



FALL

PRIORITY PEDIATRICS

AUG 2026

WELCOME TO OUR

FALL Newsletter

Dear Families,

Happy Back to School! As we transition from the relaxed pace of summer to the excitement of a new school year, Priority Pediatrics is here to support you in any way that we can. This newsletter is designed to keep you informed and engaged in your child's care.

We wish you and your children a wonderful, successful, and healthy school year! As always, we thank you for trusting us with your child's health.

With love, Priority Pediatrics

PRACTICE UPDATES THIS NEWSLETTER

1. BUILDING COURAGEOUS, CAPABLE KIDS
2. PEDIATRIC DENTAL HEALTH UPDATES
3. BEST OF THE 352
4. ESTABLISHING GOOD SLEEP HYGIENE IN YOUR SCHOOL AGER
5. PRACTICE ANNOUNCEMENTS



Building Courageous, Capable Kids

BY AMANDA CYPRET, LMHC, RPTS

LICENSED MENTAL HEALTH COUNSELOR &
REGISTERED PLAY THERAPISTSUPERVISOR™

As a child and family therapist, I often meet parents who do everything they can to support their child's emotional and behavioral health yet still feel unsure about what their child really needs. Adlerian psychology offers a simple, encouraging roadmap that helps families understand the core needs that drive a child's behavior. We call these the Crucial Cs, and they shape how children see themselves and how they move through the world.



The Crucial Cs:

What Every Child Needs to Thrive

Capable - "I can do this."

Kids build confidence through practice, mistakes, and encouragement.

Try: breaking tasks into steps, teaching skills, encouraging effort over perfection.

Courage - "I can try, even when it's hard."

Courage grows when children feel safe to take risks and recover from mistakes.

Try: normalizing setbacks, modeling calm problemsolving, celebrating persistence.

Count - "I make a difference."

Children thrive when they feel their contributions matter.

Try: meaningful responsibilities, asking for their ideas, noticing their impact.

Connect - "I belong here."

Children feel grounded when they experience warm, consistent connection.

Try: special oneonone time, shared rituals, eyelevel conversations.

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Why This Matters?

When professionals and parents work together through an Adlerian lens, children receive consistent messages of belonging, capability, significance, and resilience.

These messages support:

- Emotional regulation
- Healthy self-esteem
- Social confidence
- School success
- Longterm mental wellness

Small shifts in connection and language can make a meaningful difference in a child's daily life.

Every child is doing the best they can with the skills they have.

And every parent is doing the best they can with the tools they have.

Strengthening the Crucial Cs gives families a compassionate, practical framework for raising confident, connected, and courageous kids.

Interested in Support or Guidance?

Parenting can bring up anxiety, conflict, and moments of feeling overwhelmed and you don't have to navigate those challenges alone. I offer:

- Individual therapy for children
- Parent consultation sessions
- Individual therapy for parents
- Couples and co-parenting sessions focused on parenting stress, communication, and teamwork

If you'd like support in strengthening connection, building skills, or navigating difficult behaviors, you're welcome to schedule a free 15-minute consultation at:

www.SilverRiverCounseling.com
(352) 697-7161

I'd be honored to support your family's journey.

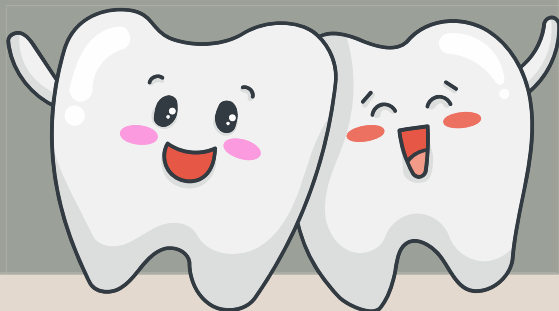




*What does
Dr. Desiree say?*

What's the scoop on Teething?

Teething is an exciting milestone that typically begins around 6 months of age for the first baby tooth to erupt, and ends around 2.5yrs old for the last baby tooth. As soon as the first baby tooth comes in I recommend using a soft bristled toothbrush with a small head to brush your child's teeth morning and right before bed. Placing the bristles in warm water first helps soften the bristles up, making brushing easier and more comfortable for your baby.



Additionally, after teeth emerge, any nighttime nursing or bottle feeding should be followed by gently cleaning or brushing the child's teeth before they return to sleep, as milk or juice pooling on the teeth overnight can increase the risk of early childhood cavities.

During the teething phase you may notice your baby has excessive drooling, irritability, and trouble sleeping. To help alleviate teething discomfort I recommend using a firm rubber teething toy, frozen breast milk popsicles, and if necessary, use age-appropriate acetaminophen or ibuprofen under Dr. Toni's guidance. Please ensure daily cleaning of all teething toys to keep bacteria contamination to a minimum.

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There are some commonly used items for teething that we actually recommend against! Parents should avoid using amber bead necklaces due to choking and strangulation risks, as well as any liquid filled teething items. We also strongly recommend against teething gels (such as benzocaine-containing products like Orajel), which are not recommended for children under 2 years old because of life threatening safety concerns like methemoglobinemia. Teething can be a challenging phase, but it is temporary and a sign of your child's healthy growth and development. With patience, comfort measures, and good oral care habits, you can help your baby navigate this stage with confidence. You and your little one will get through it—one smile at a time!



*What does
Dr. Desiree say?*



Desiree McMillen, DMD

As a trusted pediatric dentist in Ocala, FL, Dr. Desiree recognizes that every smile is unique and provides care that is tailored to your child's needs. Dr. Desiree is well-known for her kind, caring, and gentle personality. Having a family of her own, she loves being able to learn about other families and helping children achieve their best smiles.



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Thank You



*We are so grateful to be named the silver winner of
Best of the 352*

*It is a testament to our commitment to serving our patients with
exceptional care. Thank you to our wonderful community for your
support, your feedback, and for choosing us to be a part of your
health journey.*

Establishing Consistent Sleep Hygiene in School Aged Children

Establishing a consistent sleep routine is one of the most effective ways to support your child's physical health, emotional regulation, and academic success. For school-aged children, quality sleep is not just about "bedtime," it is about creating an environment and a routine that signals to their body that it is time to recharge.

Here are some key pillars of healthy sleep hygiene for your growing student:

Consistent Routine:

Consistency is key, even on the weekends. A predictable 20-30 min wind down routine such as a warm bath, reading a book, or a quiet conversation when done on a regular basis helps the brain transition from the excitement of the day to a state of rest.

Disconnect:

The blue light emitted by a tablet, phone, and televisions suppress melatonin, a natural hormone that helps us fall asleep. Aim to turn off the screens at least 60 min before bedtime.

Designate bedrooms as phone-free zones to reduce temptation and improve focus.

Environment:

A bedroom should be a sanctuary for sleep. Keep the space cool, dark, and quiet. If your child is sensitive to noise, a white noise machine can help mask household sounds that might otherwise wake them. Black-out curtains or blinds help keep the room dark to avoid sunlight in the late hours while trying to fall asleep.

Caffeine-free Diet:

Be mindful of caffeine intake, especially in the afternoon. Caffeine is often hidden in sodas, iced teas, and even chocolate. Make a family commitment to not drinking any of these drinks before bedtime so that everyone can get some rest.



Announcements



WELLNESS VISITS: We are so blessed and happy to be serving so many new families this summer. As we continue to grow as a clinic, we will always do our best to ensure availability for wellness appointments. To ensure high quality care and to leave ample time during each visit, we only allow for a limited number of wellness visits per day. Please note that these appointment times fill up quickly and it is best to schedule your next appointment as you are checking out so we can best accommodate your scheduling needs.

WALK-IN APPOINTMENTS: We are always available via text/spruce or phone, and we encourage patients to reach out prior to coming in so that we can best prepare for your needs. We will not be accepting walk-in patients, please reach out to make a same-day appointment. Allowing enough time for high quality visits and making sure we are prepared for your needs is important to us.

AFTER HOURS: Please note that after hours for the on-call clinician are from 9 am - 9pm on weekends and 4pm - 9pm on weekdays. We are here for you in any way we can, but we ask that non-urgent needs are addressed during business hours. Non-urgent needs include things like medication refill requests, appointment changes, administrative questions about your account etc. If you send a message regarding anything non-urgent we will respond to your request the next business day.

As always, we maintain that we have the best families here at Priority Pediatrics.

Thank you for entrusting us with your children's health. ❤️