



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

December 14, 2021

Your Henry Ford pediatrician is here for you. Below we have collected articles and resources we think you might find helpful. Information in our newsletter 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.

Parent Connection is taking a holiday break. We will return January 11, 2022.



Helping Your Child After the Oxford School Violence

We were all horrified to hear about the school shooting in Oxford on November 30th. Sadly, we've heard these stories many times, but this one is the closest to home. In our January 11th issue, we will have an article from one of our HFHS School-Based behavioral therapists addressing this topic. In the meantime, [National Child Traumatic Stress Network](#) has developed resources to help families and communities. These resources include:

- [Tips for Parents on Media Coverage](#)
- [Parent Guidelines for Helping Youth after the Recent Shooting \(Also in Spanish\)](#)
- [Talking to Children about the Shooting](#)
- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)

If your child is having a difficult time processing this event, please reach out to your pediatrician. We have processes in place to help get children connected with Behavioral Health.

Keeping a Routine During School Holidays

When the kids are off school for two weeks, it can be a hard decision whether to keep them on their school schedule or to let things relax. While you can try to keep your kids on their normal schedule, most of us would appreciate a little relaxing ourselves during the holidays! Some experts recommend keeping your focus on [three pillars of wellness](#): sleep, food, and exercise. Try to keep your kids eating, sleeping, and moving as normally as possible, while understanding their will likely be treats, extra screen time and sleeping-in some days. [This list](#) of steps you can take to keep kids healthy during break. Whatever plan you decide on, [set expectations](#) from the outset to ensure your child understands the plan. If your child is autistic, [this article](#) about breaking routines and still having fun might be helpful.

Michigan Mask Advisory

Over the course of the pandemic, one thing that hasn't changed is that masks protect against the spread of COVID-19. As cases continue to increase in Michigan, [a new mask advisory](#) was released by the Michigan Department of Health and Human Services (MDHSS). The new guidance states that any Michigander, regardless of vaccination status, should wear a mask in any indoor public setting. Also, public establishments should adopt a mask policy and enforce said policy. Individuals who are not fully vaccinated or are immunocompromised should avoid large crowds or gatherings. We are all experiencing pandemic fatigue; however, it takes all of us to stop the spread of COVID-19. Please see the graphic below for a refresher on how to wear a mask safely.



RSV on the Rise this Winter

[RSV](#) (respiratory syncytial virus) is a common respiratory illness. Mild cases of RSV can usually be treated at home, but some children can become [very sick](#). Doctors across the country and in [Michigan](#) are reporting an increase in RSV cases this fall/winter.

When should you call the doctor? RSV symptoms are typically at their worst on days 3 through 5 of illness. Call your pediatrician right away if your child has any:

- Symptoms of [bronchiolitis](#)
- Symptoms of [dehydration](#)
- Pauses in or difficulty breathing
- Gray or blue color to tongue, lips, or skin
- Significantly decreased activity and alertness

To reduce the risk of RSV or other respiratory viruses, practice good [hand hygiene](#) and [disinfect high touch areas](#). Getting vaccinated against both the [flu](#) (ages 6 months and up) and [COVID-19](#) (ages 5 and up) will reduce the risk of having the flu or COVID-19 at the same time as RSV.

COLD 
COMMON SYMPTOMS:
Cough, running/stuffy nose, sneezing, sore throat
PEOPLE AT HIGHEST RISK:
Immunocompromised

RSV 
COMMON SYMPTOMS:
Symptoms appear in stages, not all at once, and include running/stuffy nose, decreased appetite, coughing, sneezing, fever, wheezing
PEOPLE AT HIGHEST RISK:
Infants under 6 months, children under 2 with weakened immune systems and underlying health conditions, adults 65+

Wash your hands often to prevent the spread of germs.

COVID-19 
COMMON SYMPTOMS:
Loss of taste/smell, shortness of breath, difficulty breathing, fever, fatigue, cough, muscle aches, running/stuffy nose, sore throat, diarrhea, headache
PEOPLE AT HIGHEST RISK:
Unvaccinated individuals, adults over 50, underlying health issues, immunocompromised

FLU 
COMMON SYMPTOMS:
Fever, fatigue, muscle aches/pains, cough (usually dry), headache, runny/stuffy nose, sore throat, upset stomach
PEOPLE AT HIGHEST RISK:
Young kids, adults 65+, pregnant women, immunocompromised, those with underlying health conditions, unvaccinated individuals

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New Year's Resolutions

It is safe to say that 2021 has had many ups and downs. As the new year approaches, we often start to hear people talk about New Year's resolutions. Trying to implement and stick to a New Year's resolution can be stressful, especially during an ongoing pandemic and stressful times. Instead of stressing over sticking to a resolution, making a family resolution or goal may be a better option. [A family resolution](#) is something that everyone can work toward together. These resolutions can be fun, painless, and benefit the entire family. One example of a family resolution could be to unplug from electronics. [Playing a board game](#) as a family instead of watching TV or being on a cell phone can be a great way to reconnect. Reading more can also be a great goal for 2022. Taking a trip to your local library can be a fun way to [get kids interested in reading](#). Creating a family New Year's Resolution may also create new family memories along the way.

Outdoor Winter Activities

There are lots of [fun things to do outside](#) in the winter for people of all ages. The [benefits of playing outside in the winter](#) include increased vitamin D, fresh and healthy air, and better opportunities for exercise through play. If you are looking for ideas beyond the typical snowman and snowball fight, check out this list of [100 outdoor winter activities](#). While having fun in the cold and snow, make sure to dress in warm layers, replace damp clothes with dry ones, and take breaks, as needed. Younger children can be more susceptible to the cold, so [precautions are important](#).

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](#).