



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.

How can I treat my child's illness at home?

By now, you likely know it is not recommended to bring your child into the office or emergency room for mild issues. So, what can you do at home for common issues such as sore throat, fever and ear pain? Or what if you think your child is showing symptoms of COVID-19?

Our Henry Ford pediatricians have put some basic treatment guidelines together for you [here](#). You can always call or send a MyChart message to your pediatrician and they can help you decide whether your child should be seen with a video visit or in the office.

Keep your family active

Regular exercise can be tough under normal circumstances. Keeping your family active during these stressful times can be even more difficult. As the weather is getting warmer, getting outside for exercise can be a great way to stay active during these stressful times. Here are [50 fun things to do outside with kids](#) and [this article](#) gives some great suggestions to keep active as a family.

We do still live in Michigan however, which means there are many times we cannot get outside. The good news is indoor exercise can also be easy and fun! Henry Ford LiveWell shares some ideas for [indoor fun](#) and [Parents Magazine](#) provides many suggestions on how children can get indoor exercise with minimal equipment and space.

The most important thing to remember is that getting your family active doesn't have to be hard. It should be fun and can be broken up into small increments. Four fifteen-minute activities throughout the day is just as beneficial as a one-hour activity.

Quick and easy meal ideas

Keeping meals on the table during these stressful times can be difficult. We often find recipes that call for many ingredients, usually that we don't have on-hand. [This collection](#) gives great recipe ideas that require 5 or less ingredients.

It can be hard to find a way to keep a recipe easy and make it a family favorite. [This quick taco skillet](#) can be made in just three easy steps, with minimal ingredients and is bound to please the taco lovers in your house.

FAQ from High School Seniors

With such a swift end to the school year due to COVID-19, many seniors have questions regarding the next steps in their academic journey. [Here](#) you will find answers to those frequently asked questions, along with other resources that could help students navigate these sudden changes.

Social Distance and Teenagers

While some people are enjoying staying home, there are others who are having a hard time adjusting to this new normal. Being away from friends and not able to participate in day to day activities can have an emotional toll on anyone, especially teenagers. [This article](#) offers ways to help teenagers cope during these difficult times.

Ideas for Senior Class of 2020

With events that commemorate senior year being canceled worldwide due to the coronavirus, families are left with no option but to get creative with figuring out how to celebrate their students' accomplishments. Whether it's organizing [a virtual prom](#) or coming up with other ideas like having a [photoshoot or family-style prom](#), find some way to show your high school senior how proud you are. [Ellen DeGeneres](#) is also finding ways to support high school seniors during these times. Use hashtags #EllenProm and #NationalPromDay to join in the celebration.

Updates and Resources for Students and Families

[Click here](#) to find updates and resources pertaining to DPSCD students and families, including resources for online learning and a free homework help hotline. [Here](#), you'll find a list of locations that are offering meals to families. Be sure to check with your local district for more information.

Positive parenting and self-care

Most of us are not used to having our children with us all the time with no educational or social support. And most of us would now probably agree IT. IS. A. LOT. One resource that can be helpful is the [5-Day Parenting Program](#). They share five small steps you can take every day to help your child do well.

The American Academy of Pediatrics shares some ideas on how you can help keep the calm at home and [parent positively during COVID-19](#). One of the most well-known parenting programs in the world, Love & Logic, is offering their online course for free through the end of April. Sign-up [here](#) for a three-month free access.

Don't forget while taking care of your children to also take care of yourself. Wayne State has some simple ideas for [self-care for parents](#). It's also good to remember self-care won't look normal right now, it might look like [crying in your car](#). Find what brings you a little peace and emotional release.

Parenting alone in a pandemic

All parents are struggling right now. But what if you have no one else to lean on? Shouldering all the stress of a pandemic and parenting solo is an even bigger challenge. A Henry Ford [mom](#) shares how she's feeling as well as some other [parents around the country](#) and one mom in [Appalachia](#).

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