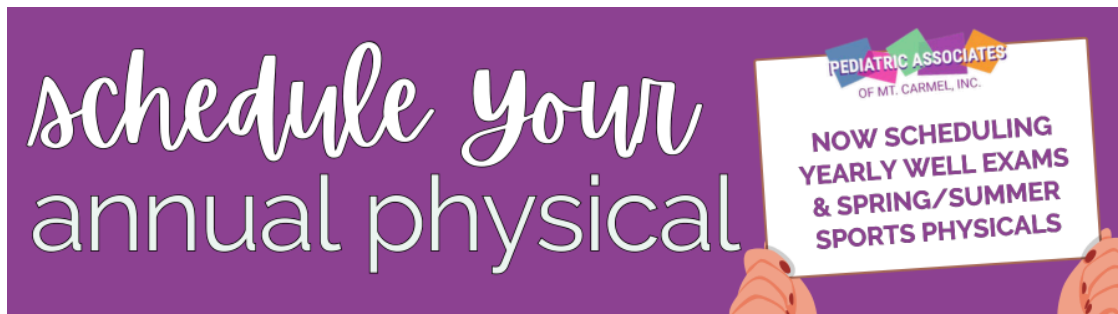




News & Updates from your pediatrician



Prepare with Precautions: Safety Reminders for Parents

As the school year winds down and summer break swiftly approaches, kids are spending more time outside. While you should encourage outdoor activity, as it benefits both their physical and mental health, there are necessary safety precautions to remind yourself and instill in your kids. Keep these below guidelines in mind as you prepare for upcoming summer days.

Summer Safety Reminders



Apply broad-spectrum sunscreen prior to spending prolonged time outside.



Fence and secure swimming pools with child-safe locks.



Do not leave children unattended in cars, especially during warmer months.



Keep children at least 3 ft. away from an open fire and never leave them unsupervised.



Always wear a properly fitted helmet when riding a bike or scooter, even if it's just in your driveway.



Basic First Aid

Accidents happen, and as parents, the best we can do is respond with the knowledge and resources we have. As you and your family spend more time outside, there tends to be an increase in "boo-boos" and "ouchies" whether from a scraped knee or raw elbow from a playground slide. At times, you may question what the best approach is to their injury, and depending on severity, when it's time to call your pediatrician.

Here are a few tips to help you feel prepared for whatever surprise bumps and bruises the summer brings!

- Keep a stocked first aid kit at home, in the car, and even in your diaper bag.
- Keep Pediatric Associates of Mt. Carmel contact info in your phone in case you need quick answers on how to treat an injury.

Cuts & Scrapes:

- Before treating the area, wash your hands.
- Gently clean the area with water and soap.
- Apply antibiotic ointment (e.g. Neosporin) and cover with a bandage.
- Check the area daily and reapply ointment and a new bandage as needed until healed.
- **Avoid picking at the scab.**

Burns:

- For serious burns near the face, or those that are charred and/or causing severe blistering, immediately go to the hospital.
- For minor burns, run cool (not cold) water over the area for at least 3-5 minutes.
- Apply aloe vera or ointment and cover with a non-stick bandage.
- For sunburns, refer to the step above and avoid further sun exposure until healed.

Bug Bites & Stings

- If your child appears to have trouble breathing, swelling, dizziness, hives, or vomiting, immediately go to the hospital.
- For mild bites and stings, gently wash the area with water and soap.
- Apply an icepack or cold washcloth to the affected area to mitigate any swelling or irritation.
- Dry the affected area as needed and apply hydrocortisone cream or calamine lotion.
- Non-prescription allergy medication and over-the-counter pain relievers may also be given. **Ensure the medicine and dosage is appropriate for kids. Consult your pediatrician if unsure before administering.**

Earning & Learning: Perks of Summer Employment

Whether it's accumulating more responsibility for at-home chores, or officially landing a first job, seasonal employment provide pre-teens and teens with increased accountability and an opportunity to learn financial skills.

Between the boost in their independence and wallet, teens can benefit from summer jobs due to establishing a routine, balancing priorities, and networking with fellow employees and managers.

For kids too young for employment, they can still earn "real-world" experience by emulating similar job tasks through house and outdoor chores. Involving them in daily errands and basic upkeep will teach them to care for these responsibilities, and allows you to hand off the chores once they've shown they're ready.

For tips on helping your teen locate summer employment, [check out this article from healthychildren.org](#).



Mental Preparation for Youth Athletes

If your child is ready for little league or has graduated onto more "advanced" competitions, sports can occasionally lead to stress, anxiety, or frustration.

Competition is a natural inclination for many kids, and it becomes a way to build emotional regulation. Finding the appropriate balance between the wins and losses of being athlete, while helping them develop positive teamwork skills is essential.

To learn three crucial tips for preparing youth athletes, [visit this article from healthychildren.org.](#)

Managing Emotions and Motivation in Youth Sports



National Infant Immunization Week

April 20-27 is National Infant Immunization Week, highlighting the importance of disease prevention through vaccines for children ages two and under.

Dr. Chamberlin shares his guidance in this [video](#) on routine vaccines, including Tdap and RSV for pregnant mothers. Early education regarding these recommendations can help protect infants and those around them.

For questions regarding immunizations for your child, [contact our office.](#)





Save the Date

Saturday, June 13

Veterans Memorial Park



Free bike
helmets!

*BASED ON SIZING/AVAILABILITY WHILE SUPPLIES LAST



Moments of Mention

Pediatric Associates of Mt. Carmel is proud to partner with IPM Food Pantry again this year for a local food drive. All three of our offices are donation collection points. Non-perishable, shelf-stable items are accepted, as well as hygiene products. Thank you for helping us make a positive impact across our community!



IPM FOOD PANTRY

FOOD DRIVE



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

**COLLECTING
UNTIL APRIL 29TH**

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:

- Canned chicken/tuna
- Canned White Beans
- oranges and peaches
- Cereal
- Chef Boyardee
- Cleaning supplies
- Coffee
- Jelly (Other than Grape)
- Granola bars
- Hamburger Helper
- Hand soap
- Laundry detergent
- Manwich/Sloppy Joe
- Body Wash
- Paper towels
- Pasta
- Shampoo
- Conditioner
- Laundry Detergent
- Tissues



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



Standard Office Hours

Eastgate:

Monday-Friday, 8 a.m. – 7:30 p.m.
Saturday 8:30 a.m. – 1:30 p.m.

Mason & Batavia:

Monday-Friday, 8:45 a.m. – 4:30 p.m.

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