



News & Updates from your pediatrician



DON'T FORGET! *Protect!*
schedule your seasonal vaccines
Flu shots are available at all three offices.

Ask the Pediatrician: Flu Season

With recent vaccine policy changes at the federal level, parents are wondering how to keep their kids safe. At PAMC, health is our top priority. We encourage the flu vaccine for all kids and adults to fight against this virus. Flu shots are available at all three offices and can be scheduled by calling us at 513-752-3650 or [self-scheduling on the patient portal](#).

[Visit this article](#) by the American Academy of Pediatrics for a toolkit of resources to answer commonly asked questions about the flu.



Flu season loading...
Ask your pediatrician about the flu vaccine for your child.
.....
Call or self-schedule on the portal for an appointment.

Welcome Fall with a Warm Meal

Fall is in the air...and it can be on the table too with this delicious turkey chili! Enjoy the flavor and warmth each bowl brings, while customizing it to your family's likings. View the recipe and cooking instructions [here](#).

TURKEY CHILI

- Olive oil
- Onion
- Bell peppers
- Garlic
- Ground turkey
- Seasonings
- Kidney beans
- Black beans
- Diced tomatoes
- Tomato puree
- Shredded cheddar cheese

Feeds the whole family, and enjoy leftovers!



PRESSURE TO PERFORM



Young athletes thrive on perfecting skill levels and competing because they enjoy the activity or sport.

When teens feel lost in the crowd of their peers, they often find a unique activity like a sport to excel at. This helps them build confidence, but they can easily become too defined by this single activity.

Learn more about the pressures of competition and self-esteem at healthychildren.org.



Sleeping Soundly

Babies do not have regular sleep cycles until about four months of age. Although newborns sleep about 16 to 17 hours per day, they may

only sleep one or two hours at a time.

All newborns have different sleep needs, but there are a few best practices to assist in developing healthy sleep habits.

[Read this article](#) from [healthychildren.org](https://www.healthychildren.org) to learn more.



Store It Safe

Established by Ohio AAP in 2015, Store It Safe is a unique partnership of healthcare providers, firearm safety experts, and community organizations established to keep children safe from unintentional firearm deaths and teens safe from suicide by firearms. Young children are often curious and will touch anything, while teens are still learning to control impulses. The goal is to inform families of risks so they can keep their children safe.



As part of Suicide Prevention Month, we are sharing this [youth and family resource](#) to aid your discussion about suicide prevention. PAMC also has lockboxes that you can pick up at any of our three offices.

Caring for our Community

Time is running out to donate to our community diaper drive! Diapers are a basic necessity, not a luxury. Join our diaper drive to ensure no family has to choose between diapers and other essentials. We are accepting diapers through Tuesday, September 30. Sizes 5 and 6 are most needed.

DIAPER DRIVE

Collection Dates:

September 1-30

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Drop-off Locations:

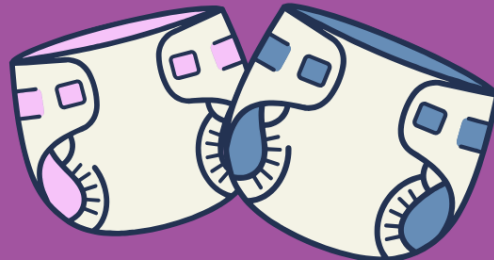
A Caring Place

**Pediatric Associates
of Mt. Carmel
(all locations)**

**Park National Bank
Amelia, Eastgate,
Anderson**

In collaboration with local organizations, help us collect 2,000 diapers for A Caring Place Pregnancy Care Center.

Size 5 & 6 diapers are the greatest need!



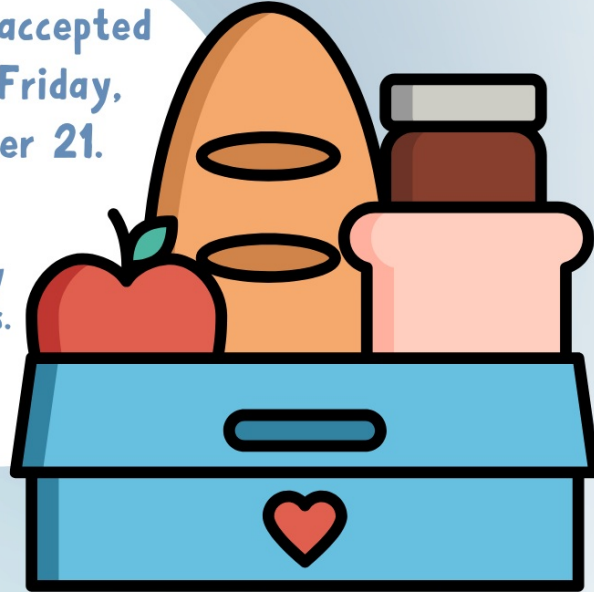
We are collecting non-perishable food items and grocery store gift cards to share the gift of gratitude and giving and help local families in need this Thanksgiving. Donations will be accepted through November 21 at all three office locations. Please give what you can and help us help our communities!

A Season of Gratitude

PAMC Food Collection Drive

Donations accepted
through Friday,
November 21.

Non-perishable
items & grocery
store gift cards.



Moments of Mention

Welcome, Kennedy!

Kennedy Butler, MSW, LSW is a new therapist at PAMC, where she provides compassionate, client-centered care to children, adolescents, and families. Kennedy earned a BSW from Eastern Kentucky University and a Master's degree in Social Work from Campbellsville University, building a strong foundation for their work in behavioral health.

With experience supporting children and adolescents from ages 0-18, Kennedy uses a person-centered approach to help clients strive for success and independence. She brings strong skills and interventions in anxiety management, goal planning, decision-making, and fostering healthy relationships, empowering clients to build resilience and reach their full potential.



Save the Date: Halloween Walk in the Woods

Put on your favorite costume and trick-or-treat in nature at the annual Halloween Walk in the Woods on October 25 from noon - 3 p.m. at the Blue Ash Nature Park, 4337 Cooper Road. Children and families can stroll the trails and stop by Halloween-

themed booths to receive treats from friendly costumed characters. We hope to see you there! For more information, visit the [event page](#).



Save the Date: Trunk or Treat

Save the date for our October trunk or treat event! We will have community partners in our parking lot passing out goodies and hosting activities for kids at our Eastgate Office. We will also be hosting a flu clinic at all three offices for our patients. The trunk or treat is open to the public.

PEDIATRIC ASSOCIATES
OF MT. CARMEL, INC.



Trunk or Treat

Candy, Costumes & Caring Event

Eastgate Office
October 29 | 4 - 6 p.m.



Enjoy family-friendly
activities, goodies
for kids and
a flu clinic.

4371 Ferguson Drive,
Cincinnati, OH 45245

PEDIATRIC ASSOCIATES OF MT. CARMEL, INC.
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