



Maine Pediatrics

March 2026 | Newsletter Highlights

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

Hello everyone, and welcome to the end of snow (maybe??) and the start of mud season in Maine! Growing up in the Pacific Northwest, I had never heard that term until medical school in Hanover, where the sound of LL Bean boots sinking into thawing ground taught me exactly what it meant. Recently, it struck me how much mud season mirrors pediatric practice: a long winter of colds, illness, and the mood effects of short days—followed by that stuck-in-the-mud moment when it feels like nothing will ever change. And then, slowly, things do. The ground dries, runny noses ease, and the days stretch longer. Spring always comes. Kids get back outside, illnesses settle, and we all start looking ahead to beach days, hiking trails, and evening light.

With mud season comes a welcome reprieve at the coast—our annual Spring Conference at the Samoset! We've got an incredible lineup of speakers this year, and it's a perfect chance to recharge, reconnect, and feel the energy of our amazing pediatric community as we celebrate the work we've done to support children and families.

Speaking of supporting families, I hope you're staying up to date on the national AAP's work in response to recent federal actions. If not, these are some highlights: the AAP has filed a lawsuit challenging the US DHHS decision to change federal vaccine policy -successfully delaying the ACIP meeting until the case proceeds. They are also advocating for passage of the Protecting Sensitive Locations Act (HR 1061/S.455) that limit immigration enforcement near places where children receive care, learn, or play. If these issues resonate with you, please consider lending your voice by visiting federaladvocacy.aap.org where you can review the issues and easily personalize a note to our Senators and Legislators on behalf of Maine children.

Finally, our Chapter has been buzzing with momentum since the new year began, with all nine of our core committees pushing forward important work for Maine's children and for the pediatric providers that care for them. I'm energized by everything we're accomplishing together, and I hope to see many of you at the

Spring Meeting—where we'll celebrate this progress, share inspiration, and set our sights on the big goals ahead.

Keep your mud boots handy and I hope to see you in Rockport!

Maine AAP 2026 Spring Conference March 27-28th

Join us for an inspiring and enriching conference for child health care providers, set against the stunning oceanfront backdrop of Samoset Resort in beautiful Rockport. This dynamic event brings together dedicated pediatric professionals for timely medical updates, evidence-based strategies, and meaningful discussions focused on advancing child health. **Earn valuable education while connecting with colleagues who share your passion for improving outcomes for children and families.** With engaging speakers, relevant clinical topics, and the refreshing Maine coast as your setting, this is more than a conference — it's an opportunity to recharge, collaborate, and return to your practice energized and empowered.



You can read about sessions and speakers and find conference registration information and room block information [here](#).

INFANT SAFE SLEEP WEBINAR

Join us for the Infant Safe Sleep in Maine Webinar on March 6th presented by Dr. Meredith Jackson, a pediatric hospitalist. During this webinar, the multi-disciplinary attendees can expect to learn more about local and national data surrounding sudden unexpected infant death (SUID), current safe sleep practices, and existing programs and resources for providers and patient families to use to help combat the growing rate of SUID in Maine.

MEREDITH JACKSON, MD
Pediatric Hospitalist

Friday, March 6, 2026
12:00PM - 1:00PM

REGISTER HERE

Safe Sleep Webinar with Dr. Meredith Jackson March 6th | 12-1pm:

During this webinar, the multi-disciplinary attendees can expect to learn more about local and national data surrounding sudden unexpected infant death (SUID), current safe sleep practices, and existing programs and resources for providers and patients & families to use to help combat rates of SUID in Maine.

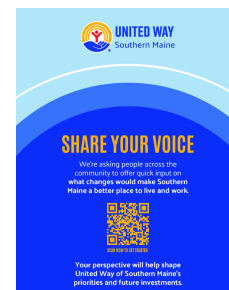
This program is available for 1 CME credit.

[Register Here](#)

In the News...

United Way Southern Maine needs your input! Many people in the community are facing tough times. To help them focus efforts, please [respond to this survey](#).

AAP's 'This Is My Why' campaign "celebrating the expertise, compassion, and everyday heroism of pediatricians, pediatric



medical specialists and pediatric surgical specialists" has launched. **Read more about the campaign** and how you can participate!

The American Academy of Pediatrics offers "resources that may be helpful for reporters seeking information on fluoride and its safety."

- **Fact Checked: Fluoride is a Powerful Tool for Preventing Tooth Decay**
- **Fluoride for Children: Parent FAQs - HealthyChildren.org**
- **Good Oral Health Starts Early: AAP Policy Explained - HealthyChildren.org**

You can join the AAP's Digital Media & Early Childhood ECHO! This 4-part series ECHO will explore how digital media impacts early development and discuss how to support families in building healthy, balanced media habits from birth. **Click here for more information.**

The Maine CDC have updated materials on Measles. Visit the **Maine AAP measles website page** for a list of resources.

MCDC Office of Injury and Violence Prevention has a new resource called, "Mental Health is For Everyone," a simple, translated resource breaking down options for help in non-emergency, crisis, and emergency situations. Digital downloads are available in many languages. Visit the **Maine Prevention Store.**



Did you Know?

Maine AAP offers firearm lockboxes and cable locks for your practice through collaboration with the Maine Gun Safety Coalition and generous support from Project Safe Neighborhood and Bingham Foundation!

Supplies include firearm education materials and safe storage resources. Training, virtual and/or in person, can be scheduled at a time that works best for your team. We'll even deliver lockboxes and cable locks directly to your location. To learn more, please email lizzy.garnatz@maineapap.org.

Upcoming Maine AAP Programs

Through April 2026: School Health Webinar Series

We are excited to offer this monthly series in partnership with the Maine Department of Education. This webinar series is offered asynchronously at no-cost, and CME credit is available. **More info and registration details are available here.**

Series lineup:

- **March: Autism Spectrum Disorders: Challenges, Strengths, & Strategies in the Educational Setting**
- **April: School Vaccine Requirements**

A poster for the "School Health Series" featuring three children (two boys and one girl) smiling. The text on the poster includes: "Maine Department of Education", "School Health Series", "A free monthly asynchronous webinar series running from December 2025 - April 2026!", "5 CME Credits available!", a list of topics for December, January, February, March, and April, a QR code with the text "Scan QR code to register via EnGInE", and a note: "You must have an EnGInE account, or create one, in order to register for this series." At the bottom, there is a small disclaimer about accreditation and CME credit.

CHILD, ADOLESCENT & YOUNG ADULT
MENTAL HEALTH & SUBSTANCE USE

'OFFICE HOURS'

FOR CLINICAL PROVIDERS

Maine AAP, in partnership with the Maine Pediatric and Behavioral Health Partnership, is offering twice a month virtual Office Hours for pediatricians, family medicine physicians, and other child health providers.

These sessions provide guidance and resources on managing pediatric mental and behavioral health concerns—such as anxiety, depression, eating disorders, and developmental disabilities—in the primary care setting. Non-patient-specific questions are welcome, and client-specific consultations can be arranged as needed.

**WHEN: MONTHLY ON THE 2ND AND 4TH
WEDNESDAY FROM 12N - 1PM**

(A child and adolescent psychiatrist will be available on every call, and pediatric specialists will be available on the 4th Friday of each month).

SIGN UP:

[CLICK TO RECEIVE THE LINK TO JOIN ANY OF THE MONTHLY OFFICE HOURS.](#)

SIGN UP FOR INDIVIDUAL SESSIONS IS NOT REQUIRED!



Mental Health & Substance Use Office Hours

Drop-In Office Hours are held on the second and fourth Wednesday of each month at noon, in coordination with the MPBHP/Maine DHHS's Office of Behavioral Health. Pediatricians, family medicine physicians, and other youth-treating medical professionals may join to ask non-patient-specific questions about mental and behavioral health conditions, challenges, and medication management.

[Register here to receive a link](#) to join one or more of the drop-in Office Hours sessions!

Maine AAP relies on donations from members and friends to enable us to continue growing and providing advocacy, education and child health project collaboration throughout Maine! Please consider making a donation today!

[Donate Here](#)

Upcoming Partner Programs

Mar 3rd and 5th | 8-9am or 12-1pm: From the First Tooth Quarterly Training.

From the First Tooth is now offering quarterly virtual training sessions for Maine-based health care practices and Memorial Hospital in 2026. This is a one-hour training available for 1 CME/CNE credit.

- **3/3, 8-9am: [Register Here](#)**
- **3/3, 12-1pm: [Register Here](#)**
- **3/5, 8-9am: [Register Here](#)**
- **3/5, 12-1pm: [Register Here](#)**

March 3rd | 3:30 - 4:30PM: Maine's Children and Youth with Special Health Care Needs Monthly Learning Series. Shared Living. [Learn More](#)

March 4th | 12:00 - 1:00PM: Maine Pediatric and Behavioral Health Partnership Pediatric Psychiatry in Primary Care Setting ECHO: Philosophy of Care in Practice. [Register Here](#)

March 17th: Maine Parent Federation Annual Conference at the Augusta Civic Center - Family Voices: Heart of Change. [Register Here](#)

Mar 26th | 7:30-8:30AM: Maine Pediatric and Behavioral Health Partnership Thursday Morning Webinar Series: Motivational Interviewing: Engaging Youth in Change. [Register Here](#)

March 27th | 8:30AM-4:00PM: Maine Integrated Behavioral Health Summit: Primary Care in the Social Media Age. Save the date for a free, in-person spring workshop. Wells Conference Center, University of Maine.

April 16th | 12:00-1:00PM: RMOMS Network Maternal Mental Health Webinar Series. Working with OCFS: A Discussion about Family Safety Issues and Mandated Reporting with Omm Stillwell, LCSW. [Register Here](#)

Apr 23rd | 7:30-8:30PM: Maine Pediatric and Behavioral Health Partnership Thursday Morning Webinar Series: Supporting Early Childhood Mental Health. [Register Here](#)

May 6th | 8:30-4:30PM: Save the Date - Maine Patient Safety Academy. The Maine Patient Safety Academy grew out of an initiative by Maine's critical access hospitals to build an infrastructure that supports patient safety and quality improvement activities. This event will be held at the Wells Conference Center in Orono, Maine. [Details Here](#)



**Connect with Maine
AAP on Social Media!**

**Follow us on X, Facebook,
LinkedIn, and Instagram, and
BlueSky where we continue to
share pro-pediatric health
messages, new clinical info and
pertinent articles.**

<https://linktr.ee/maineaap>

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