



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

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.

What To Do If Your Child Is Sick

If you have questions regarding your child's symptoms, Henry Ford Health System has the MyCare Advice Line, which provides non-emergency medical advice for no charge. You can speak to a registered nurse, review your child's symptoms and get recommendations for care. This line is available 24/7 at (844)262-1949.

You can also schedule a virtual visit or e-visit and talk directly with your child's physician.

Important: Due to the current pandemic, we DO NOT want you to go to a walk-in clinic, urgent care or ER unannounced. Please call ahead.

What is a Pandemic?

The CDC defines a pandemic as a disease that spreads across the globe. New diseases can be very contagious because humans are not immune to them. This novel coronavirus is a new disease. Scientists have not seen it before. And that means they are still learning how to treat it. They do know it is spread by close contact with other people. For more information from the CDC, click here: [CDC Coronavirus](#)

What is COVID-19 and Coronavirus?

There are a lot of different types of coronaviruses. They are common in humans and animals. Rarely a virus that infects animals will start infecting humans. That is what happened with this new virus. It was first discovered at the end of 2019. It causes the illness COVID-19. COVID-19 easily spreads when infected people cough or sneeze. Some people can spread the virus without having symptoms feeling sick. That is why it is important to sneeze or cough into your elbow, wash your hands frequently and not touch your face. For more information on COVID-19 from the Michigan Department of Community Health, [click here](#).

For more information on COVID-19 and Henry Ford's response to it, please visit the [HFHS COVID-19 Resource Page](#)

Talking to Your Kids about Coronavirus and Social Distancing

Social distancing is a term that we continue to hear daily. In an effort to decrease the spread of COVID-19, social distancing is now suggested through the end of April but does everyone understand what that means? Is everyone able to distance themselves? [This article](#) helps parents with some of the difficult questions. It also gives advice on how to deal with possible emotional responses and links to resources that can help smaller children understand what's happening.

Time to Come in Bear: A Children's Story about Social Distancing

A short, super cute video that engages younger children in an effort to help them understand how the world has changed due to COVID-19 (or Coronavirus). Though many are experiencing extremely tough times, [this video](#) uses animation and humor to express the need to remain hopeful.

Coronavirus: Social Distancing with Children

[This article](#) from Kid's Health explains the basic meaning of social distancing and why it's important to follow the recommendations. It also explains why schools are closed right now and why parents should not allow their children to go out with friends during this time.

8 Things to Do at Home While Social Distancing

Social distancing does not mean that you have to completely isolate yourself from all human interaction. There are ways to make sure you are physically distance from people outside of your home, while also still feeling connected. [Here](#) is a list of 8 things that people can do while they are staying inside. There are personal steps that you can take, along with ways to stay engaged with loved ones.

The Dos and Don'ts of Handwashing

Handwashing is one of the best ways to prevent the spread of germs and sickness. However, many people do not know that there is a proper way to correctly wash your hands. [The following article](#) explains the main steps a person needs to follow to effectively wash their hands.

[This article](#) answers some frequently asked questions surrounding proper handwashing. The when, where, why, and how of proper handwashing.

Handwashing Videos

There are many fun videos for kids that show the importance of handwashing. [The following video](#) is targeted at early elementary aged children showing some fun information on how germs spread and the importance of proper handwashing.

Many children also love the popular Baby Shark song. The creators of [Baby Shark have remade the song](#) to encourage children to wash their hands.

[The following video](#) is targeted at late elementary to older. The video shows the science behind how soap kills germs. It also shows a fun science experiment regarding how soap works.

How is your child doing?

If you are noticing any changes in your child's behavior or emotions since our country has been affected by the pandemic or if you have any concerns about your child's behavior or emotions, please call our coordinator at (313) 451-0720 who can help to connect you with a behavioral therapist.

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

Please e-mail: ParentConnection@hfhs.org