



School Health Connection



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



Mental Health Stigma

pmpediatriccare.com/blog

Many people are talking about mental health, yet children and teens are still often reluctant to get care due to stigma and shame.

Check out these tips for gently helping them:

- Make an honest observation expressing concern: “I noticed you seem down. I am worried about you. Is something wrong?”
- Ask, “what if things were better?” Looking beyond current symptoms and imagining achieving goals is often a good motivator.
- Offer praise and remain positive. Stay away from scary terms like ‘sick,’ ‘dangerous,’ ‘life-threatening,’ ‘illness,’ ‘messed up,’ etc. Normalize saying that it’s okay to be concerned, it’s okay to have anxiety, you’re brave for taking care of yourself, proud of you, etc.

Children with opportunities to receive services at school experience less stigma and are more apt to engage. Schools are now working towards providing these needed services.

[Read the full blog](#) for more insights from mental and physical health experts about battling mental health stigma!

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Try This!

Are you worried about your child's ability to evaluate the information they encounter online? Would you like to help them recognize disinformation?

Check out the award-winning game [Bad News](#): a fun and educational way to teach them to think critically about news and social media.



Parent Tip of the Month

Successfully navigating social environments requires children to learn self-awareness. Practicing mental pauses is a great way to foster this skill. When you notice your child getting frustrated, try the following script: "Okay, pause. What are you thinking about? What are you feeling?" This technique is especially helpful for neurodivergent kids! [Read more on the blog.](#)

Lifestyle Health

Does your teenager seem irritable or sad? [Recent studies](#) support a link between mental health and sleep issues in adolescents.

Teens need an average of 8-10 hours of sleep, but their changing biological clocks and hectic schedules may prevent this.

Encourage your child to:

- Limit screen time
- Reduce caffeine
- Keep a consistent bedtime routine

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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

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