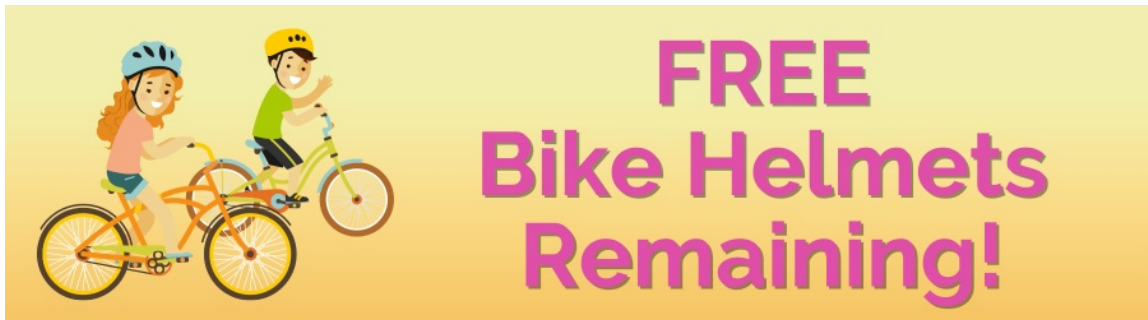




News & Updates from your pediatrician



Our annual 'Put A Lid On It' event has concluded, but we still have inventory remaining! Equip your kid(s) for their summer adventures with a free bike helmet. Our physicians will fit them according to size, ensuring their summer fun is safe. Bring your kid(s) to any of our three locations and pick up yours while supplies last.

Ride in style like Simon! Pictured to the right is Dr. Hardy's 4-year-old son, who was a recipient of the bike helmet giveaway.



Healthy Smiles are Happy Smiles

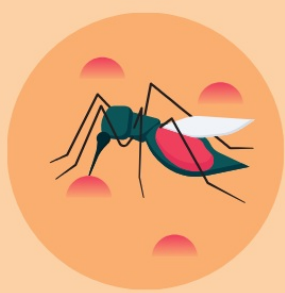
As you're teaching healthy hygiene habits to your kids, you might be curious as to why fluoride is crucial to dental needs. [In this video](#), Dr. Richards explains the purpose of fluoride, age considerations for toothpaste containing fluoride, and what to be mindful of during their next dental visit.



Summer Safety Toolkit

Summer is here and you can *finally* let loose. As you enjoy all the festivities and traditions of the season, your child will likely encounter some situations where precautions are necessary. **In this video**, Dr. Peltier discusses common concerns from parents about summertime hazards, including poison ivy, tick bites, and swim safety.

The image below also includes considerations to be mindful of. For best practices and safety measures regarding all of these topics, **visit this article**.



BUG SAFETY

USE REPELLENT CONTAINING DEET; AVOID TICKS IN HIGH GRASSES AND BRUSH



FIREWORKS SAFETY

ATTEND COMMUNITY DISPLAYS; KEEP DISTANCE

PLAYGROUND SAFETY

USE EQUIPMENT AS INTENDED; PARENT-SUPERVISED



BICYCLE SAFETY

WEAR A FITTED HELMET



Stress-Free Summer

The novelty of summer break never wears off for kids. The outdoor activities, sleeping in, no homework - the list is endless. But breaks can also bring stress.

Maintaining a routine and setting boundaries early can create stability, which is especially helpful for young children who behave best with predictable schedules.

Here are some **tried and true tips** to keep school break stress-free for your whole family.



Swap Screens for Play

One of the greatest skills we can

Avoid the tech trap!



foster in children is teaching them how to "fill the blank canvas" and not think of boredom as a negative. But it's all too tempting for kids to fall into the tech trap: becoming glued to screens.

Try these **screen-free ways** to play to suit children of all ages.

Looking to take it a step further and involve the whole family? Consider creating a **media plan** that balances screen time and screen free zones, practices digital privacy and safety, and keeps you on track during school breaks

when kids have more free time.

Moments of Mention

You may have had the experience of interacting with a medical student or resident doctor when you have brought your child in our office. Every July, new medical students and resident doctors begin their training.

For over 50 years, Pediatric Associates of Mt, Carmel has had the pleasure of educating the next generation of pediatricians by hosting them in our office for rotations in outpatient pediatrics. Drs. Forristal and Doyme recognized early on the importance of teaching medical learners in a community office, and they became pioneers and legends in Cincinnati by being some of the first to host medical students and residents. Dr. Doyme eventually took charge of placing medical students from UC and residents from Cincinnati Children's in community offices across Cincinnati. He also helped train community pediatricians how to be effective teachers (a role that Dr. Peltier now serves).

The Cincinnati Pediatric Society gives out an annual award recognizing a community pediatrician for excellence in teaching learners, which is now named after Dr. Doyme (The Emanuel Doyme Community Teaching Award) in honor of his leadership and many contributions in educating students and young physicians. Both Dr. Peters and Dr. Peltier have been recognized with this honor.

Over the past 50 years, the pediatricians at PAMC have helped train over 500 medical students and pediatric resident doctors. Many of our current



physicians spent time in the office during their training, including Dr. Huff who first came to the office as a fourth-year medical student and continued throughout her three years as a pediatric resident. Dr. Hardy, our newest pediatrician, commented that, "most medical school programs focus on adult care. Most students' pediatric exposure occurs in hospital settings, where they don't have the opportunity to experience what I love so much: the joy, laughter, and bonding that happens in the doctor's office."

We appreciate the willingness of our families and patients to participate in the training of these medical students and young doctors. You are helping to ensure that there will be well-trained pediatricians entering the workforce.

Schedule Your Annual Physical

Summer break is nearly halfway over. Prepare your kids for the upcoming school year by scheduling their annual exam – it covers fall sports, too! Call our office or self-schedule through the portal:

<https://pedsmtcarmel.com/Patient-Portal>

We also offer same-day sickness appointments to suit your schedule - because you can't plan ahead for illness. The care you need from the doctors you know, without delays. These appointments can also be scheduled online with the above link.

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Saturday appointments**

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