



Maine Pediatrics

June 2024 | Newsletter Highlights

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President's Message from Laura Blaisdell, MD, MPH, FAAP

This is the pomp and circumstance time of the year—a time to reflect on all that's been accomplished and a moment to celebrate. In the “graduation ceremony” of the Maine AAP, we would certainly reflect on our advocacy successes, the sustaining and sustained relationships over the years and our collective care for Maine's children. I invite you to take this moment to also reflect with pride on your own professional successes. There is much to celebrate.

As I transition into the role of immediate past president— I too am doing much reflection. What a profound honor to represent so many respected colleagues and our trusted organization during this tenure. I am deeply grateful for the opportunity. It is with much celebration that Brian and Annie take the realm— as their leadership will take us on beyond zebra (a reference for all Seuss fanatics!). Our organization continues to grow and strengthen- thanks to each and every one of you who are part of our collective success!

Member Spotlight: Carrie Gordon, MD

Dr. Gordon, MD a pediatrician at MaineHealth, has a strong interest in improving diet quality and food security in her patient population and is involved in a number of efforts in this area. In late 2023, Dr. Gordon was named Director of *Let's Go!*

Let's Go! works with communities to create environments that support healthy choices, the HEAL (Healthy Eating and Active Living) team implements evidence-based strategies and



programs to promote policy, systems, and environmental changes that facilitate healthy eating and active living in clinical practices and in community settings (schools, early care & education programs and out of school programs). *Let's Go!* focuses on educating healthcare providers (pediatric and adult) and their practice teams on the prevention, assessment, management and treatment of obesity.

Check out the following links to learn more

- [Let's Go! MaineHealth](#)
- [Let's Go! Pharmacologic Treatment of Pediatric Obesity Course](#)
- [Let's Go! Evaluation and Treatment of Children & Adolescents with Obesity Course](#)

Educate Patients about Drowning Prevention as we Head into Summer

With swimming weather just around the corner, the [National Drowning Prevention Alliance \(NDPA\)](#) and the [American Academy of Pediatrics \(AAP\)](#) are providing information on how to protect children from drowning in response to the release of the [CDC's latest Vital Signs report](#). The CDC report observed an increase in childhood drowning deaths between 2019 and 2023. Learn more [here](#) about drowning prevention, statistics, and common myths from a panel of experts.

Legislative Summary from 2024 Session

Maine AAP was proud to lead Providers for Gun Safety along with Maine's Gun Safety Coalition toward significant firearm reform with the successful passage of two pieces of legislation, LD 2224, "An Act to Strengthen Public Safety by Improving Maine's Firearm Laws and Mental Health System" and LD 2238, "An Act to Address Gun Violence in Maine by Requiring a Waiting Period for Certain Firearm Purchases." Together these bills help close existing loop holes in Maine law by strengthening background checks and requiring a 72 hour waiting period before the purchase of a firearm. [Read More...](#)

Gun Give Back Day - Saturday, June 1st

The Maine Gun Safety Coalition is partnering with police departments across Maine, the Maine AAP, and Humanium Metal to hold a Statewide Gun Give Back Event on Saturday, June 1st from 10AM to 2PM. Anyone in the state who has unwanted firearms can relinquish them to a participating police department anonymously during the event. The firearms will be destroyed, and the metal will be melted down to create artwork, microphones, jewelry and more. Learn more about the event [here](#).

In the News

Gifts to
Maine AAP
directly
impact the
health and
well-being
of children
in Maine.

Anna Krueger, Epidemiologist with the Division of Disease Surveillance offered a Bird Flu, H5N1 Presentation. [Click here](#) for the major points provided during the presentation and valuable resources.

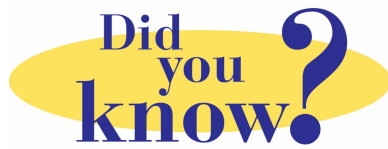
AAP New Podcast Episode of "Pediatrics on Call" - Confidentiality in the Care of Adolescents, Parents' Perspectives on the NICU: Richard Chung, MD, FAAP, explains updated policy on confidentiality in the care of adolescents and young adults. Hosts David Hill, MD, FAAP, and Joanna Parga-Belinkie, MD, FAAP, also speak with Ashley

Osborne, MD, FAAP, about her research on the way parents feel about their experiences with the neonatal intensive care unit. For resources go to aap.org/podcast.

Please consider making a gift today - [click here](#).

The Illinois Chapter of the AAP will be hosting a virtual panel discussion on Long COVID, current and future research, and clinical best practices for supporting patients with Long COVID on Friday, June 21, 2024, from 1:00PM to 2:30PM. Visit their [website](#) to learn more and register.

The Office for Family Independence (OFI) launched **SUN Bucks**, a new federal program run by states that supplements free meals that kids of all ages can access at summer meal sites in their communities. SUN Bucks can be used to buy groceries everywhere that Supplemental Nutrition Assistance Program (SNAP) benefits are accepted, including grocery stores and farmers markets.



The 5 Cs of Media Use

The AAP's Center of Excellence on Social Media and Youth Mental Health has launched a new approach and resources for pediatricians and parents on children and screen time called "**The 5 Cs of Media Use**."

The 5 Cs is a mnemonic that can be used to talk to parents about kids and screens. They are: Child, Content, Calm, Crowding Out, and Communication. Along with this approach, the Center created a series of **5 age-based handouts** that pediatricians can give to parents at well-child visits. To learn more about the Center of Excellence on Social Media and Youth Mental Health, please [sign-up](#) for the Center's monthly newsletter.

Upcoming Maine AAP Programs

Join us on **June 24, 2024, at 7:00PM** for an invaluable presentation by Farrah Sheehan, MSN, RN, IBCLC and Joe Anderson, DO, FAAP, titled "**Caring for Substance Exposed Infants and their Families - Clinical Updates and Communication Strategies for Pediatric Providers**." Registration coming soon!



Farrah Sheehan, MSN, RN, IBCLC is a perinatal nurse educator and researcher who provides training and consultation for perinatal teams across the country seeking to improve the quality of care they provide through implementation of innovative practices and compassionate communication. Her work focuses on respectful, equitable, and supportive care for all families; birth trauma recovery and prevention; and care for substance-exposed infants and their families.

Joseph Anderson, DO, FAAP is on the Maine AAP Board of Directors and chairs our Advocacy Committee. He is also a founding member of [Maine Providers for Gun Safety](#). Dr. Anderson is a pediatric hospitalist at Central Maine Medical Center where he cares for pediatric patients, healthy newborns, and sick or premature infants in their Level II special care nursery. Dr. Anderson is a passionate and devoted advocate for Maine children and their families.



Upcoming Partner Programs

June 1, 2024 - 7:00PM: Maine State Breastfeeding Coalition Presents: The Patchwork of Parenthood. [Learn more.](#)

June 3-6, 2024: UNE Prechtl Assessment of General Movements. [Learn more.](#)

June 4, 2024 - 4:00PM - 8:30PM: Partnerships in Pediatrics Conference. Memorial Hospital, North Conway, NH. [Learn more.](#)

June 7, 2024 - 11:30AM - 12:30PM: Governor Mills Monthly Opioid Response Seminar Series. [Register here.](#)

June 10, 17, & 24, 2024 - 12:00PM-1:00PM: Pediatric Oral Health ECHO: Emerging Role of Silver Diamine Fluoride for Early Childhood Caries in Primary Care. [Learn more.](#)

June 14, 2024 - 9:00AM - 3:30PM: PQC4ME Annual Conference at the Augusta Civic Center. [Register here.](#)

June 27, 2024 - 8:00AM - 4:30PM: Maine Child Welfare Education Annual Conference. Community Violence: Preparing, Responding and Healing. [Register here.](#)

June 28, 2024 - 8:00AM - 5:00PM: NAMI Maine's Grief Therapy for Traumatic Loss: A Meaning-Focused Approach. [Learn more.](#)

Connect with us on Social Media!

The power to spread good messages, share new clinical info or pertinent articles is exponential when using social media platforms such as Twitter, Facebook, LinkedIn, and Instagram. <https://linktr.ee/maineaap>

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