



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

June 16, 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.

Headaches in Children

In most cases, [headaches in children](#) are not much different than headaches in adults. They are common and generally not serious. They usually go away in a few hours with rest, rehydration, and healthy routines. Headaches are often caused by a lack of sleep, water, or food, or by stress and anxiety. Just like adults, there are [different types of headaches](#) children can experience. If you feel medication is needed, most headaches can be treated by age and weight appropriate over-the-counter pain relievers such as acetaminophen and ibuprofen. However, be sure to use caution when using these medications. Follow the guidelines from the [AAP parenting website](#) below.

Use Caution with Over-the-Counter Pain Medicine

Don't be tempted to turn to over-the-counter pain medication every time your child complains of head pain. If you do, be sure to always read the label for any medication to determine the right dose based on your child's weight.

- **Acetaminophen** (Tylenol): You can give your child one dose to help reduce headache. Do not exceed the maximum dosage and frequency for children, 22-33 milligrams per pound within a 4-hour period.
- **Ibuprofen** (Motrin/Advil): If acetaminophen does not initially work, you can also give one dose of ibuprofen. Do not exceed the maximum dosage and frequency for children, 13-22 milligrams per pound within a 12-hour period.
- Keep track of how often you are giving these medications. If you are using more than 3 doses total per week, consult your pediatrician to determine if other medication is required.
- Using more than three doses per week can also lead to **medication overuse headaches** (also known as analgesic rebound headaches). Children and teenagers can get these types of headaches from taking pain medicine too often, and therefore, being dependent on the medication. The over-the-counter medications no longer work to reduce pain, and the headaches become more frequent and more painful! Not good.

Additionally, be sure to know [when you should contact your pediatrician](#) about your child's headache.

You should seek emergency care if your child has:

- Sudden, severe head pain happening for the first time - especially if your child has double vision, seems confused, sleepy, hard to wake up, has numbness or projectile vomiting.
- Headache with a stiff neck, or complaints of neck pain, especially with a fever.

Easing the Fear of Shots and Blood Draws

It's natural to be nervous when someone is going to poke a needle into your skin. But many medical treatments and tests require pokes. Fortunately, there are things we can do to make the [process easier](#). This is especially true for [older children](#) who do not need as many shots as babies and toddlers. It is important to make sure you don't transfer your anxiety to your kids. You can avoid this by [doing your own prep work](#). There are some products, like shot blockers, that are marketed to minimize pain through distraction, but the [evidence is inconclusive](#). If your child needs to have blood drawn, [this video](#) explains the process in a kid-friendly way. It does show the needle going into the skin and blood being drawn. It may not be appropriate for everyone. If you have a kiddo dealing with the multiple pokes and tests associated with diabetes, [this resource](#) may be helpful.

Juneteenth

Many people have only recently heard of the celebration known as Juneteenth. However, this important day has been celebrated for many years. [Juneteenth is the celebration](#) of the day ALL slaves were finally made aware of the Emancipation Proclamation. On June 19, 1865 General Gordon Granger arrived in Texas to inform those still illegally enslaved that the Emancipation Proclamation was signed two years earlier, officially ending slavery.

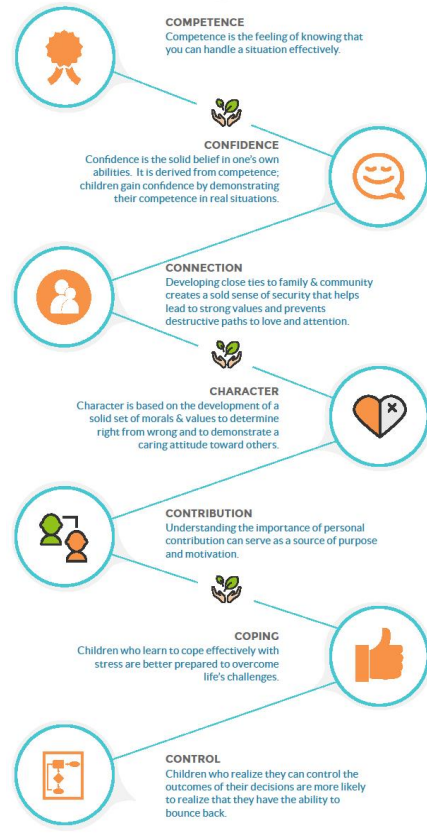
There are many ways everyone can and should honor this celebration. Juneteenth can be spent honoring and embracing Black culture. If honoring Black culture isn't something you are already doing throughout the year, try making June 19th the start of honoring Black joy, voice, and culture. There are many celebrations going on right [here in the local area](#). The Charles H. Wright Museum of African American History is having [a weekend of events](#), both virtual and in-person. There are also many things you can do as a family at home. This year, Apple Music, has created a playlist titled [Juneteenth 2021 Freedom Songs](#) featuring many Black musicians. Adding books by Black authors is also a great way to center Black stories and experiences into your everyday reading. The Detroit Public Library creates an [African American book list](#) that has books for every age written by African American authors or centering Black stories. [Supporting a Black owned business](#) is also a great thing to do on Juneteenth and throughout the year.

Building Resilience

[Resilience](#) is the ability to draw on your inner strengths to rebound from stressful or traumatic events. Having resilience won't keep you from experiencing negative emotions or setbacks in life. It means that you have the strength to face adversity, work through your problems and recover. Resilience is especially important in [children](#). One of the best things parents can do to prepare their children for adolescence and adulthood is to help build their resiliency. These [10 tips](#) for building resilience in children can help. Another method that provides a practical approach is the [7 Cs of Resiliency](#). Developed by a pediatrician in partnership with the [American Academy of Pediatrics](#), this strategy asks parents to focus on the 7 Cs to build resilience: Competence, Confidence, Connection, Character, Contribution, Coping and Control. This [online resource](#) offers questions and examples that can help you focus on each area.

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7 Cs of CHILD RESILIENCE



SOURCES: American Academy of Pediatrics (2015); Easterbrooks et al. (2011); Ginsburg & Jabbour (2015)

Grace as In-Person Activities Resume

As COVID-19 vaccination rates increase, many people are finding themselves wanting to return to “normal.” However, many people are also feeling hesitant or [anxious about returning](#) to a world with less restrictions; especially since kids under 12 years old currently cannot receive the COVID-19 vaccination. Parents, kids, and teens may all be [experiencing different levels of emotion](#) going back into public places or groups of people. Whatever feeling you or your family are experiencing, it is important to remember to give yourself time and allow yourself to feel comfortable in this new world. We have all experienced different emotions and events during the pandemic, and it may take some people longer to adjust to another set of changes. Many people have even gotten used to the pandemic lifestyle. [There are many ways a parent can help](#) kids and teens that might be feeling anxious. Allowing yourself to know these emotions are okay and communicating them with family and friends that are supportive can help. Reacclimating slowly and adding a few activities at a time can help ease some worry. Keeping a more open schedule and allowing downtime can also be a way to manage the different emotions. Being kind to yourself and those around you that may be adjusting at different speeds can help to ease some of the stress that may be occurring during these changing times.

Digital Distortion and Body Image

Many of us have had to go online for our social, educational, and work activities this past year. And this means we have been looking at a small image of ourselves reflected at us while getting an up-close look at other people’s faces. It’s very hard not to make comparisons or get distracted by your own perceived

imperfections. Add this to the wide use of beauty filters, specialized lighting, and photo editing, and it can be hard to tell [what is real and what has been enhanced](#). This is especially concerning for [young people](#) who are highly susceptible to developing a [negative body image](#). In order to combat this, it is important to actively work on developing [body positive thinking](#) and [words](#) for the whole family. It's also a good idea to consider following [body positive influencers](#) and to make conversations about body image, positivity and acceptance routine and normal.



Children, Teens, Media, and Body Image

Our review of dozens of research studies on body image reveals its importance to kids' healthy development and the influential power of media – and parents – to shape attitudes and behaviors, beginning when kids are very young.

Many kids are dissatisfied with their bodies, and society's body appearance ideals are highly unrealistic.

Body image is really important for self-esteem, which is crucial to a young person's development, and disorders linked to poor body image can result in serious mental and physical health issues.

Get involved

- Tune into kids' lives (ask about friends, school, and feelings).
- Nurture a positive self-image.
- Step in when kids need support

Children as young as 5 express dissatisfaction with their bodies.

More than half of girls and 1/3 of boys as young as 6 to 8 feel their ideal body is thinner than their current body size.

Body image concerns start earlier than you think; even preschoolers learn that society judges people by how they look.

Ideas and habits formed young last a lifetime.

Start early

- Emphasize health not weight.
- Teach appreciation for all types of people.
- Focus on talents and strengths.

You are your child's first teacher.

You have a lot of power to shape their attitudes, values, and behavior.

Ban "fat talk"

- Say why you appreciate your own body.
- Watch your comments about other people's bodies and appearance.
- Be active and eat well for health, not size.

5- to 8-year-olds who think their moms are dissatisfied with their bodies are more likely to feel dissatisfied with their own bodies.

Boys have issues with body image too.

Boys' own body concerns and risky behaviors can go unnoticed, and their role in supporting healthy attitudes among girls is vital.

Pay attention to your son, too

- Listen for negative body talk.
- Look for dramatic weight loss or gain.
- Check the messages from coaches, peers, and online forums about weight, exercise, and muscle-building.

Measurements of toy male action figures exceed even that of the biggest bodybuilders.

Unrealistic, sexualized, and stereotypical images and messages about bodies and gender are rampant on the media your kid consumes.

Media is influential – if all your child sees are unrealistic body types she'll come to believe they're the ideal.

Immunize your child

- Choose quality media with diverse characters.
- Question assumptions about appearance.
- Challenge stereotypes about gender, body types, abilities.

87% of female TV characters aged 10 to 17 are below average in weight.

Teens feel pressure to look good and cool online, but also feel social media helps their friendships and connections.

Kids live in a constant feedback loop of criticism and connection that moves quickly and is difficult to escape.

Be a social media supporter

- Help teens find supportive online communities.
- Encourage social media breaks when online drama heats up.
- Ask teens how online feedback makes them feel.

41% of teen girls say they use social media to "make themselves look cooler."

Methodology: For this report, we conducted a review of the published research literature on body image in relation to various types of media, among children and teens. We also looked at relevant research among young adults, and related topics such as gender roles and socialization. We also scanned social media culture for examples and trends on this topic and developed case studies or examples as pointers for educators. For more details on methods, studies reviewed, and key findings, see the full report at www.common SenseMedia.org/research/children-teens-media-and-body-image

1. Tynes & Turell-Davis, 2010; Lown & Tiggemann, 2003; 4. Norrup & Laidler, 2010; 5. Pope, Olivardia, Gruber, & Bromberg, 1999; 6. Common Sense Media, 2012

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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.