



# Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

July 15, 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.*

## **Staying Up to Date on Vaccines**

Did your child(ren) miss vaccines during the stay-at-home order? Henry Ford Pediatrics and Family Medicine gave 60% fewer vaccines in April and May compared to the same time last year. We want your children to be protected. We want you to come in and get caught up. If your child(ren) were already behind, or have vaccines due this summer, we want to see you too.

[Vaccines are safe](#) and protect us from many diseases. It is easy to think these diseases are long gone. But whooping cough and measles are just two vaccine preventable diseases out in the community. Parts of Southeastern Michigan had a [measles outbreak](#) as recently as last year. What keeps us safe from them is timely vaccination. While protecting ourselves from COVID-19, we need to [prevent outbreaks of other diseases](#).

We understand you may be nervous about coming into the office. Please know we are doing everything possible to keep [you and your family safe](#). Vaccines are one part of that effort. Please call your pediatrician's office to make an appointment.

## **Bugging Out**

Summertime brings so many things: longer days, sunshine, swimming – and BUGS! One of the biggest downsides to playing outside for more hours a day is the irritation and scratching at night. There are a [few simple tips](#) for avoiding bug bites, including wearing light-colored clothing, covering up exposed skin and using insect repellent. If you [choose to use a repellent](#), read the directions closely as it is generally not safe for children under 2 months. If you still find yourself with a bite or a sting, it can help to learn how to [identify and treat bug bites](#). It can also be helpful to know how to [check for and treat tick bites](#).

## **Summer Smoothie Recipes**

Smoothies can be great to make anytime, but especially during the summer months. Smoothies are a great way to add an extra serving of fruit and vegetables to your diet. They may also help sneak a fruit or vegetable into a picky eater's diet. There is not a right or wrong way to make a smoothie. A good place to start is with [seasonal fruit](#), like strawberries or raspberries. Vegetables, like spinach and kale, can also be a nutritious addition to a smoothie. [This strawberry smoothie](#) can be a great summertime treat. [Peach, spinach, and orange juice](#) can also combine to make a great smoothie. There are [endless ways](#) to create a great smoothie for yourself and your children.

## **Summer Family Meals**

Each season is associated with food favorites and summer is no different. Corn on the cob, watermelon, grilled hamburgers and hotdogs are all staples. If you are looking for some new ideas, try some [family](#)

[friendly dinners](#), [quick dinner ideas](#), or [no cook summer desserts](#). Looking for an easy adult dessert? Try this [frozen margarita mousse](#). Remember to keep your family safe with CDC guidelines for [summer food safety](#) and [grilling safety](#). If fair food, like lemonade and funnel cakes, is a family favorite try some [state fair food recipes](#). If you need a break from cooking, try getting takeout and eating in the park. If you want to eat at a restaurant, here are [some things to consider](#). Stay safe, have fun and enjoy the summer foods.

### **DIY Summer Toys**

This summer may look a little different, with more time spent at home and less vacations. There are still many ways we can stay entertained at home. Do it yourself (DIY) summer toys can be a fun activity for the whole family to create. Many of these toys require minimal materials and often are made with things we already have at home. These [DIY water toys](#) can be a fun way to stay cool at home. There are also many DIY toys and activities that can keep children engaged without using water. Check out these [DIY outdoor play spaces](#) to provide more options for outdoor fun!

### **Anti-Racism Book List for Adults**

With so many acts of racial injustice happening in our world, it's important that we give our children both the space and tools for understanding and processing. Purchasing books and watching movies or cartoons that focus on diversity and inclusion can be great tools in helping our children better understand and prepare for the challenges ahead. But what about adults? Where do we learn?

While we take the time to help our children understand, it's important that we continue to grow and educate ourselves. Fortunately, there are books that can assist in making sure we stay informed on what we can do to help this world become a better place. Check out [this article](#), created by educators and activists, for a small selection of books to begin learning more. It includes [a link](#) to a list of over 70 books that focus on anti-racism. There are also [black owned bookstores](#) that you can support while educating yourself. While some may not be local, many have online stores from which you can purchase.

### **Improving your Work from Home Space**

As some of us continue to work from home with no end in sight, it's important that we begin to evaluate our spaces. We need to make sure our spaces are not causing any lasting damage on our bodies while also helping us to be as [productive as possible](#). Understanding that not every work space will look the same, there are still ways to [improve your space](#) and brighten your work day even if it does not look like your typical office.

### **Sleep Issues**

After a busy, stressful day, a good night's sleep is often something we look forward to. However, many times we do not get the restful night's sleep we hope for. During these stressful times, our sleep can be one of the main things affected. When talking about sleep, we may have heard a [term called insomnia](#). Insomnia is difficulty falling asleep or staying asleep. Insomnia and difficulty sleeping can affect people of all ages, not just adults.

Insomnia is not the only thing affecting our sleep. Dreams, especially nightmares, are often a concern in children. A nightmare is a dream that produces scary images, often causing stress, fear, and anxiety. [Children experiencing nightmares](#) can be concerning, but you are not alone. Nightmares are common in children younger than 10 years old and often decrease by 12 years of age.

If a person is having trouble sleeping, [what can be done?](#) There are many things that adults and children can do to help get a better night's sleep. Sticking to a routine, have wind down time (reading a book, doing a puzzle) before bed, limiting electronics use before bed, and limiting caffeine intake are all things that can help lead to a better night's sleep.

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