



# Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

**July 13, 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.*

## **Summer Reading Programs**

There are many [benefits to reading](#). Just because school has ended for the summer, that doesn't mean reading must end. The [summer reading programs at public libraries](#) across the state of Michigan can be a fun way to encourage kids to stay up to date on their reading skills. Each public library has different events and activities surrounding summer reading. Check your local public library to find out what they are doing. There are also many library benefits offered outside of reading. The [Michigan Activity Pass Program](#) (MAP) allows Michigan library card holders to check out a free day pass to any Michigan State Park. Many [Metroparks](#) across the state of Michigan are also now participating in the program. Whether it's through reading, events or the MAP program, public libraries are a great way to stay active throughout the summer!

## **Helmets and Summer Safety Gear**

Keeping your kids [safe during summer play](#) is important. Allowing your child to take risks and try new things doesn't need to come at the cost of their personal safety. The more we learn about developing bodies, the more we know that protecting them is essential. [Preventing head injuries](#) is very important. Make sure you know the [basics about helmets](#). Different activities like [bike riding](#), [in-line skating](#), or [skateboarding](#) can require different safety gear. Also remember that safety gear is not a replacement for proper instruction and supervision.

## **Sun Protection**

The summer months offer many great opportunities to be outdoors. We need [some sun exposure](#), as sun helps our bodies make vitamin D. Vitamin D helps our bodies absorb calcium, contributing to stronger, healthier bones. However, we do need to remember sun protection, to avoid the harmful effects of the sun. Sun protection is one of the most important things, every time we leave the house. It is important to have adequate protection from UVA rays and UVB rays, which can lead to skin cancer later in life. [How do we get adequate sun protection?](#) Applying sunscreen before going outside is a must, even on cloudy days. [When purchasing sunscreen](#), a SPF (sun protection factor) of 15 or higher is recommended. The higher the SPF, the more protection that sunscreen provides. [Sunscreen is not recommended for babies 6 months or younger](#). If babies need to be in the sun, [protective clothing](#) is recommended. It is also important to remember that sunscreen does not last all day. Reapplication is recommended if you are outside for more than a 2-hour period, and after swimming, sweating, or toweling off. Along with using sunscreen, staying in the shade, wearing a hat and protective clothing, avoiding midday sun (when sun is the hottest), and wearing sunglasses are all great ways to protect ourselves from the sun.

# PROTECT ALL THE SKIN YOU'RE IN



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

## Use a Layered Approach for Sun Protection.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Wear a hat, sunglasses, and protective clothing to shield skin.



Seek shade, especially during midday hours.

CS277180

### Care After Too Much Sun and Heat

Sometimes, even when we're doing all we can, our kids still get a little too much sun. This can lead to sunburns, heat rash, heat exhaustion and/or heat stroke. If you find your child has a [sunburn](#), there are [steps you can take](#) to help their skin and increase their comfort. [Heat rash](#) is another common side effect of playing in warm temperatures and one that is usually [easily treatable](#). If you believe your child might have [heat stroke or exhaustion](#), look for the symptoms listed below. [Follow these tips](#) to protect your child from extreme heat and to know when you should [contact your pediatrician](#).

#### SIGNS OF

### HEAT EXHAUSTION

DIZZINESS & FAINTING  
EXCESSIVE SWEATING  
RAPID, WEAK PULSE  
NAUSEA OR VOMITING  
COOL, PALE CLAMMY SKIN  
MUSCLE CRAMPS



### HEAT STROKE

THROBBING HEADACHE  
NO SWEATING  
RAPID, STRONG PULSE  
NAUSEA OR VOMITING  
RED, HOT DRY SKIN  
MAY LOSE CONSCIOUSNESS

### **Summer Snacks**

Summer can be a busy time and the heat can make large meals seem unattractive. A good solution is easy summer snacks. With the right balance, snacks can be a [healthy alternative](#) whether you are sticking close to home or on the go. Snacks can also be a good way to get kids involved with meal prep. Have your kids help with some of [these](#) ideas, or [these](#). And, if you need something faster, [store bought snacks](#) can be great. [Smoothies](#) are also a great way to keep kids hydrated. Freezing yogurt or fruit puree pouches is another way to “make” a smoothie with minimal effort. With all of this snacking on the go, it is important to be mindful of [choking hazards and what to do](#).

### **Summer Activities**

School is out and summer is officially here! Which often means days full of hours parents feel they need to fill with activities for their children. While there are many benefits to [unstructured, free play](#) sometimes you want to provide [some ideas](#) to get things started. There are many [outdoor activities](#) you can do with your child or help them get started. For those rainy summer days, give [this list](#) a try. For more ideas, check out [Busy Toddler](#). The website has a lot of great activities for toddlers and kids.

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