



# School Health Connection



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



## Teaching kids independence in mental health

[pmpediatriccare.com/blog](http://pmpediatriccare.com/blog)

The ability to sense when something is off with our emotions and proactively address the issue is a vital part of mental health and self-care. However, this is sometimes difficult even for adults, let alone children. In order to develop the skills necessary to independently care for one's mental health, children require a safe and healthy home suitable for social-emotional learning.

Here are some great ways to do this:

- Avoid harsh punishments, and always explain 'the why' behind your decisions.
- Encourage regular check-ins to build the habit of processing feelings through conversation.
- Model self-care practices and include your children in wellness routines, when you can.
- While it's okay to be open about your own mental health with your children, make sure not to overwhelm them – you don't want them to take on your problems
- Model universally applicable self-care practices without focusing on an overly specific issue.

Learn more about how we can support your child's behavioral health journey on the [Know & Grow blog!](#)

### READ MORE ON PAGE 2:

- Parent Tip of the Month
- Lifestyle Health
- Safety Space



## Parent Tip of the Month

We are in the home stretch now! The end of the school year is just around the corner. Help your child finish the year off strong and feel successful as they head into summer with this [handy resource guide](#). Get tips for thriving through final exams, understanding report cards, and planning ahead.



## Lifestyle Health

Yearly well-visits and school sports physicals at the pediatrician office are vital for maintaining children's health and monitoring development. Don't forget to schedule an annual appointment with your doctor early, before slots fill up fast at the end of the summer.

## Safety Space

Swim season is almost here! Before you take the fam to the pool, make sure to review these vital guidelines from a pediatric emergency physician:

- Drowning can occur in as little as 6 inches of water—always supervise swimmers!
- Choose flotation devices based on child's size and swimming ability.
- Watch for heat exposure and barefoot burns.



[Read more swim safety tips on the blog!](#)

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](http://pmpediatriccare.com)

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