



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

May 4, 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.

Celebrating Mom

As we prepare for a second Mother's Day during a global pandemic, it is a good time to [celebrate the important role](#) mothers, grandmothers and mother figures play in our lives. There are a lot of ways to recognize Mother's Day, from brunch to a phone call. If you are looking for some ideas, here are [some virtual ways to celebrate](#) and [a few more possibilities](#). The Farmers' Almanac has some interesting [facts and folklore](#) surrounding the day.

Don't Skip Your Child's Well Visit

With the uncertainty around the continuing pandemic, it can be easy to think that if your child is healthy, you shouldn't take them to the doctor. However, it is very important that you [do not skip your child's well visit](#). The American Academy of Pediatrics has a [schedule](#) of when your child should receive well visits. Once your child turns 3, they only need one well-visit a year.

Many parents stop taking their child to well visits once they have completed their vaccines. Well visits are about much more than vaccines though. [Your teen should still come in every year](#) to make sure they are developing appropriately. Teen bodies are rapidly changing, inside and out, and they often have questions about this as well as their mood and sexual health. It's much better to get answers from their doctor than from a source such as friends or the internet.

You can schedule a well visit for your child at www.henryford.com/wellvisit or call Henry Ford at 1-800-HENRY-FORD. We have pediatricians located at 15 HFHS Medical Centers. With appointments being limited due to COVID-19, we encourage you to schedule your appointment as soon as possible. Please do not wait until it is time for school to start!

What to Expect From Your Child's Back-To-School Well Visit

Even though you may be tempted to skip your child's check-up this year, annual well visits are vital for monitoring your child's physical health. They also may include:



Conversations about mental, social, emotional and behavioral development



Development screenings



Reviewing your child's diet, sleep, bathroom and other lifestyle habits



Time to ask your child's pediatrician any questions



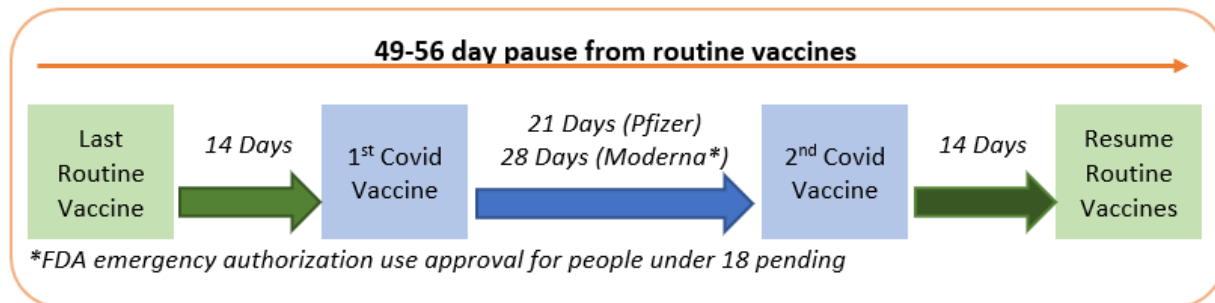
Immunizations and/or blood work

To learn more about annual well visits, go to henryford.com/wellvisit. To find a pediatrician, visit henryford.com/pediatrics or call 1-800-HENRYFORD (436-7936).



Planning Your Vaccines

Currently people 16 and over are eligible for the COVID-19 vaccine. It is expected that children as young as 12 will be the next eligible group. Healthy Children has a great FAQ for [parent questions about the vaccine](#). The safety of the COVID-19 vaccine on its own was studied and peer reviewed. But the interaction of the COVID-19 vaccine with other vaccines has not been studied yet. To be absolutely safe, the [CDC recommends spacing out the COVID-19 vaccine and routine vaccines](#). People should wait 14 days after getting any other vaccine before getting the first dose of a COVID-19 vaccine. No other vaccines should be given between the first and second COVID-19 dose. Once the second COVID-19 vaccine is administered, it is recommended to wait another 14 days before any other vaccine is given.



Once interactions are studied, this recommendation may change. There are other rules about spacing vaccines to get the best and safest immune response possible, so this is not an uncommon practice. There are some exceptions when the benefit outweighs potential risks, like an emergency tetanus shot. Please discuss any special circumstances with your medical provider.

Because of this 49-56 day pause in routine vaccines needed for the COVID-19 vaccine, it is important to be caught up on routine vaccines so there isn't any additional delay and a COVID-19 vaccine can be given as soon as it is available. To find out when vaccines are normally given, check the [CDC Vaccine Schedule](#). If you have [MyChart](#) for your child you can check their To Do section to see if any vaccines are due. You can also call your pediatrician's office and ask them to check. To schedule a vaccine appointment, call your pediatrician's office and they will schedule the correct visit.

End of the School Year Teacher Gifts

The last two school years have been very difficult for everyone involved. [An end of the year teacher gift](#) can be a great way to show appreciation for everything your child's teacher has done throughout the school year. A teacher gift does not have to be extravagant but can be a small way to show appreciation. Gift cards are always a good option, however, there are also many easy, fun gifts that can be made at home. Here are [25 DIY \(do it yourself\) teacher gifts](#) that kids could help create. A group of students could also collaborate on a gift, making a classroom gift. There are also many [gifts that could be a great addition](#) to your favorite teachers classroom décor.

Be Careful with Button Batteries and Tiny Magnets

During the COVID-19 pandemic, emergency room visits related to small, round batteries (known as button or coin batteries) have almost doubled. These batteries are used in small electronics like thermometers, key fobs and toys. The round, shiny nature of these batteries is very appealing to children, some of whom inevitably put them in their mouths. [According to the American Academy of Pediatrics](#), when the battery encounters body fluids, the battery produces small amounts of lye. If the battery gets stuck somewhere in the body, the lye burns a hole at that spot. Infection usually follows. The result can be serious injury and illness, long-term disability, or even death. A similar issue can occur with [small magnets](#) often found in toys, especially if [more than one is ingested](#).



If you believe your child has swallowed a battery or magnet, there are [some immediate steps](#) you can take. If you have honey in the house, give 2 teaspoons of honey to a child who has ingested a button battery within the past 12 hours, if they are over 12 months old and can swallow liquids. You can give up to 6 doses of honey about 10 minutes apart. Do NOT give your child anything else to eat or drink. If your child vomits, do NOT offer another dose. Do NOT delay transport to hospital to obtain honey. **Take your child immediately to an emergency room.**



Youth Advocacy Spotlight



As the one-year mark of the pandemic has come and gone, it is clear that it will take all of us to help this pandemic come to an end. Teens are doing their part to help push us closer to that point. One local young person, Rachel Kabala, is doing her part to help end the pandemic. [Rachel is a DPSCD student](#) that wants to be a role model and encourage her peers to get vaccinated. Her mission is to stop misinformation, fear of needles, fear of the companies producing the vaccines, and just overall fear of being vaccinated. [In this video interview](#), Rachel stated that while going to get the vaccine herself, she saw people from many different races and backgrounds all getting vaccinated. Witnessing this made her “super pumped” to see everyone fighting for this pandemic to end and putting in the effort to make it happen.

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.