



School Health Connection



PM Pediatric Care works with your child's school district through our School Health Program to bridge the gap between school, home, primary care pediatricians, and behavioral health providers. Our aim is to support students' whole health needs and optimize learning by making care accessible during the school day.



ON THE KNOW & GROW BLOG

pmpediatriccare.com/blog

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Supporting Children Through Bullying

Watch out for these tell-tale signs of bullying:

- Injuries that your child can't or won't explain
- Changes in eating or sleeping habits
- Lost or destroyed personal items
- Decreased interest in school
- Low self-esteem
- Self-destructive behaviors

If you suspect bullying, but your child seems unwilling to talk about it, they may be concerned about backlash or feel poorly about themselves. Help address some of these fears and concerns in an attempt to encourage your children to be honest with you. Create a safe, warm, and comforting home base in which they feel confident to speak out. Here's how:

- Listen in a non-judgmental way
- Problem-solve together
- Tell them about your past experiences
- Teach coping/wellness/mindfulness skills
- Assure them that this is not their fault

Parent Tip of the Month

Now that your kiddo is settled into the school year, take a few minutes to reach out to their teachers and say a quick hello!

It's a good idea to establish rapport early on, so future communication is easier, quicker, and more personal. Phone or email will work!



Lifestyle Health

Hydration is incredibly important! Did you know that children tend to drink less water at school than at home?

To help your family drink enough water, create a DIY water bottle with time markings and encouraging notes to make drinking feel like a fun accomplishment. Also, ask your school about accessibility to water to ensure your child can stay hydrated or refill their new bottle if needed.

UPCOMING EVENT

Beyond Back to School: Seasonal Patterns in Children's Health

Difficulty transitioning from summer break? Winter cold season starting early? Join the experts from PM Pediatric Care and Fidelis Care for a free, one-hour educational session discussing the common patterns of physical and mental health conditions common in the Fall.

WHEN: SEPTEMBER 19 AT 8PM.

Register here: pmpediatriccare.com/community-webinars



This newsletter is brought to you by PM Pediatric Care: a network of pediatric urgent care and behavioral health providers.

Learn more: pmpediatriccare.com

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