



News & Updates from your pediatrician



Spring Cleaning

As spring emerges and our urge to deep clean the home strikes again, you may consider taking additional precautions for the products used to "clean" around the house.

Many conventional cleaning products have a mixture of ingredients that releases volatile organic compounds (VOCs). VOCs stay in the air for a long time after the product is used.

These types of cleaning products expose us and the environment to plastics, toxic substances and chemical mixtures that can harm our health.

For guidance on how to choose safe and effective cleaning products, as well as recipes to make your own, visit [healthychildren.org](https://www.healthychildren.org).



Building Literacy Skills

March 2 was Read Across America Day, an annual observance that reinforces the power of literacy skills for youth of all ages.

Reading is a fundamental skill for children. It teaches imagination, encourages creativity, and enhances vocabulary. Consider a bedtime story to build reading into a daily routine for your child.

READ ACROSS AMERICA DAY

Inspire a children's love for reading and learning!



National Nutrition Month

Consume a variety

fruits, veggies, whole grains, protein, dairy

Prioritize fiber

supports digestion and blood sugar control

Minimize sugar

limit highly processed sugary foods that leave kids feeling sluggish

Healthy hydration

water is the best choice for fluids and should be consumed throughout the day



Whether you have a toddler or a teen, nutrition is important to his or her physical and mental development. Invite your kid(s) to cook with you and be a part of the meal prepping stage. Eating breakfast is also a crucial part of daily nutrition, ensuring your child has enough protein, fiber, and whole grains to start the day strong. Having family mealtime can encourage proper eating habits from a young age, establishing both quality time and consistency for families.

For more advice on mealtime routines, recommended calorie intake, and nutrition development for all ages, visit [healthychildren.org](https://www.healthychildren.org).

For more nutrition tips, tune into Dr. Peters' video on best practices for healthy eating habits and maintaining a balanced diet.

From establishing regular seated mealtimes with your family to identifying whole food options in the grocery store, Dr. Peters shares simple steps that even your picky eater will respond well to. Click on the image to the right to view the video.



Common Childhood Habits

There are typical, to-be-expected, habits that our little ones form as infants and slowly start to phase out of in early childhood.

The intensity and dependency on some of these habits may be a concern to parents.

For ways to manage these habits and when to call your pediatrician, visit these guidelines from [healthychildren.org](https://www.healthychildren.org).



schedule your
annual physical

PEDIATRIC ASSOCIATES
OF MT. CARMEL, INC.

**NOW SCHEDULING
YEARLY WELL EXAMS
& SPRING/SUMMER
SPORTS PHYSICALS**

A purple banner with white text. The text reads "schedule your annual physical" in a mix of cursive and sans-serif fonts. To the right, there is a graphic of two hands holding a white sign. The sign has the logo for "PEDIATRIC ASSOCIATES OF MT. CARMEL, INC." and the text "NOW SCHEDULING YEARLY WELL EXAMS & SPRING/SUMMER SPORTS PHYSICALS".



Save the Date

Saturday, June 13

Veterans Memorial Park



Free bike helmets!

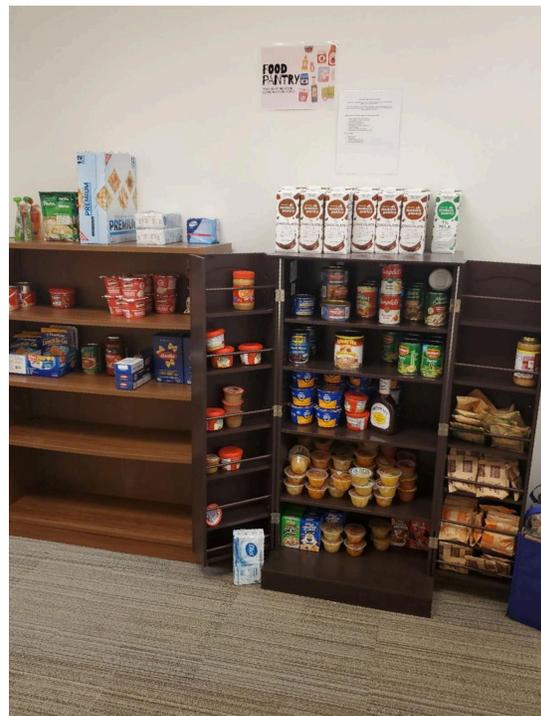
*BASED ON SIZING/AVAILABILITY WHILE SUPPLIES LAST



Moments of Mention

Our Batavia Office kindly set up a food pantry last December for our patient families to ensure everyone has a full belly and no one goes without.

Our shelves are full and ready to be utilized by our patient families. Please take what you need!



We had the pleasure of attending the Cincinnati Children's Festival on Saturday, March 7. Families enjoyed free goodies and activities from area organizations, including care packages from PAMC with information about our practice.



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.

Pediatric Associates of Mt. Carmel | 4371 Ferguson Drive | Cincinnati, OH 45245 US

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