



# 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.*

## **Staying motivated under stress**

The Stay-at-Home order is affecting people's time in different ways. Some have time on their hands and nothing from their normal routine to do. Some are working more than ever. Some are trying to help educate and care for children full time. Whatever group you fall into, when your life structure drastically changes, it can be hard to stay motivated. For help with motivation, read [this article](#) and [this one](#).

## **Ways to have fun as a family**

As the weeks of staying at home increase, we are all likely asking ourselves, "What can we do for fun?" The good news is, there are many things we can do as a family. Traditional board and card games, sports in the back yard and family coloring are all ways to be together and have a good time. For more of a challenge, try a [family Lego challenge](#). There are many additional family fun activities listed in [this article](#). Hopefully some of these ideas can help you keep boredom at bay!

## **Neighborhood fun during social distancing**

Being separated from people, even for everyone's good, is hard. Pre-pandemic, we thought nothing of a hug, a handshake or close conversation. We connected in physical and close ways with our friends, family, colleagues and community. Now that we're all trying to stay separate and distant, how can we connect with each other safely? In my neighborhood, we have done some fun activities to stay close. We've picked coloring themes for different days (animals, encouraging words, eggs) and then when people take walks, they admire each other's works. You can find a lot of free coloring pages for kids and adults [here](#) and [here](#).

We've also done a [neighborhood teddy bear hunt](#), nightly driveway check-ins and shared a lot of laughs through our neighborhood Facebook group. For more ways to connect and show kindness to your neighbors while staying safe, check out [this article](#) and [this one](#). Whatever you decide to do, make sure it follows all your local and state orders regarding social distancing.

## **Working and Learning from Home with ADHD**

Routine is important for just about everyone, but it can be crucial for people with ADHD. The little cues we build into our routines keep us focused and on track. But what do you do when that routine is taken away? Most of us had to abruptly switch to working and/or learning from home with no time to prepare. For those looking for some help, even if you don't have ADHD, Jessica from How To ADHD has some great tips and tricks in her video: [A Simple Guide to Working/Learning From Home: HOW TO ADJUST](#).

### **Weight, hypertension and diabetes**

If there's one thing we know, it's that weight issues are complex and that stressful times, like now, never makes them better. Factors like dietary patterns, physical activity, community environment, medication use, and family history all play a role in a person's weight. This [article](#) explains the many factors that can contribute to weight gain.

There are many health issues that can occur due to weight gain. [Hypertension](#), or high blood pressure, can be one medical concern. Hypertension often has no symptoms. High blood pressure can be controlled with physical activity, a healthy diet, and medication. Always check with your healthcare provider before a diet or exercise program are adopted.

[Diabetes](#) is also a health issue associated with weight management. There are two types of diabetes, type 1 and type 2. Type 2 diabetes is associated with weight gain. A person with type 2 diabetes doesn't use the insulin the body produces properly. A healthy diet is very important in diabetes management. Diabetes management is always important, but especially now due to the covid-19 outbreak. Diabetes can be an [underlying health condition](#) that leads to severe illness.

If you or your child are interested in weight management resources, Henry Ford has a lot of options for you on our [Community Health](#) page.

### **Healthy snacks**

Have you run through all your stand-by snacks but your children still have the nerve to expect you to provide food for them? One of our Let's Get Healthy! dietitians has pulled together some of her favorite healthy and filling snacks. Check them out [here](#).

### **Talking with your children about sexual health**

With more parents spending time at home, it's the perfect opportunity to hold some uncomfortable but necessary conversations. Talking to your child about puberty and topics related to sex could give them the confidence to come to you when they have questions in the future. Our very own Dr. Stacy Leatherwood Cannon [explains ways to approach the conversation](#) that may make it easier for parents to approach any discussion related to sexual health.

### **Online Bullying**

Teens are using the internet and social media more than ever. Cyberbullying is at an all-time high. It's important that we are able to recognize when bullying is happening to our children. We have to take steps to ensure that all children feel safe. Read how to do that [here](#).

### **How is your child doing?**

Also, 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 other concerns about your child's behavior or emotions, 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.

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

*Please e-mail: [ParentConnection@hfhs.org](mailto:ParentConnection@hfhs.org)*