



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

April 6, 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.

COVID Safe Spring Break Ideas

Yes, there is still a pandemic going on, and with that, spring break plans may look a little different this year. Instead of going to a crowded tourist destination, there are many fun things you can do right here at home. Spring break is also a time when the weather is getting warmer, allowing us to do more outside activities. There are many [great parks and nature trails](#) that can get us outside for some physical activity. When going to a park, [flying a kite](#) is a great socially distanced activity. Day trips like going to [The Detroit Zoo](#), can also be a great spring break activity. The [Detroit River Walk](#) or [Belle Isle](#) can also be great COVID friendly trips.

Talking to Kids about Xenophobia

For nearly a year, there has been a large increase in violence and harassment toward people of Asian descent. This type of racism, [known as xenophobia](#), is the irrational fear and hatred of foreigners and those thought to be foreigners. Educating ourselves and children can be the first step in understanding why this and all types of racism are so harmful. Researching topics together as a family can be a great way to start a discussion. [Being mindful of our own actions](#) and language can also be a great way to show right from wrong. For example, not using phrases like “Chinese Flu” or “Wuhan virus” to describe COVID-19.” Discussing why certain [words or phrases can be harmful](#) as soon as we hear them can be a great way to start a conversation immediately. It is never too early to start talking about xenophobia and other types of racism. [Addressing racism at an early age](#) can allow us to have open, lifelong conversations about the importance of respect and inclusion.

Springtime Gardening for Kids

Now that the sun is shining and the temperature is rising, kids can finally get outside and play. A fun activity for kids is [planting a garden](#). It allows them to get messy and learn how things grow. It teaches them how to be responsible for keeping something alive. It also helps kids to experience the delayed gratification of seeing something you cared for bear fruit (often literally!) If gardening is new for you and your child, [this checklist](#) is a good place to start. For activities that are a bit more complex than basic gardening, try [these](#).

COVID-19 Vaccine and Fertility

As vaccine distribution began, misinformation surrounding the effectiveness and harm of the vaccine soon followed. One of the many myths focused on how the vaccine can negatively affect fertility. Many families began to question whether protection from the virus was worth the possibility of not having children in the future. While research is limited so far, [it has shown](#) that the vaccine does not affect fertility. In fact, people who do not receive the vaccine are at greater risk for severe illness if they become pregnant and are infected with COVID-19. For more information and facts about the COVID-19 vaccine and reproductive health, [check out this article](#). As always, if you need additional support, please contact your doctor.

Seasonal Allergies in Children

It can be difficult to tell if your child is suffering from a common cold or if they have developed [spring allergies](#). Besides the common symptoms of runny nose and sneezing, one telltale symptom is [rubbing of the face and eyes](#). There are some [natural remedies](#) for seasonal allergies. However, before giving your child anything, whether natural or something over the counter from the pharmacy, be sure to talk to your pediatrician first. They can help you determine if something is safe or if any allergy testing is needed.

Ending Violence Against Women Through Respect and Consent

Recent events have re-ignited the public conversation about violence against women. It is important to talk to our children about respect for others. There are [age appropriate ways](#) to have this conversation at every stage in childhood and adolescence. The Pixel Project has [even more ways](#) to talk to kids about violence against women and being non-violent. Starting early will make these attitudes second nature. The easiest way to prevent violence is to reinforce [consent through respect](#). It can be hard to talk to kids about complex topics; here are some [helpful tips for any tough topic](#). Books are often a good way to get a conversation started. Here are 24 books on a variety of topics related to [consent and bodily autonomy](#).

Remembering a Pandemic Year

After a year of living in a pandemic, many of us are exhausted. We have all experienced different levels of loss this year and marking the anniversary may be [difficult for many](#). Some of us may feel like this [past year was a blur](#). There are several ways you can [support yourself and family](#) through this anniversary. For many, this past year involved dealing with traumatic events. If you find yourself having trouble managing that trauma, [there are things that can help](#). If your kids are struggling, [here are some things](#) you can do to help.



Youth Advocacy Spotlight

"Come and play! Everything's A-OK!"

-Sesame Street Theme Song by Joe Raposo

For over 50 years, the songs and characters from Sesame Street have come into our homes to educate and entertain both children and parents. This year, Sesame Street announced that they will be adding two additional Muppets. These Muppets are African American and will intentionally address topics related to their racial identity. As a father and son duo and the [newest members to the Sesame Street family](#), Wesley Walker and his dad Elijah will help educate families on the importance of having difficult conversations related to race and racism. Parents can use the topics that Wesley and Elijah address to have ongoing conversations about diversity and inclusion of everyone. In addition to the new cast members, Sesame Street also has [resources available](#) for families to continue learning together, which include racial literacy activities and videos.



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.