



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

June 1, 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.

Including Children in Their Medical Care

As our children grow and mature, they take on more and more responsibilities related to self-care. Parents teach children to feed themselves, get dressed and to drive. Including [adolescents in their own medical care](#) should be no different. This can be especially beneficial for children with asthma, ADHD or another chronic condition requiring [ongoing medical care](#). You don't have to wait until your child is a teen; some children will be ready earlier. One of the Parent Connection writers shared an experience when she took her 3.5-year-old to his pediatrician for a sick visit. "My son was sitting on my lap. His pediatrician looked right at him and asked him what was wrong. I was surprised to hear him give her a very good summary: 'fever, cough, little bit runny nose.' He was repeating what he had heard me describe to my mother on the phone, but it showed me he is ready to start being more active in his medical visits." If you encourage your child to be an active participant in their own medical care, they will [develop the skills](#) and confidence needed to manage their care into adulthood.

Summer Swim Safety

Memorial Day is often the start of swim season. Public pools and beaches open and it's a great time to review safe swim rules. The Red Cross has a [comprehensive list](#) of swimming safety tips. The U.S. Consumer Product Safety Commission has a [Kids' Corner website](#) that has videos, apps and downloadable worksheets to help kids learn how to stay safe while in a pool. Henry Ford LiveWell also suggests watching out for these [5 swimming hazards](#). If you are interested in your child learning to swim, Metro Parent has compiled a list of [local swim lessons](#). Following the tips in the picture below will also help make sure your family stays safe this summer.

Top 10 Water Safety Tips



Benefits of Kids Doing Yoga

Yoga is a group of postures, stretches and breathing techniques that focus on the mind and body. Yoga is a great exercise practice that can be done by any age group. While yoga can often look intimidating, [there are many variations](#) that can be done from beginners to advanced participants. There are many benefits associated with yoga, especially for kids. [The benefits of yoga](#) include increased flexibility, balance, and strength. It has also been found that yoga helps decrease anxiety, enhance concentration and memory, help better deal with emotions, and boost academic performance. There are many different yoga videos that can be found online to do right at home. [Cosmic Kids](#) is a great group of videos that have many different themes and types of yoga and meditation exercises.

Importance of LGBTQ Healthcare

Lesbian, Gay, Bi-sexual, Transgender, and Queer (LGBTQ) [Pride Month is celebrated each June](#). This celebration marks the anniversary of the Stonewall riots and focuses on celebration, acceptance, and equality of the LGBTQ community. Access to quality healthcare is a large concern for the LGBTQ community. There are many reasons healthcare is so important, particularly to the LGBTQ community. [Discrimination in the healthcare setting](#) has led to higher rates of violence, suicide, substance abuse, and mental health concerns, [particularly in youth](#). Educating ourselves on the importance of healthcare access can be the first step in supporting the LGBTQ community. There are many ways that Henry Ford Health System is [supporting](#) and working to [increase healthcare](#) access and services for the LGBTQ community.

Quick Stats

radixhealth

42% of transgender patients reported having experienced **mistreatment by health care providers.**

23% of respondents **did not see** a doctor when they needed to **because of fear** of being mistreated as a transgender person.

8% of all LGBTQ people and **14%** of those who've experienced discrimination on the basis of their sexual orientation or gender identity —**avoided or postponed needed medical care** because of discrimination from health care staff (2016).

8% of lesbian, gay, and bisexual respondents and **29%** of transgender respondents reported that a health care **provider refused to see them because of their sexual orientation or gender identity** in the past year.

Data from the U.S. Transgender Survey (2015) and the Center for American Progress (2017).

What is Gender? What is Sex?

Gender and sex are often used interchangeably, but they are [two different things](#). In general, sex is about biological traits (usually assigned at birth based on genital appearance) and gender describes a person's understanding of themselves. For many people, their sex and gender match and they feel comfortable and normal in their bodies. This group of people is often referred to as being [cisgender](#). The prefix [cis-](#) comes from Latin and means "on this side of", and is the opposite of [trans-](#), meaning "across from" or "on the other side of." Some people do not identify with being male or female and may describe themselves as [non-binary](#). But for those whose gender does not match their sex, this can create both an internal and societal conflict, often called [gender dysphoria](#). People who are non-binary may [experience gender dysphoria differently](#). As trans and non-binary visibility increases, it is understandable for people to have [questions](#). There is also [historical evidence of gender variance](#) dating back to ancient times. For more resources, consider [these](#) and these from [GLADD](#).

Talking to Kids about Disabilities

Many parents have had the experience of their child publicly asking, "What's wrong with that person?" While the first reaction is usually one of embarrassment and apology, most people understand children are inquisitive by nature and are asking out of curiosity and not judgement. But [how do you answer?](#) [These 6 tips](#) can help. It's important to be open and honest. Keep your explanation brief and positive. If [your child has a disability](#), help them recognize their strengths and that everyone is different in some way. Reading [books about disabilities](#) can also help your child understand that different people have different abilities and answer questions they may have.

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 or to unsubscribe.