



Parent Connection

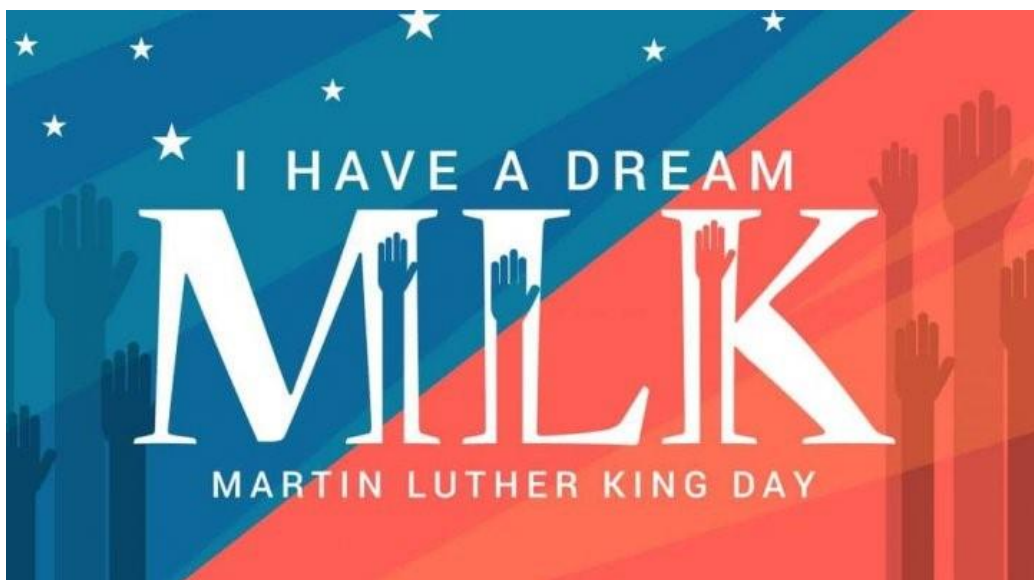


HENRY FORD DEPARTMENT OF PEDIATRICS

January 12, 2021

We know life may be challenging right now and we want you to know your Henry Ford pediatrician is still here for you. Below we have collected articles and resources we think you might find helpful. Information in our newsletters is yours to use when it is helpful to you and yours to disregard when it is not. We hope you and your family are staying safe during this pandemic.

Dr. Martin Luther King, Jr. Day Activities for Children



*"I have a dream that one day this nation will rise up and live out the true meaning of its creed:
"We hold these truths to be self-evident, that all men are created equal."*

-Dr. Martin Luther King, Jr.

Dr. Martin Luther King, Jr. Day is observed every year on the third Monday in January. Known to some as a "[Day of Service](#)" this day was approved as a federal holiday in 1983, though it wasn't observed in all 50 states until 17 years later. As we continue to witness marginalized communities and their allies fight for basic human rights, it's important that we recall [Dr. King's messages](#) and the fight that started during the Civil Rights movement.

There are plenty of ways to acknowledge the legacy of Dr. King. Celebrate his birthday by [completing activities](#) with your children or maybe attend a [virtual event](#) together. You could also take the time to [learn something new](#) or simply enjoy the freedom of having a day off, if that is an option for you. For educators, there are also ways to [engage your students](#) in the classroom. Whatever you decide to do, take a moment to acknowledge the impact that Dr. King had on our society, his life which was taken too soon, and the fight for his dream that continues to unite people across the nation.

Dangers of Vaping

Use of e-cigarettes, also known as vaping, is a common trend among many ages, including teens. E-cigarettes are small devices that look like a flash drive, pen, or traditional cigarette. There are [many health concerns](#) associated with vaping. These devices may contain nicotine, which can be an addictive substance. Nicotine use in teens can lead to memory issues and damage the portion of the brain that oversees attention, learning, mood, and impulse control. Vaping also introduces several chemicals into the user's body, many of them can cause serious [damage to a person's lungs](#). Recently, right here at Henry Ford Health System, [a double lung transplant](#) was performed due to the harmful effects caused by vaping. If you or someone you know is looking for assistance in quitting vaping, there are many options. Speaking with your pediatrician is always a great first step. Henry Ford also has a [smoking cessation class](#) that can assist. There are also many [hotlines that can lend support](#) in vaping concerns.

Postpartum Depression

Welcoming a new baby [can lead to many different emotions](#), some positive and other more concerning. The "baby blues" can occur in the days to weeks following childbirth. However, postpartum depression is a more severe, long lasting type of depression. It is important to know the difference between the baby blues and postpartum depression, as they can often be confused. Common symptoms of the baby blues include mood swings, irritability, feeling overwhelmed, and crying. [Postpartum depression can present](#) as a depressed mood, withdrawing from friends and family, difficulty bonding with new baby, hopelessness, etc. Postpartum depression is a very common health concern that affects many new parents. If you or someone you know has concerns regarding postpartum depression, speaking with your doctor is always a great option. There are also many [support groups that can assist](#) in working through postpartum depression.

Cluster Feeding

If you had a baby recently, you may notice your baby wanting to nurse what feels like nonstop (and in extreme cases, may be the case!) This is called [cluster feeding](#) and it is perfectly normal. Intake of breast milk nearly doubles in the first six months. Cluster feeding usually occurs as your baby gets a little older and more interactive with the world, thus needing more energy. The best way for your baby to get more energy, is to get more milk. Your milk production is established by your baby's needs so all those nursing sessions are your baby's way of asking your body to increase milk production. This does NOT mean your milk supply is low; it simply means it's time to increase the amount. Cluster feedings often happen [in the evening](#) and can lead to fussy night times.

The good news is cluster feeding does not usually last for too long. In the meantime, there are [some things you can do](#) to make it easier on yourself. First, understanding that it's normal and a short phase can help you be mentally prepared. Second, try to make use of the time spent nursing to do relaxing things you might enjoy. Have a snack, watch a show or call someone for support and a chat. You can also try to [wear your baby](#) if you want to try to move about your household. Whatever you choose to do, remember this time will not last forever and your baby will eventually nurse less frequently.

Implicit Bias

[Implicit bias](#) is the internal beliefs and stereotypes that affect our actions. Everyone has them and they can be hard to identify. For example, which is the better cookie, Hydrox or Oreo? Many people have an implicit bias towards Oreos. Hydrox is thought of as the copy. But the [history of both cookies](#) tells a different story. All these years later, a bias towards Oreos is fairly harmless. But implicit bias based on gender, race or age can be harmful. Recognizing differences among people is normal. How you react to those differences is where bias can be harmful. The challenge with implicit bias is that people usually are not aware of it or aware that they are displaying it. It is possible to teach children to [resist bias](#), especially [racial bias](#). It is also possible to [break implicit bias patterns](#). For a family friendly example, watch Cinema Therapy's discussion of [implicit bias in Zootopia](#). It is also important to

remember the implicit bias is not the only reason for discrimination. It is just one factor needing to be addressed.

Indoor Activities and Crafts

Winter can be a hard time to keep kids occupied. Cold weather, snow and lack of snow all affect our ability and desire to get outside. And since we are still spending a lot of time at home, inside isn't always that interesting either. Try some [winter kid's crafts](#) and consider having a virtual crafting playdate via video chat. Tweens may enjoy some of these [craft ideas](#). If you have the time, space and supplies consider [taking your blanket fort to the next level](#) and snuggle in with a good book or movie. And, if you want to get your kids moving around the house, try an [indoor scavenger hunt](#).

January is Cervical Health Awareness Month

Cervical Health Awareness Month is a great time to act on cancer prevention for you and your children. The Pap test is a simple and affordable screening test to detect cervical cancer in women. Still, most cervical cancer deaths are seen in women who have either never had a Pap test or have not had testing in more than five years. Women should begin screening for cervical cancer at age 21. Talk with your health care provider about your screening options and stay current on cervical cancer screening.

Women's preventive health care – such as screenings for cervical cancer, prenatal care, mammograms, immunizations, and other services – is covered through the Healthy Michigan Plan without co-pays. Pap tests are available at Family Planning Clinics. For women ages 21-64, Pap testing is accessible through the [Breast and Cervical Cancer Control and Navigation Program](#).

Protect your children from getting cancer with the HPV (human papillomavirus) vaccination. The HPV vaccine prevents cervical and many other cancers in women AND men. The HPV vaccine works against cancer-causing strains of HPV. The vaccine is safe and is most effective when given at the recommended age of 11-12 years. However, it can be started at age 9 and given through age 26. Adults ages 27-45 may also receive the vaccine. Everyone should receive all indicated doses of the HPV vaccination. Learn more about preventing cancer with the HPV vaccination by talking with your children's health care provider.

Vaccines for Children (VFC), Medicaid, MI-Child, as well as most commercial health insurances pay for the HPV vaccine. If your child does not have health insurance, or does not have insurance that covers these vaccines, ask your health care provider or local health department about the [VFC program](#). VFC provides no-or-low cost vaccines to eligible children, 18 years of age and younger.

Has your child's behavior changed?

Have you noticed any changes in your child's behavior or emotions since the pandemic started? If you have any concerns or questions, please call (313) 451-0720. This is a Google Voice phone number that will call our Henry Ford coordinator who can help to connect you with a behavioral therapist for children.

Are there other topics you are interested in and would like to learn more about?

If yes, please e-mail us at ParentConnection@hfhs.org or to unsubscribe.