

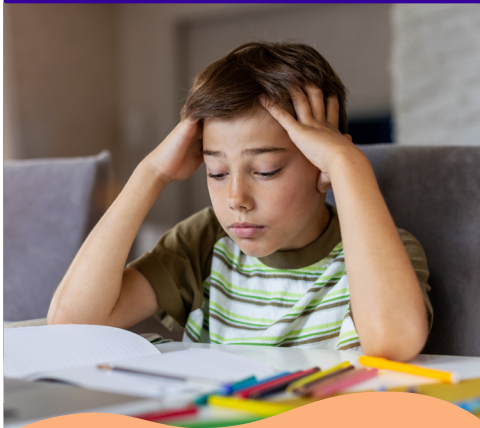
School Health Connection

Expert Insights From Pediatricians And Pediatric Therapists



PM Pediatric Care works with your district through our School Health program, supporting the health, wellness, and academic success of identified students.

BLOG HIGHLIGHTS



- Be mindful of your own emotions and experiences
- Make time for downtime
- Advocate for their needs
- Learn how your child learns

[Click for more parenting tips & pediatric advice >](#)

Managing School-Related Stress

Stress...it's natural! Especially when it comes to school, students of all ages are bound to experience some form of stress throughout their academic careers. Our clinical therapist shares insight about this, as well as stress management strategies, in our latest blog.

Strategies to avoid over-stressing and to manage stress:

- **Make time for downtime:** Don't immediately expect your child to complete their homework after being at school for the last 8 hours. Build relaxation into your daily routines. Homework can be done with short breaks.
- **Advocate for their needs:** Normalize seeking additional support and empower yourself to advocate for your child in the school system. Whether they need a tutor, additional time for test taking, an IEP, 504, or speech services, you are your child's top advocate.
- **Learn how your child learns:** We all learn differently – some of us are audial learners, others are better with visual aids, and some of us need to write it out. We can use social media and technology to our advantage with learning, too!

[Click to learn more about how we can support your student on the Know & Grow Blog >](#)





Flu Before Boo!

Flu season usually occurs in the fall and winter, with peak season typically occurring December-February. In pediatrics, we like to say ‘Flu Before Boo’ meaning the best time for most to get a flu shot is some time between the start of school and Halloween to maximize your body’s immune response during peak flu season. Speak with your child’s primary care provider about the flu vaccine, the COVID-19 vaccine, and other childhood immunizations to determine the best path forward for your child’s health.

October is Bullying Prevention Month

Bullying & Cyberbullying:

What it is, what it is not, and what parents can do

Sticks and stones are much trickier to deal with in the age of technology. Our pediatricians and pediatric therapists got together for this insightful webinar to discuss what bullying looks like today and its effect on development, learning, and resilience in youth.



[Click to watch the webinar >](#)



Counselor's Corner:

MAKE TIME FOR A FAMILY MOVIE!

“I recommend *Inside Out 2* as a movie to watch so we can **better understand our emotions** and the behaviors that come with them. All emotions are relevant to make us whole, and each emotion has its own magic. This rated-PG movie helps children and their parents alike to see that we are not alone in how we perceive the world around us and gives us a sense of community.”

Alina Serrano, LCSW
Clinical Therapy Director
School Health



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

Scan the QR code or visit: pmpediatriccare.com



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