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# Maine Pediatrics

February 2023 - Newsletter



## President's Message

Laura Blaisdell, MD, MPH, FAAP

Happy Valentine's Day and Black History Month!

The Maine AAP is preparing for the ending of the Public Health Emergency. In addition to other critical planning needs, pediatricians and the primary care home will become the central source of COVID-19 vaccines for our families. You will be hearing more information in the future from us about this, and in the meantime, please let us hear your voices about concerns, opportunities and barriers to vaccine administration.

The AAP released this week *Reframing the Conversation about Child and Adolescent Vaccinations*. This strategic brief includes five evidence-based recommendations for communicating about vaccinations:

1. Talk about the benefits of vaccination for the common good.
2. Talk about improving vaccination access as a preventive public health measure.
3. Focus on how vaccines are beneficial to children and adolescent long-term health and wellbeing.
4. Use a computer updates metaphor to explain how the immune system improves its performance through vaccination.
5. Use a literacy metaphor to explain how the immune system learns how to respond to viruses through vaccination.

Lastly, be sure to read below and visit our [DEI segment](#) on our website for this month's segment which reflects on the meaning and importance of Black History Month.

May you have a sweet February!

Warmly- Laura

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## Register Today!

April 28-30

Talk Topics Include:

- Causes of Malnutrition
- Youth Mental Health/Substance Use
- Infectious Disease - A Focus on Streptococcal Infections
- AAP's New Guidance on Obesity Recommendations
- Oral Health Advances & E-Consults
- and More!



Register  
Here!

## Diversity, Equity, Inclusion, Justice & Anti-Racism

February is Black History Month and while short in days, it provides many meaningful ways for us “to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.” (President Ford, 1976). Some ideas include seeking out talks/workshops, volunteering/donating to support racial justice or reading nonfiction or fiction books by Black authors ([see a partial list HERE!](#))

## Advocacy/Legislation

The Maine AAP is weighing in on current legislation focused on issues pediatricians care about. Bills about gun safety, ending the sale of flavored tobacco products and reducing youth smoking, mental health services, oral health access, LGBTQ+ care, school start times, and so many additional topics. Get involved by writing testimony, calling your legislator, or working in your community. Check out the Maine AAP's bill tracker and let us know if you are passionate about an issue and want to work with us!

Visit our  
Website

## RAFFLE/GIVE AWAY FOR FEBRUARY

Enter to win a coupon for 50% off the registration fee for the Maine AAP Spring Conference, April 28-30th at the Samoset Resort

2 winners will be chosen!

"Advocacy,

## In the News

Let's Go! has created Impact Reports to provide key information about partner sites and their implementation of evidence-based healthy eating & active living strategies across communities in Maine and Carroll County, New Hampshire throughout the 2021-2022 program year. We are pleased to share with you our [2022 Impact Report webpage](#) and [Local Impact Reports](#).

MaineHealth

**LET'S GO!**

AAP-OC Chapter in collaboration with the [Pasadena Public Health Department](#) have created the informational flyer titled, "Keep Your Child Safe from Cannabis Edibles" to promote awareness about the risks of edible cannabis especially as it becomes more easily accessible and as the rate of consumption increases among children. Visit [HERE](#) to download.

### Congenital Heart Defects Awareness Toolkit for National Heart Month in February

During National Heart Month, as well as Congenital Heart Disease Awareness Week February 7-14, it is

## Awareness, Prevention"

important to highlight that lifelong congenital cardiology care is essential. Check out the AAP [Congenital Heart Defects \(CHD\) Toolkit](#), which includes [various resources](#) to support physicians to help ensure people with CHDs get the specialized care they need to stay healthy across the lifespan.

[Enter Here](#)

## Upcoming Maine AAP Programs

**TREAT ME Learning Collaborative** - Block Three Asynchronous is available. The Live Webinar for Block Three is on **February 16, 12PM-1PM**. [REGISTER](#)

**Building Welcoming Inclusive Medical Practices for LGBTQ+ Youth**  
March 21, 12 - 1:30PM (non-clinical) or 7 -8:30PM (clinical) [REGISTER](#)

**Maine AAP Mentor Program - Kick Off Networking Event** Tuesday, February 28th, 6PM - 8PM, RiRa Portland [More Info/Register](#)

## Upcoming Partner Programs

[Evaluating and Supporting Children and Adolescents Presenting with Post-COVID Conditions](#) - February 23

[Pediatrics Psychiatry in the Primary Care Setting ECHO - Co-Occurring Disorders ECHO Burst](#) - Every Wednesday in February

[MRBN: TOGETHER WE CAN THRIVE: Creating an equitable shared path forward to promote resilience in Maine communities](#) - April 12-13



Maine AAP is a 501(c)(3) charitable organization - donations are 100% tax-deductible.

You can also donate to the Maine Chapter by shopping on AMAZON! By selecting the Maine AAP, each time you make a purchase on Amazon, the chapter will get a small donation. This is a no-hassle way for you to help our Chapter and children's health efforts in Maine!

## 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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