



News & Updates from your pediatrician



National Pediatrician Day, January 28

While we're grateful for these individuals every day, January 28 is an especially wonderful time to recognize their expertise and commitment to children's health on National Pediatrician Day. This team works around the clock to meet the needs of many patients, providing a safe and nurturing environment for families, and staying up-to-date on the latest medical research to offer exceptional care.

Healthy Hygiene Habits

Dr. Pittenger welcomed three special guests to his [video](#) to share an important message: personal hygiene! During the winter months, we're all more susceptible to illness. To combat those daily germs and maintain happy, healthy children, be sure to teach your little ones the following habits:

- Hand-washing
- Proper nutrition with optimal protein intake
- Established sleep schedule
- Exercise and activity



As the common cold runs rampant among other illnesses during winter, parents typically opt for over-the-counter (OTC) medicines to soothe their child's symptoms.

All OTC meds are equipped with a drug facts label on the container, indicating dosage that is age appropriate. There are many precautions to be mindful of before administering a new OTC med to your child, which is why we recommend contacting your pediatrician prior to using.

For safety tips, recommendations for cough and cold, and pain and fever medications, [visit this informative article at healthychildren.org](#).



DON'T FORGET! *Protect!*

**Flu vaccines are available
at all three offices.**



PEDIATRIC ASSOCIATES
OF MT. CARMEL, INC.

Flu vaccines, including injectable and nasal spray (FluMist), COVID vaccines and RSV immunizations are available at all three offices and can be scheduled by calling us at 513-752-3650.

Flu vaccines can also be **self-scheduled on the patient portal**.

Seasonal Affective Disorder

Shorter days and frigid temperatures can often leave us feeling blue, especially after the holiday season. Whether noticing symptoms of Seasonal Affective Disorder (SAD) in yourself or in your child, it's important to acknowledge it.

Treating this disorder early and diligently can turn the dark days of winter into a pleasant time of togetherness for your family. For ways to combat SAD, visit healthychildren.org.



Did the new year bring you the joy of a little one? Or are you soon to be expecting? Breastfeeding is a meaningful way to connect with your baby, but it is a gradual learning process. As you plan ahead for feedings and start learning about their nutritional needs, you likely have questions about milk or formula and when to integrate solid foods.

Learn more from our pediatricians by visiting healthychildren.org. PAMC also offers lactation consultations to support your breastfeeding journey. Contact our office to [schedule an appointment](#).

Understanding Your Child's Temperament

Some children are "easy." They tend to be predictable, calm and approach most new experiences in a positive way. Other children have more challenging traits and require more understanding of their behavior.

Of course, no child is one way all the time. [Read on to learn more](#), and why it's important to understand your child's temperament.



Moments of Mention



One of our medical assistants, Delnita, was showered with a 60th birthday celebration on January 2. We are grateful to have her on our team!



Relaxation and retirement...here she comes! Our staff celebrated our wonderful medical assistant, Jackie, earlier this month. She has been with our practice for 39 years. We are so appreciative of her long-standing commitment to our patients and all that she has done in her career. Enjoy your well-deserved retirement, Jackie!

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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