



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



Family bonding ingredients

- Communication
- Active listening
- Mutual respect
- Quality time
- Expressing love & appreciation

Click the link below for more parent tips & pediatric advice
pmpediatriccare.com/blog >

The Power of Family Bonding

Family bonding is a cornerstone of healthy and harmonious family life. It forms the basis for emotional connection, providing a sense of belonging and identity. These connections create a safe and secure environment where family members can express themselves, share their thoughts and feelings, and build trust. When family members know that they can turn to each other in times of need, it provides a strong foundation for emotional wellness.

When families engage in activities together and share experiences, it reinforces their collective identity. This helps to shape individuals' values, beliefs, and cultural heritage, providing a profound sense of purpose and belonging.

In the digital age, it's crucial to set boundaries on screen time for both children and adults. Encouraging technology-free activities such as reading books together, nature outings, and family game nights can help strengthen family bonds.

Click to learn more about strengthening connections through shared activities on the Know & Grow Blog!



Read more about Whooping Cough, the Counselor's Corner, and New Year's Resolutions on page 2 →



On The Rise: Whooping Cough

Whooping cough might seem like just another cold or virus and often goes untreated, causing the infected person to spread it quickly to others. The main symptom of whooping cough is a constant cough or coughing fits. In some cases, the coughing can be so intense that it causes vomiting, and in infants, can even stop their breathing. The good news is that whooping cough can be treated with antibiotics. Starting treatment early can help make the illness less severe and lower the risk of complications. Speak with your child's primary care provider about treatment options and the DTaP and Tdap vaccines to determine the best path forward for your child's health.

New Year's Resolutions for Kids of All Ages

Encouraging children to reflect on the past year and think about their future is essential for their personal development and promoting self-awareness. It helps them build a secure sense of self and fosters confidence in their decisions, as well as some accountability to achieve them.

Read more for tips on creating resolutions:



Counselor's Corner: Recommendation: WONDER

"The movie Wonder is a beautiful film with an impactful message. After watching the movie, parents, children, family, and friends alike will be asking themselves 'what does it mean to be a good friend?' and will come away thinking 'it's super-duper ok to be uniquely ourselves...it's our superpower!'"

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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