



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



Ways ADHD may impact social interactions:

- Hyper Focus
- Multi Focus
- Internalized Conversations
- Impulsiveness
- Frustration

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Helping Children With ADHD Thrive in Social Settings

Children with ADHD may face unique challenges in social settings—like trouble focusing in conversation, controlling impulses, or managing frustration. These difficulties stem from differences in executive functioning, which can affect how children communicate, respond to peers, and adapt to change. Here are **3 effective ways to support your child**:

- 1 Practice “mental pause” moments when your child is getting frustrated or needs to re-focus to help them recognize what they’re thinking or feeling.
- 2 Supervised playdates outside of school or home can offer a chance to build self-control and social skills in a safe setting.
- 3 Predictable routines can help reduce emotional overwhelm, ease transitions, and ensure their mental well-being and continued growth.

Every child with ADHD is different. What matters most is embracing their strengths, understanding their needs, and creating opportunities for growth through communication, structure, and support.

We know it can be tough to navigate, but you're not alone—and neither is your child. Our PM pediatric mental health experts can help your child build meaningful relationships and confidence in social settings.

[Click to learn more](#) from a PM pediatric therapist about ADHD and Socialization





Healing is a Process:

INJURY RECOVERY ADVICE

Injuries are a common part of growing up—but knowing how to support your child through recovery can make a big difference. For **cuts and lacerations**, quick cleaning and timely medical attention (especially for deeper wounds) can prevent infection and promote faster healing. Keep wounds clean, change bandages regularly, and follow any care instructions.

Dislocated joints, such as nursemaid's elbow, require immediate medical attention. Prompt treatment can prevent long-term issues and may include realignment, rest, and physical therapy.

For **sprains and strains**, use the RICE method—Rest, Ice, Compression, Elevation—to reduce pain and swelling. Recovery may also include braces or physical therapy.

No matter the injury, patience and proper care are key. Kids may want to jump back into activities quickly, but easing them back slowly helps avoid setbacks. Offer safe alternatives and support them emotionally while they heal.

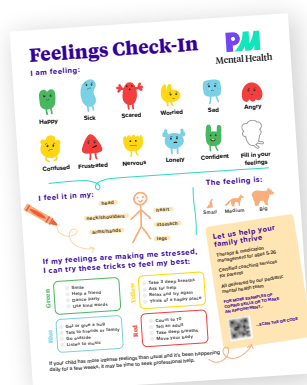
Need help? PM Pediatric Urgent Care is here for your family!

Bedtime Blues or Something More Serious?

Is your child having trouble falling asleep, waking up frequently, or throwing tantrums at bedtime? It might be more than just restlessness—it could be a sign of stress, anxiety, or other emotional challenges. Some sleep challenges are completely normal and developmentally appropriate, so it's important not to be alarmed if your child experiences occasional

Understanding the root causes of sleep struggles can help you support their emotional well-being. Read more from a PM pediatric therapist for the five signs that sleep issues may be linked to mental health, learn at-home strategies that may improve sleep, and know when it might be time to seek professional help.

[Read on for tips to improve your child's sleep >](#)



Looking for A Way To Check In With Your Little Ones At Home?

Helping kids name their emotions is an important step in supporting their mental well-being.

Try our Feelings Check-in Tool to start the conversation and to learn a few tips for coping strategies.

[Go to feelings check-in >](#)



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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