



School Health Connection



PM Pediatric Care works with your school district through our collaborative School Health program which supports learning for identified students.

Kiddo Feeling SAD? Could be more than just the weather...



pmpediatriccare.com/blog



As the days grow shorter and leaves start to fall, some of us may start feeling blue; this is sometimes known as **Seasonal Affective Disorder**, or **SAD**, a sub-type of depression that affects people during a particular season.

One of the main symptoms in children to look for is mood swings, which start to become more and more prominent at the same time every year around late fall/early winter. One of the best ways to support a child who is struggling with SAD is to help them create a consistent daily routine.

Here are some ideas to get you started:

- Exercise outdoors
- Journaling of thoughts and feelings
- Balanced diet and sleep patterns
- Socializing with peers

SAD doesn't have to rule your child's life this winter. Learn to recognize the signs and support them through it!

READ MORE ON THE [KNOW & GROW BLOG](#)

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Parent Tip of the Month

Especially if you have little kids around, Halloween is a good time to watch out for accidental consumption of things that look like candy: button batteries, fridge magnets, medicine/pills, silica packets, adult gummies, etc.



Read more!
**ON THE KNOW
& GROW BLOG**



Safety Space

Cold and flu season is here! As RSV, COVID-19, and other respiratory infections may become more prominent, remember to get vaccinated.

This is the surest way to guard against severe illness and lessen the risk of spreading sickness.

[Book your vaccine before Halloween!](#)

Let's Read!

Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids

by Hunter Clarke-Fields

This book is great for parents looking to examine and replace their own reactive parenting patterns with the mindful responses that they want to model for their children.



PM Pediatric Care offers urgent care and behavioral health services in your community for children and young adults through age 26.

Learn more: pmpediatriccare.com

