



News & Updates from your pediatrician



"Wake up! Wake up! C'mon, first day of school!" — "Finding Nemo"

As you gear up for the first day of school, or if you have already begun the year, there's a checklist to ensure both you and your child are prepared.


It's a good idea to add a visit to your family's pediatrician for an annual wellness exam and sports physical to that list. This gives the pediatrician a chance to give your child a thorough physical exam that also addresses any emotional, developmental, or social concerns.

Remember, physicals last for one year, so if your child has completed one in the last 12 months, it can count toward a sports physical. Bring in the school or sports form if your physical was completed during that time, and if there are no medical concerns, one of our physicians will sign off as approval.

A new school year also means new habits and changes in routine. To set the tone for a healthy and enjoyable year, follow these **fundamental steps**:

- **Prioritize the basics: sleep, exercise & nutrition**
- **Tune in to your child's mental health**
- **Plan for mindful media use**





SAFE MEDICINE ADMINISTRATION AT SCHOOL

- Work with prescribers and pharmacists for written instructions on dosage.
- All medications should come to school in the hands of an adult and physically handed to the school nurse by an adult.
- Any prescription or vitamin needs written authorization from a licensed prescriber, along with your consent for your child to take them at school.
- Keep medications in their original containers with a label including your child's name and details of dosage or other special instructions.

For more information and guidance on your child's health plan at school, visit healthychildrens.org, or click the banner above.

National Breastfeeding Month

Our dedicated lactation services at Pediatric Associates of Mt. Carmel provide compassionate care and personalized guidance to help new mothers and babies thrive. As part of National Breastfeeding Month, Terry Titkemeyer, RN, shares some insights in this [video](#) about what this service offers, how to request a consultation, and the benefits of breastfeeding.



Planning for Playdates

As your child returns to school, you'll likely start filling your calendar with [playdates](#). Preparing your child for these activities can ensure a fun and safe way for them to develop friendships and learn important social skills. As you plan this with the child's parent or guardian communicate the following questions or concerns prior to the playdate:

- Adult supervision
- Allergies or sensitivities

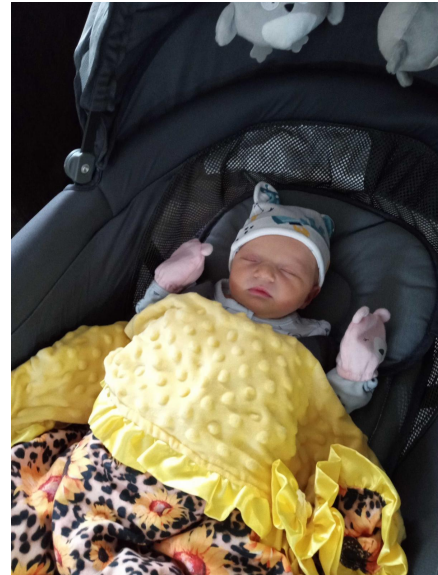


- Household habits, rules and expectations
- Presence of pets, or outdoor equipment like trampolines or swimming pools

Moments of Mention

It's a Girl!

Shelby Mae Janson was recently welcomed into the world. Shelby is the great granddaughter of our medical assistant of 38 years, Jackie Phelps. Congratulations on this beautiful addition to your family!



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