



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



6 Steps to a Healthy Home Environment

- Celebrate that each person is unique
- Establish structure and routine
- Open communication and active listening
- Use positive affirmations daily
- Consider the five senses
- Lead by example

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

Self-Love and Self-Care for Families: NURTURING HEALTHY HABITS

Creating a nurturing home environment is essential for fostering emotional well-being in every family member. A nurturing space allows children to build resilience and develop self-worth, but parents, too, will benefit, as this approach encourages and supports emotional control and confidence.

To build such an environment, focus on understanding each family member's unique needs, establish routines, and encourage open communication. Creating personalized spaces for relaxation or creativity can support individual needs, while daily affirmations and family rituals promote a positive atmosphere. Sensory elements like familiar smells, sounds, or textures can further enhance emotional well-being.

As parents, leading by example through self-care and emotional expression helps reinforce the importance of these practices to your children. Creating a nurturing home requires empathy, consistency, and intentional actions that make each member feel valued, heard, and loved. By incorporating these steps, families can cultivate a space that encourages self-care and emotional health.

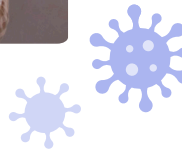
What is the first step you'll take today?

[Click to learn more](#) about implementing these practices for a more peaceful, connected, and emotionally healthy family life!





Bacterial Pneumonia: WHAT PARENTS SHOULD KNOW



While colds and flu are common this time of year, there’s another respiratory illness making the rounds: bacterial pneumonia (aka “walking pneumonia”), particularly cases caused by the bacteria *Mycoplasma pneumoniae*. Pneumonia is an infection of the lungs that causes inflammation in the air sacs, which can fill with fluid or pus, making it harder to breathe.

In children, pneumonia can escalate quickly. Seek medical care if they have a fever lasting more than a few days, difficulty breathing, unusual lethargy or irritability, chest pain, a bluish tint to their lips or fingers, and/or a persistent or worsening cough > 1 week.

Bacterial pneumonia is treatable, and with prompt care, most children recover fully. Stay vigilant, trust your instincts, and seek medical help if needed.

Mindfulness Techniques for All Ages

In a fast-paced world filled with distractions, practicing mindfulness has become an essential technique for enhancing emotional well-being, building resilience, and improving focus and attention. Mindfulness can foster a sense of calm and help children, teens, and adults alike manage stress and anxiety. The beauty of mindfulness is its flexibility—it can be adapted to anyone’s unique needs, making it an invaluable tool for wellness at every stage of life.

[Read more](#) for a list of mindfulness activities



Counselor's Corner Recommendation: BACK & FORTH JOURNAL

“Parent-child ‘back & forth’ journals are a fantastic tool for **fostering creativity, communication, and connection**. Some are open-ended, and others provide unique prompts ranging from fun to reflective. Utilizing a journal like this encourages shared moments and meaningful conversations with your child as you take turns completing the prompts and passing the journal back and forth.”

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.

Learn more: pmpediatriccare.com

