



Maine Pediatrics

July 2025 | Newsletter Highlights

- President's Message
- Trauma-Informed Care Series
- School Health Summit - October 25th
- 'Did You Know?' FASD Awareness
- Connect With Us On Social Media
- 'In the News' Water Safety, Extreme Heat, Car Seat Safety, and more!
- Upcoming Partner Programs

THANK YOU TO
NEW AND
RENEWING
HEALTH ALLIES

 Martin's Point

 NEURELIS



Maine AAP President's Message Brian Youth, MD, FAAP

July 1st — summer is here- school is out, graduations are complete, and we've already had some 90+ degree days and it's just the start of this amazing season in Maine!

There is still time to lend your voice and advocate for kids. This week will be a critical time to **KEEP REACHING OUT** to our senators as they deliberate the proposed federal cuts that will impact Medicaid across our state and country. Contact Senator Collins at office at (202) 224-2523 **NOW** and reach out to your friends in other states to do the same. Let's do all we can to lend our voices on behalf of the children we serve.

Stay tuned for the Maine AAPs legislative debrief report, coming soon, where we will highlight our victories and losses from this past season. Thank you to so many of you who have reached out to your legislators, written op-eds, spoken with political leaders and advocated for the preservation of services vital to the care of our children and families.

As I reflect on one year as your AAP President, I continue to be honored to serve in this role, and work with our amazing AAP administrative team and Board. I value each and every one of you as we collectively work to educate each other on topics related to pediatrics, advocate for children, and monitor our national political situation and respond accordingly, as we continue to keep children at the forefront of the minds of decision makers both locally and nationally.

I want to close with a 'welcome to summer' note. One of my favorite summer activities is going for a long bike ride and stopping for ice cream somewhere along the way (sometimes more than once) as a treat (hence the photo)! Share one of your favorite summer activities (with a photo!) and we will feature some of these in our next newsletter.

TRAUMA-INFORMED CARE: A CALL FOR INTERDISCIPLINARY COLLABORATION

A SIX UNIT LEARNING COLLABORATIVE



Focused on collaboration and practical solutions, this six unit learning collaborative will provide actionable insights for strengthening family systems, improving care outcomes, and promoting long-term healing.

Open to mental health professionals, educators, healthcare providers, legal professionals and community leaders.

Each unit has a live webinar and an asynchronous webinar. Upon registering, each participant will receive two books:

- Coaching Families for Resilience – How Pediatricians Can Support Caregivers and Prevent Burnout (Pianka)
- The Trauma Informed Pediatric Practice – A Resilience-Based Roadmap To Foster Early Relational Health (Gillespie)

and additional TIC/relational health resources.

**Live Webinars are held on the
following Tuesdays from 4 – 5PM:**

September 16, 2025

October 21, 2025

November 18, 2025

December 16, 2025

January 20, 2026

February 10, 2026

**FOR ADDITIONAL
INFORMATION AND
PROGRAM DETAILS, VISIT
WWW.MAINEAAP.ORG**



**REGISTER
HERE**



SCHOOL HEALTH SUMMIT

Open to school health advisors, athletic trainers, pediatricians, social workers, mental health clinicians, school nurses, school based health clinic staff, and others involved in school health!

Saturday, Oct. 25, 2025
8:00am - 4:00pm

Augusta Civic Center

Welcome reception at Calumet Club in Augusta on Friday evening, October 24th.

For additional details & registration info, visit www.maineaap.org



REGISTER
HERE

On the Rise in Maine

Vector-borne diseases, such as Lyme Disease, are on the rise in Maine. Because of this, the Maine AAP has worked with infectious disease specialist Dr. Amanda Goddard to develop educational materials for patients and families on how to protect against diseases transmitted by ticks and mosquitoes in Maine.

Bite Free, Healthy ME Materials:

- #1 - Tick-Borne Diseases in Maine
- #2 - Mosquito-Borne Diseases in Maine
- #3 - Tips for Preventing Diseases from Ticks & Mosquitoes
- #4 - Tips for Picking a Safe and Effective Insect Repellent

WHAT'S THE BIG DEAL ABOUT A TINY TICK?

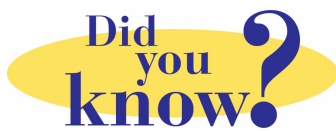
Ticks in Maine can carry tick-borne diseases. Deer ticks in Maine can cause Lyme Disease, Anaplasmosis, and Babesiosis, Hard tick relapsing fever, and Powassan virus encephalitis.

If bitten by an infected tick, kids and adults can become very sick.

If bitten, carefully remove the tick. Call your doctor if the tick is an engorged deer tick, or if you develop a rash, fever, or feel ill within several weeks of removing the tick.



**There is a New CATCH Grant to Boost
FASD Awareness and Support in
Maine**



Fetal Alcohol Spectrum Disorder (FASD) affects 1 in 20 children but is often missed due to stigma and gaps in prenatal alcohol screening. Dr. Andrea Tracy and Dr. Lauren Jamele-Townley have received a 2025 AAP CATCH grant to partner with WIC on improving prenatal alcohol exposure screening, promoting choline intake, and supporting earlier identification of FASD.

[Read more about the project and its impact here!](#)

Gifts to Maine AAP directly benefit members and trainees by helping to support attendance at educational and legislative conferences!

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



Connect with Maine AAP on Social Media!

We recently joined BlueSky! Follow us there at @maineaap.bsky.social, in addition to on X, Facebook, LinkedIn, and Instagram where we continue to share pro-pediatric health messages, new clinical info and pertinent articles. <https://linktr.ee/maineaap>



In the News

Learn how extreme heat affects children and families and tips to keep children cool in extreme heat in this article from HealthyChildren.org [Extreme Heat: Tips to Keep Kids Safe When Temperatures Soar](#). You can also find information about open cooling centers by calling 211 or visiting [MEMA's Mass care Page](#).

Learn about water safety for children with special health care needs at this [HealthChildren.org article](#). The article includes information about universal water safety and children with g-tubes, epilepsy, a tracheostomy, autism spectrum disorder, and cerebral palsy.

There is a new episode of the Pediatrics on Call Podcast titled [Cord Blood Sampling and Testing, Disparities in Preventive Care for Children from English and Non-English-Speaking Households](#) by Dr. David Kaufman. You can listen here!

Looking for a refresher on when to introduce egg, peanut butter & other common food allergens to a baby? Learn more at this [HealthyChildren.org article](#).

Help Me Grow Free Car Seat Checks



Help Me Grow Maine welcomes you to join us at a free car seat check event in Bangor on Wednesday, 6/25/25! Drop in anytime between 10 AM and 2 PM at 19 Maine Avenue (Bangor DHHS Office). All are welcome, regardless of income or transportation status. No registration is required.

Help Me Grow Maine is partnering with Franklin County Children's Task Force to bring a free car seat check event to Farmington. Drop in anytime between 8:30-10:30 AM at 113

Church Street on Wednesday, August 20th. All are welcome, regardless of income or transportation status. No registration is required.

Families who need a safe seat will also have an opportunity to sign up to receive one with proof of income provided (via MaineCare, TANF, WIC, or SNAP benefits card). Additionally, an Adaptive Child Passenger Safety Technician will be on site to support families of children with special needs. We hope to see you there! Please contact helpmegrow@maine.gov with any questions.

MCD Global Health is building a Learning Series to better equip health providers, care teams and community partners who serve New Mainer populations with the tools to deliver culturally informed care and we need your input!

Please take 7-10 minutes to complete this quick survey:
<https://www.surveymonkey.com/r/35P9LYG>

Upcoming Partner Programs

July 10th | 8:00AM-5:00PM: Governor Mills' 7th Annual Opioid Response Summit. [Learn more and register here.](#)

July 15th | 1:30-2:00PM: AAP Liver Disease Knowledge Series "Ask the Expert" Session. [Learn more and register here.](#)

September 8-10th: Northern New England Advocacy Collaborative Summit. [Learn more.](#)

September 17th: Save the date for the Maine State Breastfeeding Annual Conference at the Augusta Civic Center.

October 10th: Save the date for REVIVE - The Maine Youth Thriving Summit at Wolfe's Neck Center in Freeport, Maine. Registration details coming this summer.

October 30th: Save the date for the 2025 CDC Nurture ME Conference at the Augusta Civic Center.

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