



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

June 12, 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.

Talking to Your Kids about Racism

Over the past few weeks, our screens and social media feeds have been filled with police brutality and protests. Our children may overhear someone speaking about these current events or you may feel that now is the time to begin talking with your child(ren) about these issues. The American Academy of Pediatrics has developed steps to help parents address [a variety of topics related to racism](#). Contrary to popular belief, talking about race is not racist. Studies show children may understand racial differences early on so it's important for us to be able to have these conversations though they may be tough or uncomfortable.

Children's Books featuring Black Characters

Though there are [children's books that address racism](#), it's also just as important to fill your bookshelves with [diverse books featuring Black characters](#). Children should see images of other races and cultures outside of books about racism and differences. Seeing Black characters in positive roles will help normalize all people. This could assist in encouraging respect and understanding despite differences. Below is a list of books that do not explicitly talk about racism, but they give children a chance to see people of different skin tones.

Ada Twist, Scientist

By Andrea Beaty
Illustrations by David Roberts

Astronaut Annie

By Suzanne Slade
Illustrated by Nicole Tadgell

Rox's Secret Code

By Nathan Archambault
Illustrated by Jessika Von Innerebner

The Traveling Child Goes To...

By Monet Hambrick

The King of Kindergarten

By Derrick Barnes and
Vanessa Brantley-Newton

Full, Full, Full of Love

By Trish Cooke
Illustrated by Paul Howard

Summer During a Pandemic

You may be worried about what kind of outdoor activities are safe to do this summer. Unlike the flu, experts don't expect the coronavirus to go away in the summer heat and humidity. That doesn't mean you can't have fun outside. Just take some extra steps to [make your summer COVID-19 safe](#). These articles from [CNBC](#) and [The New York Times](#) also explore the relative safety of common summer activities. Remember to socially distance when possible and be mindful of touching common elements like doorknobs and public restrooms. In the end, every family is going to have to decide what level of risk feels acceptable for them.

The good news is even if you just stay in your own yard, there are tons of great activities you can do! This list of [100 fun summer ideas](#) has something for everyone. There are also lots of free or [low-cost](#)

[activities](#) your family can do as well, and [games](#) are always a fun way to pass time. If you do your best to keep your family safe, you should be able to enjoy the nice weather and lots of outdoor activities this summer.

Sun Safety

It is always a good idea to remember [sun safety](#) in the summer. But this summer, there are extra things to think about. Don't forget sunscreen under your mask. It may move on your face or you may take it off when away from others. With social distancing and limited occupancy, finding a shady place or indoor space to cool-off may take more effort. Be sure to bring water and plan breaks to [protect children from extreme heat](#).

Water Safety

Summer usually means more time in and around water. Make sure you keep your family safe with these [safety guidelines](#). Many people know to be careful with [young children](#), but don't forget that [teens](#) can be at risk too. Experts do not think COVID-19 is spread through water, but the CDC does have [advice](#) for safely enjoying public pools and water playgrounds now. If you've recently added a backyard pool or hot tub, make sure you take [precautions](#) to make it a safe and fun place for everyone.

Summer Crafts

If you find yourself staying in more this summer, there are many [crafts](#) your kids can do that will still give you those summer vibes. Whether you [make your own bubbles](#) or [learn to tie-dye](#), there are many activities that can be fun and engaging. Many of them have a [science lesson](#) attached, so you can have fun while also learning.

Fun Summer Snacks

During the summer months there are many fun things we can do outdoors. Picnics, beaches, and parks are just a few. Many times, we pack a lunch or fun snacks for our day out. There are also many fun, healthy snacks kids may like on a summer day. [Fruit and cheese kabobs](#) can be a fun snack that children can enjoy and even help make. Another fun way to get fruit in our diet is with this [fruit and yogurt bark](#). Summer snacks can also be fun for the whole family with these [apple "donuts."](#)

At-Home Fitness

Exercise can be a fun activity for yourself or the whole family. Getting the family involved can be a great way to spend time together. There are many different forms of exercise that can be done in the comfort of your own home with minimal exercise equipment. One of our Parent Connection writers made a video to show you how you can fit in a quick workout with limited space. [This circuit style workout](#) can be a great place to start your fitness journey and you and your family can do it together.

Everyone is at a different point in their fitness journey. [This low impact video](#) can be a great place for someone just starting out or returning to fitness. Getting the family involved can also be a great way to start increasing the amount of activity you do. [There are many exercises](#) that can be done at any age.

Disinfecting Your Home

Making sure your home is free from illness causing elements has always been important. Now more than ever, some of us find ourselves trying to keep our homes clean in order to ensure that our families are as safe as possible. Sometimes, we tend to forget about things in our home that are not cleaned as often like soft surfaces and electronics. There is also a [difference between cleaning and disinfecting](#) that people may not be aware of. The [Center for Disease Control](#) has listed recommendations that we can follow in order to keep our home protected. It also includes some extra steps that people should consider following when someone in the home becomes sick. Follow directions on cleaning products to

use them safely. As always, please remember the importance of washing your hands, which can drastically help reduce the spread of germs and illnesses.

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 or to unsubscribe.