



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

May 18, 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.

Spring Fever in Children

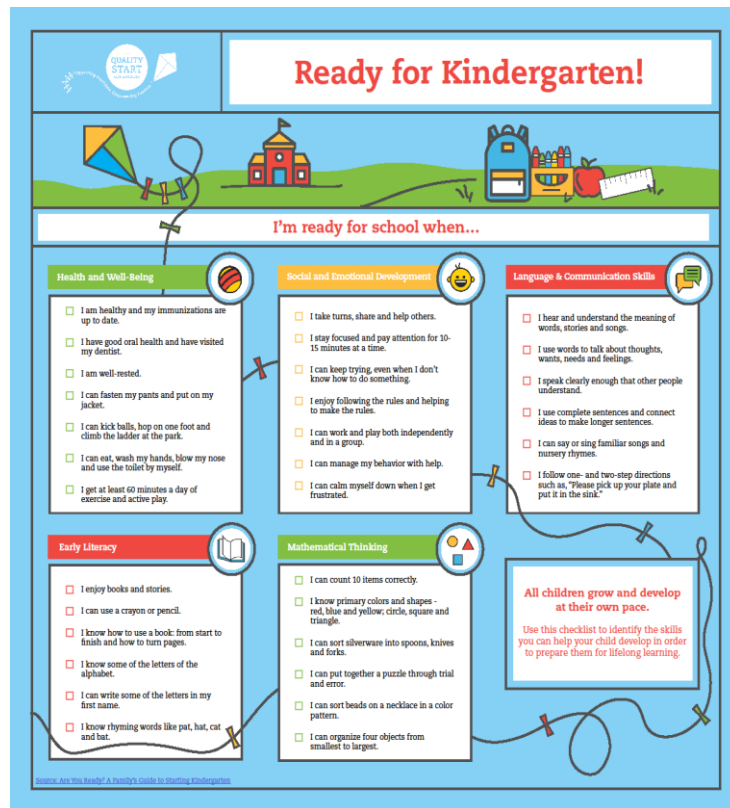
Does your child seem to be both full of energy and unable to function at the same time these days? They could be experiencing [spring fever](#)! As the weather warms up and school starts to wind down, many kids have some behavior changes. These can be such things as difficulty maintaining routines, increased talking, energy bursts and an inability to follow directions. The good news is this usually passes. In the meantime, there are [some things you can do](#) to help limit the effects of spring fever. The biggest one is to get your child outside and active as much as possible. Another good idea is to stick to your routines as much as needed but allow flexibility whenever you can. If your child's school days are being affected, [try these tips](#) to help. Additional tips can be found [here](#). Try to keep in mind that spring fever can show up in adults as well as kids, so give everyone in your family, including yourself, some grace as everyone adjusts to the new weather.

Kids and Makeup Safety

With lots of colors available, makeup can be for much more than beauty enhancement. But is [play makeup safe](#)? [Makeup](#) is regulated by the FDA, but the legal responsibility lies with the manufacturer and [FDA approval is not required](#) prior to selling a product. Therefore, it is good to use makeup from a reputable company. If your child has sensitive skin, pick items with fewer ingredients. Some makeup companies, like [The Lip Bar](#), even have lines specifically for [littles](#). Lots of kids love [painted nails](#), and as with everything else safety depends on the child and how it is used. The Cleveland Clinic also has some things to [consider](#) regarding kids and makeup. The Environmental Work Group has a database, [Skin Deep](#), where you can search products and review safety ratings.

Kindergarten Readiness

Around this time of year, many school districts start screening and enrolling for kindergarten. In the State of Michigan, [students must be five years old](#) on or before September 1 to begin kindergarten. You can enroll a child who will turn five between September 1 and December 1 by informing your district you would like to use an early entry option. There are [some skills](#) that children starting kindergarten should have. If your child is not showing these skills, don't worry! All kids are different and reach milestones at different times. There are [things you can do](#) to help your child develop the skills needed to be successful in school. You can use the checklist below to help keep track. Remember, most of these skills are not required and will be developed and strengthened in school.



Podcast Recommendations

[Podcasts are a series of audio episodes](#) that can be listened to on your phone, smart speaker, or tablet, all centered around a certain topic or theme. Search any topic and there is often an associated podcast. There are so many podcasts, whether educational or entertaining, it can be difficult to know where to start. Many [podcasts focus on parenting](#) and can be very helpful through the various stages of raising a child. These podcasts start at day one and are geared toward [new mothers](#) and [fathers](#). The [Mother Honestly](#) podcast is a Parent Connection favorite and focuses on mothers through many different topics and stages of motherhood. There are also many podcasts for parents with [teenage children](#). This podcast by Amaze.org, called [Become An Askable Parent](#), focuses on helping parents and families talk more openly about sex, health, and relationships. The great thing about podcasts, is that there is a little something for everyone. Ask around, and you will often find a family or friend that can add their favorite podcast to this list of recommendations.

COVID-19 Vaccine Hesitancy

Are you or people you know hesitant to get the COVID-19 vaccine? It is normal to have concerns about something that is new. The best way to address this is to [seek out information](#). Not everything reported in the news or social media is accurate, so take some time to read up on the [myths and facts](#) about the vaccine from a [variety](#) of [sources](#). If you are talking to others who are vaccine hesitant, here are some [things to consider](#). Always remember to talk to your doctor about specific medical concerns.

5 Ways To Talk To Someone Who Is Vaccine Hesitant



Establish trust.

Listen intently and avoid being judgmental—they might have a different set of experiences than you that's making them hesitant to get vaccinated.



Change a close-ended question to an open-ended question.

You'll get more information if you say "Tell me what you think about the vaccine." instead of "Do you want to get the vaccine?"



Let them ask you why you've chosen to get vaccinated.

Tell them what helped you make the decision to get vaccinated and share reputable vaccine resources.



Talk about the good things that will come from getting vaccinated.

Ask them what they might be able to do once they're fully vaccinated—and avoid introducing additional reasons that might cause them to become more vaccine hesitant.



End the conversation on a respectful note.

The goal of the conversation isn't to try to change someone's mind—it shouldn't be a debate or an argument. Tell them you respect their decision, no matter what they decide.



Are Loaded Teas Healthy?

Loaded Teas, or Mega Teas as they are often called, are a new trend that seem to be popping up everywhere. Many cities have Mega Tea nutrition shops opening in multiple locations. These nutrition shops sell Mega Teas, protein shakes, and various other things. Loaded teas look pretty, are easy to pick up on the way home from school and make for a great Instagram photo, [but are they healthy?](#) These teas are produced by a supplement company called Herbalife and contain Herbalife's [herbal tea concentrate](#), Herbalife [Liftoff energy tablet](#), and various other sugar free syrups. One health concern is the amount of caffeine found in these teas. The tea concentrate and Liftoff tablet both contain caffeine. Combining these can result in 160 milligrams of caffeine. [High amounts of caffeine](#) can lead to increased heart rate and blood pressure, poor sleep, anxiety, and headaches. It can be helpful to read the nutrition label to know exactly what you or your child may be consuming. The Liftoff energy tablet has a warning listed on the label stating, "not recommended for children," due to the high amounts of caffeine. While loaded teas may be fun and taste good, they are closer to an energy drink than a healthy tea.

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.