



School Health Connection



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



Childhood Anxiety

pmpediatriccare.com/blog

Anxiety is characterized by a feeling of nervousness and unease about not knowing the outcome of something. For children, anxiety can mean not outgrowing fears and worries that are typical in a young child or feeling pressure from life events that are troubling. This becomes problematic when the fears and worries hinder a child's ability to function or interfere with home, school, and play activities.

Some symptoms of anxiety in children:

- Restlessness
- Irritability
- Problems with concentration
- Tantrums
- Avoidance
- Excessive need for reassurance
- Perfectionism
- Difficulty sleeping or nightmares
- Headaches and stomachaches
- Changes in eating habits

Want to learn some tips to support an anxious child?

[Read the full blog!](#)

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- Lifestyle Health
- Webinar



Let's Read!

State testing season is right around the corner! This time can be stressful for many students.

Feel prepared to set your child up for success on exams this spring with this handy guide full of information and resources.



Understanding Assessment: Resources for Parents

[Read on Edutopia](#)



Lifestyle Health

Spring is on its way, and so are sneezing, itchy eyes, and other allergy symptoms!

- Get guidance about allergy preparedness and relief for your family [here](#).
- Learn about a groundbreaking decision by the FDA to approve omalizumab injections (an asthma medication) for use in treatment of certain food allergies [here](#).

When Saying No is Not Enough

SAVE THE DATE! APRIL 4 AT 8PM ET

Are constant power struggles affecting your relationship with your child or pre-teen?

Join Parent Coach Erin Taylor for a free virtual session and learn tips to resolve conflict in developmentally appropriate ways.

[Register here!](#)



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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