




News & Updates from your pediatrician

schedule your annual physical



Save the Date

Saturday, June 13

Veterans Memorial Park



Free bike helmets!

*BASED ON SIZING/AVAILABILITY WHILE SUPPLIES LAST



Emergency Allergy Preparedness Plan

Food Allergy Awareness Week is observed May 10-16, and reminds parents/guardians, teachers, coaches, and other supervisory adults about important information regarding common triggers and symptoms.

Severe allergic reactions are sometimes unpredictable. Whether at home, school, in child-care settings, or with friends, your child should be equipped with information about how to respond in emergency situations.

A **downloadable/fillable PDF form is available here** to help you create your Allergy and Anaphylaxis Emergency Plan.

This plan accomplishes the following:

- Includes simple criteria to identify potential allergic emergencies for use by patients, families, school staff and all caregivers
- Comprehensive form to provide to school, childcare, after-school programs, or any place where others care for your child
- Trains others using your child's specific emergency care plan

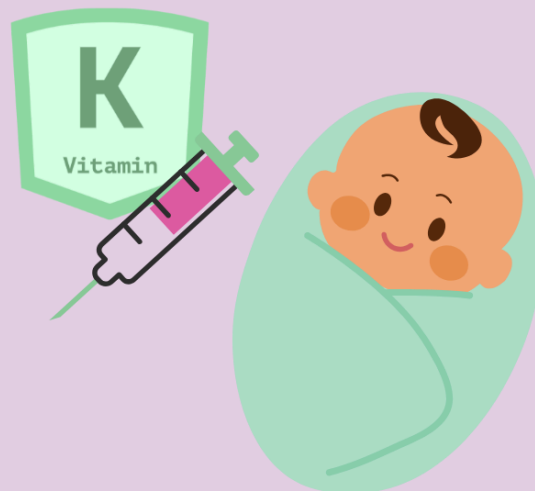


A recent article highlighted the growing number of parents refusing the Vitamin K shot, leaving newborn babies at risk of severe medical complications. This routine shot given to newborns soon after birth helps blood clot normally. Because babies are born with very low levels of vitamin K, they are at risk for a rare but serious condition called Vitamin K Deficiency Bleeding (VKDB), which can cause internal bleeding, brain injury, or even death.

Doctors and public health experts note that receiving one dose of Vitamin K via injection has been a standard newborn care intervention in the U.S. for decades, greatly reducing cases of VKDB. Parents who decline the shot cite concerns related to what may be in the shot, side effects, or misinformation shared online, commonly through social media channels. Medical institutions, including the American Academy of Pediatrics, continue to support the shot as safe and effective based on longstanding research.

If you are expecting a baby and have questions about the Vitamin K shot or other newborn vaccines and treatments, please contact us. We are happy to discuss your concerns and help you make informed decisions for your family.

Vitamin K Informed Decision-Making



Growing Independence

Children ages 4-6 are undergoing a stage of emotional and mental development, meaning these formative years are an ideal time to teach ground rules and responsibilities that become the foundation as they grow up. The following conversations and routine-setting will help build their natural instinct when helping around the house, forming relationships with other family and friends, and understanding how to be independent.

- Routines and responsibilities will let your child know what to expect. When a rule is broken, a natural consequence needs to follow.
- Set limits when your child does not listen or responds in an unpleasant way. Communicating what went wrong and why in a clear and logical sense is best.
- Create and maintain routines that your child can adapt to on their own, such as putting clothes in the hamper before taking a shower, getting dressed on their own, brushing their teeth, and following a consistent morning and nighttime routine.

For more examples related to assigning responsibility in young children, visit this [healthychildren's article](#).

Teaching Childhood Independence



Mental Health Awareness Month

May is Mental Health Awareness Month. Mental and emotional development is a normal, ongoing part of growing up, just like physical growth. It begins in infancy, progresses through childhood and adolescence, and is shaped by relationships, experiences and the world around your child.

Kristy Shafor, LISW-S, shares 10 best practices, boundaries, and expectations to help manage big emotions in children. [Click here](#) or the video to the right to view.



Moments of Mention

Congrats, grads! Four of our PAMC employees celebrated their recent high school and college grads. Best wishes to these young adults as they pursue their next endeavors!





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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