

Flu season is here! Protect your child and your family by getting vaccinated. Flu shots are recommended annually for everyone 6 months and older. Appointments are available now at all TriHealth Pediatrics locations. Schedule through MyChart or contact your pediatric office today.

Here Come the Coughs, Colds & Sniffles!

If it seems like your child has a runny nose all winter, you're not alone. Respiratory viruses spread easily when kids are together at school, sports and activities. Most coughs and colds improve with time, rest, fluids and comfort measures. Antibiotics do not treat viral infections.

Call your pediatrician if your child is having trouble drinking, symptoms are getting worse instead of better, a fever concerns you, or your child just isn't acting like themselves.

Help stop the spread: wash hands, cover coughs and sneezes, stay home when sick and keep recommended vaccines up to date.

Too Sick for School?

- Not every sniffle requires a sick day. A mild cough or runny nose may be okay for school if your child feels well enough to learn, play and participate.
- Consider keeping your child home with a fever, repeated vomiting or diarrhea, or when they simply feel too sick to make it through a normal school day.



Check out our [Helping Kids Thrive in Mind and Body this School Year](#) blog!



Did You Know? MyChart Symptom Checker is available 24/7 to help families navigate common symptoms, receive guidance developed by our pediatricians and schedule same-day visits. Check out this brief video to see how it works and how it can improve access to care.

Why Is Measles So Hard to Stop?

You may have heard about measles cases popping up around our region. Measles is one of the most contagious infections—and when vaccination rates fall, it can spread quickly through families, schools and communities.

This short, easy-to-understand [video](#) (QR code on right) from The New York Times demonstrates why high vaccination rates are so important for preventing outbreaks and protecting children who may be too young or unable to be fully vaccinated.

Is your child up to date? Talk with your TriHealth Pediatrics care team if you have questions about measles or your child's MMR vaccination.





Virtual Education for Parents

Using the ABCs of Behavior to Alter Outcomes for Kids

Big emotions? Screen-time struggles? Challenging behaviors?

Join us on **Tuesday, December 1, 2026** (7:30-8:30pm) when Dr. Renee Mattson will share practical strategies to set expectations, respond thoughtfully and support children through behavior situations.

Use [this link](#) or scan the QR code to register. Note: This session is intended for parents of TriHealth Pediatrics patients ages 3-9.



Have an idea for a future topic? Email us at: trihealthpediatrics@trihealth.com

Dream Big, Little Readers!

Give your little one the gift of reading! Dolly Parton's Imagination Library mails an age-appropriate book every month to enrolled children from birth until their 5th birthday—at **no cost** to families.

Reading together helps build early language and literacy skills, strengthens the parent-child connection and creates a love of books that can last a lifetime.

Enroll today and start building your child's library!

- Ohio Residents: <https://imaginationlibrary.com/ohiokids/>
- Kentucky Residents: <https://imaginationlibrary.com/kentucky/>
- Indiana Residents: <https://imaginationlibrary.com/indiana/>

"The seeds of these dreams are often found in books." – Dolly Parton

Meet Our Newest Physicians



Dr. Ana Aguilar
Finneytown Pediatrics



Dr. Kara Johnson
GH Kenwood Pediatrics

Learn more at www.trihealth.com/find-a-doctor

Here When You Need Us

Questions about illness, vaccines, development, behavior or your child's overall health?

Your TriHealth Pediatrics team is here to partner with your family.

Schedule through MyChart or contact your TriHealth Pediatrics office.

As always, thank you for trusting TriHealth Pediatrics with your child's care!