish between allergies and a virus, and the types of over-the-counter medications available for all ages to help manage those allergy irritants.



National Reading Month

Shared storytime helps build bonds between parent and child, while developing cognitive abilities such as sustained attention and proper linguistic function.

Dipesh Navsaria, MPH, MSLIS, MD, FAAP, joins host Dr. Edith

Bracho-Sanchez to talk about the value of reading aloud with children in this **podcast episode**. Tune in now!

EPISODE 19 – HOW READING WITH CHILDREN BUILDS RELATIONSHIPS & BETTER LEARNING

FEATURING:

DIPESH NAVSARIA,
MPH, MSLIS, MD, FAAP



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HEALTHY BABY, HAPPY MOM



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Moments of Mention

A message from Dr. Kroeger:

Friends, colleagues, and community,

I want to first thank you for the countless well wishes I've received throughout my treatment. It has been an intensive and difficult experience, but I'm hopeful that I will regain my strength and soon continue to be back in the office seeing my favorite faces of patients and their families. Thank you for valuing my privacy during the course of this treatment.



As I'm sure you know, it was important for me to acknowledge my absence, but also wait to share details until I was in a better place of both understanding what this new normal looked like and how it would impact my ability to see patients. My hope is to keep improving and return to what I love most - serving patients!



SHARE THE LOVE, HELP US GROW—
LEAVE A REVIEW AND LET US KNOW!

We would love to hear from you about what
you're most grateful for about Pediatric
Associates of Mt. Carmel.

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