



News & Updates from your pediatrician

Immunizations for Your Infant

Protecting your infant is top of mind when you are a new parent, but the list of immunizations can seem overwhelming. In this [video](#), Dr. Chamberlin shares the importance of vaccinating your newborn and which viruses they prevent as part of National Infant Immunization Week.



Preventing Overuse Injuries in Youth Sports

As young athletes lace up their shoes and hit the fields, courts, and pools, it's crucial to understand the risks lurking behind their passion. Discover the warning signs and preventive measures to keep young athletes healthy and injury-free.

Learn more from [healthychildren.org](https://www.healthychildren.org).



Sun Safety

With temperatures rising and summer break approaching, ensure outdoor fun is matched with [sun safety](#) by following the tips below:

- Choose broad-spectrum sunscreen with SPF 15-50, especially those containing zinc oxide and titanium dioxide.
- Put sunscreen on 15 to 30 minutes before going outdoors. It needs time to absorb into the skin.
- Look for youth-sized sunglasses with UV protection for your child.

SUMMER IS RIGHT
AROUND THE CORNER...



DON'T NEGLECT YOUR SPF!

Construction Reminder

Please note: Our Eastgate location will be under construction this spring, lasting 12-14 weeks. Patients will enter from the side door and parking will be available in the spaces closest to the side door. We will have signs on the door and in the parking lot as a reminder.

Thank you for your cooperation!



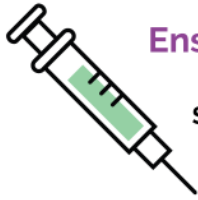
A graphic for a "Put A Lid on It!" event. At the top center is the logo for "PUT A LID ON IT!" with a bicycle and the tagline "protect before you pedal!". Below this is a yellow banner that says "SAVE THE DATE". The main text reads "Get your FREE bike helmet!" in a green, cursive font. Below that is the date and time: "Saturday, June 1, 2024 11 a.m. – 1 p.m.". At the bottom left is the address: "Veterans Park, Shelter B Union Township 906 Clough Pike, Cincinnati, OH 45245". At the bottom right is the logo for Pediatric Associates of Mt. Carmel, Inc. Below the address is the text: "BASED ON SIZING/AVAILABILITY WHILE SUPPLIES LAST".

'Put A Lid on It!' educates youth on the importance of bicycle safety and wearing a helmet when riding a bike.

Up to 120 kids will be fitted to receive a free bike helmet, subject to proper sizing and availability. The family-friendly event will include education, (including instructions on how to properly wear a helmet), and giveaways.



Is your child college-bound this fall?



Ensure they are protected against Meningitis B

Schedule an appointment with your child's pediatrician to discuss whether the vaccine is right for them.

Meningitis B most often affects children under one, but college-age youth are at higher-risk when living in close quarters, such as a dormitory. This [article](#) from Johns Hopkins Children's Center shares some insight into the Meningitis B vaccine and managing the risks as your child prepares for college.

Register for our Patient Portal

- Review your child's records
- Check test results
- Download an immunization record
- Send images or documents
- Personal balance & Online Bill Pay
- Download visit summaries
- And more!

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



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

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