



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

January 25, 2022

Your Henry Ford pediatrician is here for you. Below we have collected articles and resources we think you might find helpful. Information in our newsletter 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.

Updated CDC Guidelines

As scientific research changes throughout the pandemic, so do the CDC guidelines regarding COVID-19 quarantine and isolation. The guidelines have changed for those who test positive and are exposed to COVID-19. If a person receives a positive test result and is vaccinated against COVID-19, they should isolate for 5 days (as long as their symptoms are decreasing, and they have been fever free for 24 hours.) They should continue to wear a mask for another 5 days around others. The updated guidance is listed [here](#). There is also updated guidance regarding quarantine following a COVID-19 exposure. Those updated guidelines are listed [here](#). See below for updated guidance for the school setting.

School Quarantine Guidance

What to do when students or staff are exposed to COVID-19 in a school setting, **but do not have symptoms.**

Students and staff experiencing symptoms should not attend school activities.

Michigan.gov/Coronavirus

Students and staff should monitor for symptoms throughout quarantine period (days 1-10). If symptoms develop, test immediately. Day "0" is day of last close contact with a COVID-19 positive student, teacher or staff.

	Actions to Take
Up to Date on Vaccines No Need to Quarantine	Students and staff without symptoms do not need to quarantine. They should monitor for symptoms and wear a well-fitted mask for 10 days.
Not Up to Date on Vaccines Need to Quarantine	Home quarantine for days 1-5 and test on day 5; and "Mask to Stay"* for days 6-10. OR "Test to Stay"*** for days 1-6 AND "Mask to Stay"* for days 1-10. OR Home quarantine for days 1-10 if unable/unwilling to mask.

*Mask to Stay: The consistent and correct use of a well-fitting mask when around others in school and public places
**Test to Stay: Test every other day for six days following the exposure and consistent and correct use of a mask

Students and staff who test positive for COVID-19 should not attend school and should isolate at home for five full days after symptom onset (or five days after the positive test if they do not have symptoms). They may return to school on day six if they have no symptoms and can wear a mask for five additional days.

MDHHS continues to recommend universal masking in all K-12 school settings.

Potty Training

The best time to potty train is [when your child is ready](#). This means they have the body control, emotional maturity, and desire to use the potty. Waiting can be hard on parents. Especially when your child is getting older, or school/daycare is pressuring potty use. Most children start [somewhere between 18 months to 3 years](#), but may not be fully trained until after 4. No two children are going to be the same either. The best thing is to find a method and approach that works best for your child and family. Think about what [motivates](#)

[your child](#) in general and how you can apply that to using the potty. But also consider what methods you can tolerate. If a three-day method is too intense, don't do it. Also, be judicious with the use of toys and rewards. Whatever process you implement needs to be sustainable and a tiny toy for every potty use is going to add up fast. Kids also [don't fully understand rewards](#) that require time, like staying dry for a certain number of days. The most important thing is to find a method that is as positive and stress free as possible. The worst thing is to accidentally create a [power struggle](#), which can lead to withholding, increased accidents, and [constipation](#).

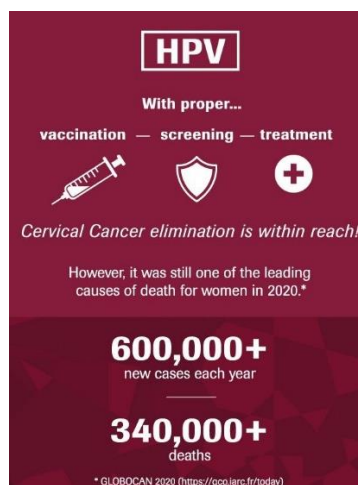
Staying dry at night is totally different from learning to use the potty during the day. Lots of things can impact [nighttime dryness](#). If you have any concerns about your child's ability to potty train, talk with your pediatrician to rule out any medical or developmental issues.

Parental Compassion Fatigue

[Parental compassion fatigue](#) is physical, emotional, and spiritual fatigue that takes over a parent and causes a decline in his or her ability to experience joy at home or to feel and care for their child and themselves. [Some of the symptoms](#) may include anxiety, helplessness, emotional overeating, changes in sleep, substance abuse, withdrawing from loved ones, and irritability, among other things. If you've been feeling more compassion fatigue since the pandemic, you aren't alone. Many parents have been feeling that way over the last two years. [One way](#) to try to combat or prevent compassion fatigue is to try to do less of what depleted you and more of what feels restorative. For some people, that means more physical activity, for others more relaxation time. [Setting boundaries](#) is another good way to keep yourself from being overwhelmed. If you feel like you cannot get back to your normal on your own, reach out to your physician or call the [SAMHSA National Helpline](#) at 1-800-662-4357.

Cervical Cancer Awareness Month

Cervical cancer is the [fourth most common cancer](#) in women. Cervical cancer is [not as deadly as it used to be](#), mostly due to early detection through routine [Pap tests](#). The American Cancer Society [recommends](#) anyone ages 25 to 65 with a cervix receive an HPV test every five years or a Pap test every three years. However, even when diagnosed early, cervical cancer can cause [long lasting health complications](#) including a loss of fertility. A leading cause of cervical (and other) cancers is the [Human Papillomavirus \(HPV\)](#). The easiest way to minimize risk of any HPV related cancer is to be [vaccinated to protect against HPV](#). The vaccine has been on the market for 15 years and has proven to be [safe and effective](#). The vaccine can be given to children starting at age 9 and studies have shown the immune system responds better at younger ages. If you are still uncertain about the HPV vaccine, [this resource](#) can guide you through the decision process.



Healthy Masculinity

Toxic masculinity is often something discussed in adults, however, it is [something that can be taught](#) at an early age and throughout adulthood. Toxic masculinity is the concept of needing to be tough in every situation, not showing emotion or weakness, fear, or vulnerability. This is generally required of boys more than girls. It is often associated with phrases such as, “Be a man,” “Boys don’t cry,” and “Man up.” Keeping emotions hidden, especially during our current stressful times, can lead to increased anxiety and depression. There are many ways to teach children that [expressing their emotions is positive and a good thing](#). One way to teach healthy masculinity is to share your feelings. Letting kids know their feelings are valid and adults also have bad days, allows them to be open to discussing how they are feeling, instead of keeping it bottled up inside. Breaking stereotypical gender norms and allowing children to see various people in different roles can also help to create healthy masculinity. Letting children know it is ok to ask for help can also lead to healthy emotions.

Monthly Play Outside Day

The first Saturday of every month is [National Play Outside Day](#). It was created in 2011 to help kids take a break from electronics and enjoy some fresh air and exercise. There are no rules or checklists, just go outside! Bonus joy for you if your whole family or group of friends can enjoy some time outside together. There are many [reasons to play outside](#). Playing outside can not only boost your mood but also strengthen muscles, bones, and [immunity](#). Even if it is cold out, there are still [lots of ways](#) to play outside. Just be sure everyone bundles up!

Let’s Get Healthy! for CADD Parents

If your child receives services through HFHS Center for Autism & Developmental Disabilities, we have a new program starting on February 1, 2022. See below for more details and email us at LetsGetHealthy@hfhs.org to register!



Learn how to make healthy living fun

Let’s Get Healthy! for CADD Families is a motivating, 7-week program that teaches how to take simple steps toward understanding the importance of healthy eating habits for their family.

Participants will learn about nutrition, the best ways to prepare meals, behavioral strategies for picky eaters and much more. Participants will also get fresh ideas from other families on ways they make healthy foods and regular activity a part of their daily routine.

Unique approach to wellness

Let’s Get Healthy! for CADD Families is presented by a Registered Dietitian Nutritionist and a Board Certified Behavior Analyst. They work together to reshape how each family thinks about food, nutrition, and exercise. While information about nutrition is applicable to everyone, this program is unique as it was designed through the lens of assisting patients of CADD and their families.

Virtual Program

To keep our participants and staff safe, we are currently only offering Let’s Get Healthy! for CADD Families in a virtual format.

The Winter 2022 program is a pilot program being offered to only 5 families at a reduced rate of \$25. Future sessions will have more participants with a higher fee, so don’t delay and register today!

To register or learn more, email LetsGetHealthy@hfhs.org.



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.