



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

August 11, 2020

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.

Helping Kids Wear Masks

Getting used to wearing masks can be a struggle for both adults and kids. The Center for Disease Control recommends that all people over the age of 2 years old wear a mask in order to slow the spread of COVID-19. While we all try our best to embrace this new normal, it's crucial that we [help our young people understand](#) how masks can help keep us and our communities healthy. It's also important to understand that while some kids may enjoy wearing masks, others may find them scary. Practicing mask wearing at home can help make it easier. Placing face coverings on toys or stuffed animals, taking time to look in the mirror, or showing them some photos of their favorite entertainers or loved ones in masks can help make wearing masks a fun and cool thing to do. Here are some [additional tips](#) to help parents encourage their young ones to wear masks.

Meditation Activities for Kids and Adults

Practicing meditation has been proven to help reduce stress, but did you know this is true for both adults and children? It's important for adults to take time for some [fun and calming activities](#). It's also beneficial for our children to do the same. If you are interested in learning more about meditation or exploring more ways to practice for yourself or your children, this [beginner's guide](#) will help you explore the benefits of meditation and practical ways to get started according to your child's age.

Independent Play

Play is very important for children. It is how they learn about the world. Independent play is letting children play alone. It [develops many different skills](#) like organization, cooperation, and self-regulation. If your child needs [encouragement](#) with independent play, you can start by playing alongside your child. Even very young babies can benefit from [waketime activities](#) that prepare you both for independent play later on. Independent play does not require a lot of purchases either, many [household items](#) make great toys.

Sensory Activities for Kids

Sensory activities can be fun for children of all ages. There are many [benefits to sensory play](#). Sensory activities are any form of play that stimulates the senses: touch, smell, taste, balance, movement, sight and hearing. These activities can be anything from playdough to a water table to [things that target many different senses](#). Sensory activities are a fun way for children to explore, create, and learn.

Acknowledging Privilege

Depending on their race, our children are either benefitting from or being treated unfairly due to white privilege. White privilege is a phrase that was popularized by Peggy McIntosh in her essay, [Unpacking the Invisible Knapsack](#) but has been in use since we created the idea of race. If you look at that list, it is apparent that there are many ways that being white impacts daily life, in big ways and small. [This](#)

[illustrated series](#) provides more information. However, telling someone they have privilege seems to make a lot of people upset. Whether it's based on gender, income or race, some people think pointing out they have privilege means they haven't struggled in life or worked hard for everything they have. But is that what it means? The simple answer is no. This author explains how she learned to understand being privileged even though [she grew up poor](#).

Acknowledging that you have privilege based on your race means being aware that you may receive benefits because you are white. Or conversely, that you will not be treated unfairly due to your race. Learning about how our current ways of life uphold these privileges can be difficult, in the way that most growth is challenging. Yet, if we all take the time to acknowledge and dismantle these systems of privilege, we can only improve the world for our children.

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Becoming aware of privilege should not be viewed as a burden or source of guilt, but rather, **an opportunity** to learn and be responsible so that we may work toward **a more just and inclusive world.**

CHECK YOUR PRIVILEGE:

- WHITE
- MALE
- CLASS
- CHRISTIAN
- CISGENDER*
- ABLE-BODIED
- HETEROSEXUAL

*CISGENDER: a description for a person whose gender identity, gender expression and biological sex all align

privilege: unearned access to social power based on membership in a dominant social group

Presented by Dr. Walker (Psychology Dept.), Dr. Poole (School of Management, Marketing Dept.), Professor Murray (Design Program), and Student Life

Bias in Language

Language is complicated. The original meaning of words can be unknown to some people, but painful reminders of injustice to others. [Fuzzy-wuzzy](#), [ghetto](#), [hysterical](#), and [peanut gallery](#) are all examples of everyday [phrases with racist and/or offensive pasts](#). Words do change meaning over time, something called a [semantic change](#). But who can say how long it takes for a word to lose its painful past? If we want to build a society that is socially just, with space for everyone, we need to pay attention to the words we choose. The Anti-Defamation League has helpful information on [challenging biased language](#). Learning about word meanings is an important first step. When you choose to modify your use of these words, know that it takes time. We speak out of habit and habits take time to change.

Henry Ford C.A.R.E. Program

If you provide care for a loved one – parent, child, spouse, relative, neighbor or friend – join fellow caregivers and caregiving experts for support and information. The C.A.R.E. Program has converted their in-person support groups and classes to a virtual platform using WebEx. This allows people to join by a variety of ways using their phone, tablet, iPad, and/or computer. All sessions are NO COST to participants and open to anyone 18 years of age or older.

They are currently offering virtual support groups every Tuesday at 11am and 6pm, art therapy sessions on Wednesdays at 10am and Thursdays at 6pm and stress management/self-care classes at various dates/times through the end of the year. Registration is required. Click [here](#) to learn more or register.

Excessive Gaming

Video games can be a popular activity among any age group, but especially children and teens. In recent years games like Fortnite and Minecraft have increased in popularity. Video games, in moderation, may help promote learning, coordination, and interaction with others. Due to COVID quarantine and spending more time at home, many kids may have spent an increased amount of time playing video games. There are a few [things to watch for](#) when determining if video gaming has become a problem, like increased irritability, becoming defensive when confronted about gaming, or preferring to spend time gaming instead of with family and friends. There are many [things a person can do to limit](#) the amount of time a child or teen plays video games. For example, putting clear limits on the amount of time gaming occurs, only allowing play once responsibilities are complete, identifying other recreational activities and giving [positive reinforcement](#) for non-gaming activities.

How is your child doing? How are you doing?

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.

For teens and adults, Henry Ford has the Community Emotional Support Call Line available. You do not have to be a Henry Ford patient to use this line. It is available 7 a.m. to 11 p.m. at (313) 874-0343. You will be able to speak with a therapist and be connected to more resources if needed. See this [flyer](#) for more information.

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.