



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



School Avoidance

Common causes: changes at home, academic pressures, bullying, or trauma.

Signs of avoidance: frequent absences, increased anxiety, social withdrawal, and certain physical complaints.

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Supporting Your Child Through School Avoidance

School avoidance occurs when a child persistently refuses or struggles to go to school, often due to anxiety, stress, or fear. With the right tools and strategies, you can help your child get back on track. Understanding the causes, recognizing the symptoms, and knowing how to respond are essential steps in supporting your child during this time.

To manage school avoidance, it's crucial to maintain consistent routines at home, communicate with your child's school, and consider gradual re-entry plans if their anxiety is overwhelming. Avoidance doesn't mean your child needs to skip school, it means they may need smaller steps to rebuild their comfort and confidence.

If avoidance persists, seek professional help from a pediatric therapist and your child's pediatrician to help understand the root causes and learn coping strategies for addressing behavioral concerns. With your support, your child can overcome avoidance and can get back to thriving at school.

[Click to learn more](#) about school avoidance – how it differs from truancy, long-term management, and when to seek help.





Spring Allergies or a Virus?

HOW TO TELL THE DIFFERENCE AND WHEN TO SEEK CARE

Spring will soon be in the air, and unfortunately, so will pollen, mold spores, and other springtime allergens that can make your child feel under the weather. Many parents struggle to determine whether their child is battling seasonal allergies or a viral infection.

Both allergies and viruses can cause sneezing, congestion, and a runny nose. Allergies typically lack fever and fatigue, and peak in fall and spring. You'll want to find ways to limit your child's exposure to allergens that can make symptoms continue or worsen. For symptoms that persist, talk to a provider about over-the-counter antihistamines or intranasal steroids to relieve symptoms.

Fever and fatigue are usually associated with a viral infection and can occur throughout the year. If your child has a viral infection, you will shift from limiting allergens to symptom relief, like getting plenty of rest, staying hydrated, and using a cool-mist humidifier and/or nasal saline sprays or drops. You can also give fever-reducing medications (if needed and approved by your child's doctor).

If your child is struggling with symptoms that make it hard for them to sleep, eat, or engage in daily activities, seeking medical attention can be a wise choice.

Exam Stress Management & Support

Whether a student struggles or excels academically, exam season can be stressful. It's important to remember that stress is influenced by how children perceive and interpret situations, and stressful events can amplify pre-existing perceptions. If a child believes they're bad at math and has an upcoming test, the stress can reinforce negative thoughts before the test even begins. Aim to avoid thought patterns like all-or-nothing thinking, "should" statements, and placing blame.

Recognizing your child's stress signals and talking to them a non-judgmental way is the first step to supporting your child.

[Read More About Managing Exam Stress >](#)



Counselor's Corner Recommendation: POSITIVE DISCIPLINE

“In *Positive Discipline*, Jane Nelsen offers parents and educators practical strategies to foster mutual respect and self-discipline in children. Through firm yet kind guidance, Nelsen helps adults bridge communication gaps, defuse power struggles, and teach children how to think critically, promoting creative cooperation from toddlers to teenagers.”

Molly Scrabonia, LCSW
Therapist, PM Mental Health



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

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