



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

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We know life may be challenging right now and we want you to know your Henry Ford pediatrician is still here for you. We will continue to be a source of information and care for your child. Below we have collected articles and resources we think you might find helpful. We hope you and your family are staying safe during this pandemic.

Coping Skills

Stressful situations often leave us feeling a wide range of emotions. These emotions can often be difficult to handle. There are many coping skills a person can adopt to assist in dealing with these feelings. Coping skills are strategies people often use in the face of stress and/or trauma to help manage painful or difficult emotions. These skills can help people adjust to stressful events while helping them maintain their emotional well-being. [Coping skills can be used by children](#) and adults. There are many different skills a person can use, some examples include, breathing exercises, physical activity, artwork, or reading a book. Coping skills take many forms and as long as they do not cause harm, they should be encouraged. Everyone is different and trying multiple skills can even be helpful.

Helping Children Process their Feelings During COVID-19

In recent weeks we have heard several alarming new developments about the impact of COVID-19 on children. As cases continue to rise, uncertainty is often increased by new discoveries and changing facts. Children are affected by these events and may become anxious about whether they or someone they love will become ill or die. During this time, it is very important to keep a few things in mind when you talk with your children. How you decide to engage your child is essential to their emotional well-being, comfort and safety. Remember you are their role model and they are looking to you for guidance and support. Read more [here](#).

Daycare in an Ongoing Pandemic

Many parents wonder if it is [safe for daycares to be open now](#). These really are uncharted waters and there is no one-size fits all answer. There are some important things to consider. With more people going back to work and more opportunities for social interaction, there is no way to know if other families are taking the same precautions you are. This is not to say other people are doing anything wrong. We all have different levels of risk we are willing to take. Your family's willingness to take risks can be influenced by many things. [Continue reading](#).

Teen Dating Violence

Is your teenager experiencing dating violence? According to the [Centers for Disease Control](#), 26% of women and 15% of men experience intimate partner violence for the first time before age 18. This violence can include physical, mental, emotional, and verbal abuse. Though it may be less likely for physical abuse to happen if individuals are quarantined in different locations, [digital abuse](#) can still take place. For both teens and parents, it's important to [notice the signs](#). By knowing the signs, you can take steps to help your child understand the seriousness of any form of abuse. Below are some warning signs.

WARNING SIGNS



There are lots of [resources online](#) which include campaigns and even [parental guides](#) to assist parents in ending teen dating violence. There are also people you can speak with. If you have additional questions or need resources related to how COVID-19 can impact intimate partner violence. Please contact the [National Domestic Violence Hotline](#).

Internet Safety

The internet is full of resources and tons of information. It can also be a very dangerous place. Since our children and teens navigate the endless possibilities of the internet, it's important that we make them aware of the dangers that can be found there. Having age appropriate conversations with your children about things like cyberbullying, online predators, and pornography can help them identify these things. Then, they will be better prepared and know what to do if they come across it while online. Making yourself aware of online protection tools to restrict certain websites and phrases can assist in protecting your children. It can be hard to block every website that can be harmful, as some sites can hold useful information. Instead of focusing on restricting every site possible, share [basic guidelines](#) to help your child stay safe and responsible online. There are also very fun and [engaging videos](#) to help start and continue the conversation.

Pandemic Living with Adult Children

Do you have young adult children living with you? Was it a sudden response to Covid-19? If so, you may be feeling some stresses with [family dynamics](#). Young adults had expectations for their future. Many had just begun to experience new freedoms and responsibilities. That has been put on hold. We are more than two months into the stay-at-home order, and it will be a while until life returns to normal. It can be [hard to help young adults](#) who feel like their futures have taken an abrupt and wrong turn. There are no one-size fits all solutions. The most important, and hardest thing to do is to keep the lines of communication open. Now that stay-at home guidelines are relaxing, it is important to [revisit the conversations](#) about social distancing and agree, as a family, on acceptable risks. It may also be time to start the conversations about what young adults [hope to do in the future](#). No one knows what life will be like in a few months but continuing to talk about hopes and fears may help foster the resiliency many young adults need right now.

Breakfast Basics

Many parents often count on daycare and school for providing breakfast for their children. Now that we are all home all the time, breakfast is back in the hands of parents. If you don't usually make breakfast, you may want a refresher of what are the building blocks of a [good breakfast](#). In general, it should contain protein, dairy, grain and a fruit or vegetable.

If you're looking for some new things to try, this list of tried-and-true [toddler breakfasts](#) can be used for all ages. If you have the time and the desire to be creative, these [fun breakfast ideas](#) are sure to create smiles and full bellies. Another tip is to make things easy on yourself. If you make pancakes, make an extra batch to freeze for mornings where time is short. Does your child not like traditional breakfast foods? If the meal is balanced, it doesn't have to be eggs or oatmeal. Try a veggie quesadilla or even a thin-crust pizza for breakfast!

Fitness Activities

As the weather gets warmer and our ability to be outdoors increases, there are many fun fitness activities we can do with the entire family. Exercise does not have to be just traditional activities, like running, pushups, sit-ups, or jumping jacks. There are many [fun ways we can get physical activity](#). [Homemade obstacle courses](#) are a fun, challenging way to add fitness into your day. Relay races, games of tag, going for a walk, or a bike ride are also fun ways a family can exercise together.

How is your child doing? How are you doing?

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.

For teens and adults, Henry Ford has the Community Emotional Support Call Line available. You do not have to be a Henry Ford patient to use this line. It is available 7 a.m. to 11 p.m. at (313) 874-0343. You will be able to speak with a therapist and be connected to more resources if needed. See this [flyer](#) for more information.

*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.*