



# Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

*August 24, 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.*

## **Research Study to Understand Autism Development**

*Why do some kids have autism, and some do not? You can help put the puzzle pieces together.*

According to the Centers for Disease Control and Prevention, about 1 in 54 children have autism spectrum disorder. However, we do not fully understand what causes autism. Henry Ford Health System is leading a new research study that seeks to understand why some children develop autism and some do not. **It is important that parents of children with and without autism participate.** On behalf of the Department of Public Health Sciences and the Center for Autism and Developmental Disabilities, study staff may be reaching out to you by telephone or email to tell you more about it and invite you to participate. The study involves taking a brief survey that can be done online or by telephone. You will also be asked to provide permission to access medical history. This may include some samples already collected, like the dried blood spots saved at your child's birth. Study participants will be given a gift card as a thank you for their time. If you would like more information, please email the study team at [thepondstudy@hfhs.org](mailto:thepondstudy@hfhs.org) or call (313) 874-6962.

## **Back to School COVID-19 Safety Guidance for Parents, Students**

The interim chair of Pediatrics at Henry Ford Health System [strongly recommends vaccination and universal mask wearing](#) for K-12 students, teachers and staff returning to the classroom for the start of the new school year. Anyone ages 12 and older is eligible for the COVID-19 vaccine. "I know some parents are still struggling with whether to get their eligible children vaccinated," Tisa Johnson-Hooper, M.D., said during a briefing with reporters. "I'm here to tell you, as a parent of a child who was vaccinated, it is the right – and the safe – thing to do."

## **Black Business Month**

August is [Black business month](#). The month of August recognizes Black businesses and entrepreneurs for their successes, milestones, and contributions to the economy. There are many ways everyone can support Black owned businesses. There are many [amazing Black owned businesses in Detroit](#) and the surrounding area. If you are not already supporting Black businesses, August could be a great time to start. Once you start [supporting Black owned businesses](#), you can keep supporting them throughout the year. If you find a Black business you love, writing and sharing a review can be a great way to promote the business to family and friends. Educating yourself and family on the history of Black owned businesses is another form of support. [Learning about Black Wall Street](#) can be a great place to start.

## Sibling Rivalry

If you have more than one child in your household, [sibling rivalry](#) is likely inevitable. Whether it's arguing, tattling, or fighting over toys, sibling rivalry tends to show up soon after the arrival of a second child. What many people don't know is that sibling rivalry can have [positive effects](#). There are many [strategies](#) to help address sibling rivalry. For more information from Henry Ford on addressing sibling rivalry, [click here](#).

**6 Strategies To Help Parents Combat Sibling Rivalry**

As a parent or guardian, if you struggle to manage tension between siblings, use these best practices for less arguments and more productive communication between all members of your family.

- 1. Don't get involved in battles.**  
Try to let your kids solve problems on their own.
- 2. Don't take sides.**  
Avoid comparing siblings to each other.
- 3. Set basic ground rules.**  
Teach your children about healthy behaviors and how to handle big emotions.
- 4. Anticipate issues.**  
You probably know what causes arguments. Set up practices, like taking turns with toys or picking a movie, to avoid common triggers.
- 5. Find what works for your family.**  
Tailor your parenting to each kid's unique needs.
- 6. Don't force kids to get along.**  
Teach kids to respect each other instead of expecting them to always play nice together.

To learn more about how to help siblings get along better, visit: [henryford.com/siblingrivalry](http://henryford.com/siblingrivalry)

**Henry Ford HEALTH SYSTEM**  
ALL FOR YOU 145022

## Sandwiches and Cold Lunch Ideas

August is National Sandwich month. Probably because it's when everyone is trying to remember what their kids will eat at school. If you are looking for some inspiration, there are lots of [ideas for kids](#) and [picky eaters](#) alike. If you are looking for whole meal ideas, try some of [these](#). Teens are able to assist with their own lunch making, but sometimes they [need ideas](#) too. If you don't have time to make from scratch lunches, check out these [prepackaged ideas](#) for all or part of the lunch.

If you find yourself [needing to keep things cold and don't have an ice pack](#), try putting a wet sponge or washcloth into a zip top bag and freezing it. You can also freeze juice boxes/pouches or other foods that will thaw well during the day while keeping other food cold.

### **Celebrating the Small, Silly and Fun**

The pandemic has added a variety of stresses to our lives. We've been existing in a cycle of uncertainty, relief and then renewed uncertainty. With new, more contagious, variants circulating and many families waiting for a vaccine for their children, making long term plans can be hard. That's why finding small or silly things to plan for or celebrate may offer the excitement your family is missing. Consider celebrating the small, silly, and fun parts of life. It could be simple as adding a special dessert, purchased or [homemade](#), to an upcoming meal. Or task your kids with picking a few of these [Funny, Random and Weird Holidays](#) and deciding how to celebrate them. The point is to bring small [joys](#) to you and your family every day.

### **Fun Fall Activities**

The fall is fast approaching and there are many fun fall activities for the whole family. As COVID-19 cases continue to increase, the fall is a great time to keep yourself and family safe with great outdoor activities. Cider mills and apple orchards are a great fall activity. This [Cider Mill guide](#) can help you find one near you. [Hiking can also be a great thing](#) to do during the fall season. Hiking can be a way to increase physical activity and see the beautiful fall colors. This [list of fall activities](#) can provide some additional fun ideas for everyone.

*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](mailto:ParentConnection@hfhs.org) or to unsubscribe.*