



News & Updates from your pediatrician



Flu shots, COVID vaccines and RSV immunizations are available at all three offices and can be scheduled by calling us at 513-752-3650. Flu shots can also be **self-scheduled on the patient portal.**

We're hosting a flu clinic for patients on **Wednesday, Oct. 29 at our Eastgate Office from 9 a.m. - 7 p.m.**
Call our office to make an appointment.

Parent-Teacher Conferences

Routine scheduled conferences with your child's teacher are a valuable opportunity to discuss their capabilities and progress, and reflect on mutual goals for the school year.

To ensure the conference is productive for all parties, preparing a list of questions may be helpful to address important topics. For instance:

- Are there areas in which my child is not working up to her capabilities?
- What can I do at home to help my child improve in the subjects in which they are weak?
- Does my child get along well with her classmates? Does they tend to be overly



shy or overly aggressive?

- Have you noticed any learning problems or behavioral difficulties?
- Are his/her homework assignments being turned in, and are they well done?
Am I supposed to help my child do homework or correct it?
- What are my child's strengths and interests, and are they being nurtured?

SIDS Awareness Month

October is Sudden Infant Death Syndrome (SIDS) Awareness Month, the unexplained death of a seemingly healthy baby less than a year old. Most of these deaths occur while babies are sleeping. There are many ways to reduce the risk of SIDS so your baby can sleep safely and you can sleep soundly. Dr. Peltier shares his top resources in the video below that you can implement immediately.



School Bus Basics

During the third week of October each year, National School Bus Safety Week is recognized through a public education campaign designed to promote school bus safety.

Safety is equally important while off and around the bus as it is when your child is a passenger.

There are basic bus safety rules to recall with your child(ren):

- Wait for the bus to stop before approaching it from the curb.
- Form a single file line in front of the door, away from the road and board one at a time.
- Do not move around on the bus; this will help avoid injuries if the driver needs



to stop quickly.

- When disembarking, cross at least ten feet in front of the bus and only when it is fully stopped, the red lights are flashing, and the driver has signaled that it is safe. Also, check to make sure that no other traffic is coming.

National Bullying Prevention Month



Lend a hand. Take a stand.

Even if you don't think your child is bullied, a bully, or a bystander, consider asking your child these questions to stay aware of potential issues:



- How are things going at school?
- What do you think of other kids in your class?
- Does anyone get picked on or bullied?
- Is anyone texting or posting mean things on social media?

Caring for our Community

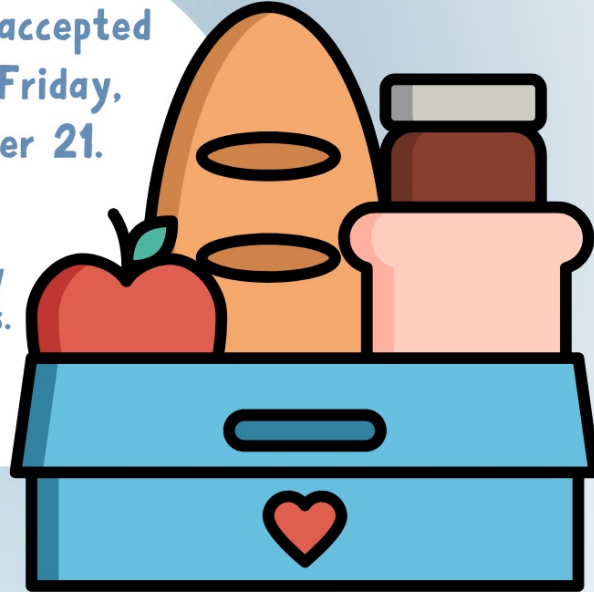
We are collecting non-perishable food items and grocery store gift cards to share the gift of gratitude and giving and help local families in need this Thanksgiving. Donations will be accepted through November 21 at all three office locations. Please give what you can and help us help our communities!

A Season of Gratitude

PAMC Food Collection Drive

Donations accepted
through Friday,
November 21.

Non-perishable
items & grocery
store gift cards.



Moments of Mention

Blue Ash 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!

SAVE THE DATE

CITY OF BLUE ASH
HALLOWEEN WALK IN THE WOODS
OCTOBER 25 | NOON – 3 P.M. | BLUE ASH NATURE PARK



Trunk or Treat

Our October trunk or treat event is quickly approaching! 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.



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



SHARE THE LOVE, HELP US GROW—
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