



News & Updates from your pediatrician

Happy Valentine's Day

WE LOVE TO CARE FOR OUR PATIENTS!

Did you know that love is beneficial to your heart health?

While February is the "Month of Love," it's also **American Heart Month**, a time dedicated to raising awareness about heart disease while equipping people with the knowledge needed to recognize the signs of cardiac arrest and how to respond with urgency. Over 23,000 children annually experience this life-threatening moment, but proper CPR can save their life. A full toolkit of resources, including how-to videos for infant and child CPR is available [here](#). **Respond with love, and learn how to save a life!**

AVAILABLE
NOW!

Self-scheduling
in patient portal

pedsmtcarmel.com/Patient-Portal

PEDIATRIC ASSOCIATES
OF MT. CARMEL, INC.

Back My Kid's Chart
Appointment Scheduling

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

Is Your Child Protected?

WHAT YOU NEED TO KNOW

TO PROTECT AGAINST HPV

February is National Cancer Prevention Awareness Month - and what better way to raise awareness than by protecting your family against HPV.

The HPV vaccination is recommended for individuals aged 9 to 26.

For quick, expert guidance on HPV, view this [FAQ page](#) provided by the American Academy of Pediatrics (AAP).

Share The Love!



Looking for creative ways to involve your children this Valentine's Day? Check out these **at-home activities** perfect for toddlers, preschoolers and big kids, too! Spend quality time your with your child(ren) and savor the memorable cards, crafts, and homemade goodies made special by your little ones.



Patient Recognition Week

OUR PATIENTS ARE WORTH CELEBRATING YEAR-ROUND, BUT DURING PATIENT RECOGNITION WEEK, WE WANT TO EXPRESS OUR GRATITUDE FOR ALL THE FAMILIES WE SERVE AND THE RELATIONSHIPS WE BUILD WITH EVERY CHILD THAT WALKS THROUGH OUR DOORS. THANK YOU!!!

Eat Together, Thrive Together



Life demands a lot of everyone, your kids included - and many families find it hard to block out time for shared meals.

Not only does sitting down for a family meal boost your relationships with each other, it ensures your child(ren) feels included, supported, and properly nourished during the critical developmental stages of their life.

Read on to **discover these five benefits** of a shared mealtime that contribute to physical, emotional, social, and even academic success for your family!

Moments of Mention

We're celebrating Ruth on her 28-year anniversary at Pediatric Associates of Mt. Carmel! She has served thousands of families during her tenure as a front office receptionist, greeting all our patients with kindness and efficiency. Congratulations, Ruth! We appreciate all that you do for our practice.



DON'T FORGET! *Protect!*
schedule your seasonal vaccines

Flu shots and COVID vaccines are available
for children 6 months and older.



**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.

PEDIATRIC ASSOCIATES OF MT. CARMEL, INC.
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