



## News & Updates from your pediatrician

Happy Valentine's Day

WE LOVE TO CARE FOR OUR PATIENTS!

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### Vaccine Guidelines

We know that many of our families may have questions regarding recent vaccine recommendations from the CDC. Pediatric Associates of Mount Carmel is proud to have provided quality, evidence-based care to children for over 50 years. Our goal is, and always has been, to ensure children are healthy.

Pediatricians and public health experts carefully review scientific data to determine how best to protect children in the United States from preventable disease and serious health complications. That is why we continue to recommend the immunization schedule of the American Academy of Pediatrics.

This is the same schedule that we have been following for decades and is backed by years of research. Insurance companies (including Medicaid) will continue to pay for vaccines with no charge to families. You can view this schedule by [clicking here](#).

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## Children's Dental Health Month

February is National Children's Dental Health Month. Taking care of those tiny teeth is essential to your children's overall health. Dr. Peltier shares important steps for introducing your child to dental hygiene, and what to expect as they begin teething. [Watch the video here](#) or by clicking below.



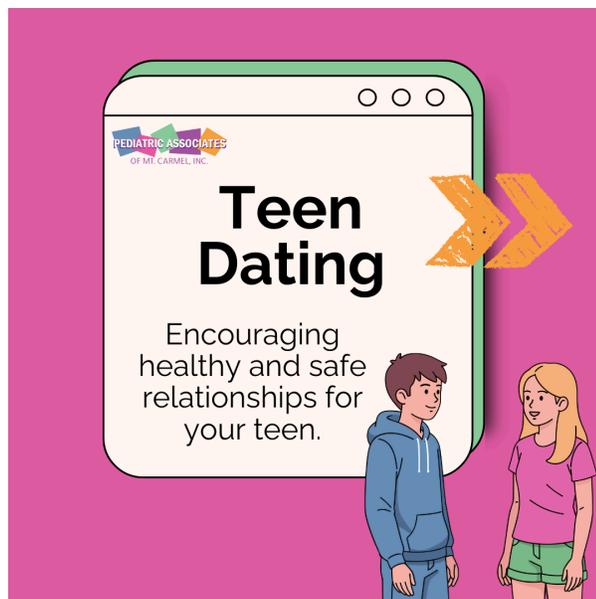
## Crafting for Kids

Homemade valentines are the best valentines! Get crafty with your kiddos with these **fun and simple activities** to share with family and friends.



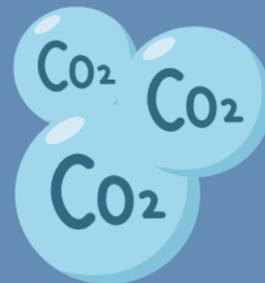
## Teen Dating

Young love can be difficult to parent – especially as your teen becomes more independent. Having clear and open conversations with your teens can help them recognize the signs of healthy and unhealthy relationships. **View three practical, yet critical steps to approaching teen dating and setting expectations.**



## Carbon Monoxide Prevention

*What you need to know*



Winter weather often increases the chances for carbon monoxide leaks. To protect against carbon monoxide poisoning or exposure, **your home should have at least one carbon monoxide detector on each floor.** If you have a battery-operated detector, remember to change the batteries every six months. Remember, carbon monoxide cannot be seen or smelled, so it's critical to follow extra precautions to avoid buildup.

Carbon monoxide fumes are produced by furnaces, kerosene heaters, vehicles "warmed up" in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or

partially enclosed spaces. Reduce your family's exposure to CO by following the recommendations outlined by the American Academy of Pediatrics.

## CHICKEN NOODLE SOUP

Olive Oil

Chicken Broth

Chopped Onion

Shredded Cooked Chicken

Celery Stalks

Pasta

Carrots

PEDIATRIC ASSOCIATES  
OF MT. CARMEL, INC.



## Warm Up with Chicken Noodle Soup!

Chicken noodle soup is a tasty and nutritious option for kids – offering a balance of protein, carbs, and vegetables. Get started with this **simple recipe**.

## Moments of Mention

Recent winter weather didn't prevent these kids from having "snow" much fun!





## 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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