



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

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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.

Boundaries: When Work and Home Collide

Being able to work from home is a privilege and not everyone can do it. But that doesn't mean it is easy. Especially when you are caring for children at the same time. Obviously the nature of your work, support from others in the house and age of your children all impact your ability to [set boundaries for working at home](#). Yale Medicine also has some recommendations for [working from home with children](#). This gets harder if you are alone (during the day or all the time) with very young children. If you can work while they sleep, that will give you the most uninterrupted time. Otherwise plan to work in smaller chunks of time and take breaks to stop and play. Most importantly, for all families, set blocks of time when work and school are done. Use that time to be home, spend time with family, and relax.

Distance Learning

Have you recently become a teacher without your consent? Home-schooling, distance learning, or even crisis learning are all terms parents are becoming very familiar with. Here are [some tips](#) to help parents on their homeschooling journey. The chart below from the Illinois Board of Education provides a quick summary of recommendations for the minimum and maximum hours a child should be homeschooling that we think you might find helpful. For detailed information from the Michigan Department of Education, [click here](#).

Grade Level	Minimum	Maximum	Recommended Length of Sustained Attention
PreK	20 minutes/day	60 minutes/day	3-5 minutes
K	30 minutes/ day	90 minutes/day	3-5 minutes
1-2	45 minutes/day	90 minutes/day	5-10 minutes
3-5	60 minutes/day	120 minutes/day	10-15 minutes
6-8	Class: 15 minutes/day Total: 90 minutes/day	Class: 30 minutes/day Total: 180 minutes/day	1 subject area or class
9-12	Class: 20 minutes/day Total: 120 minutes/day	Class: 45 minutes/day Total: 270 minutes/day	1 subject area or class

If you think you're the only one struggling, please check out [this video](#) of youth sharing their frustrations. Be sure to give yourself and your child(ren) grace during these difficult times.

Portion Control

I'm sure by now many of us have heard of the so-called Quarantine 15. For those who have not, it is essentially the Freshman 15 (the term for gaining 15 lbs. in the first year of college), only college is being replaced with weeks and months of at-home sheltering. We can easily find the pros and cons of our current situation. There's more time for physical activity but much of this activity must be done alone. There's more time to make healthy, homemade meals but also more time to eat them! The question then becomes, how do we maximize this situation and find a perfect balance? Dietitian Marie Foggia has some guidelines for [portion control](#) that may help.

Disconnecting from the News

If we turn on the television, log on to social media, or turn on the radio, we hear something COVID-19 related. Constant access to information can cause anxiety, worry, or fear for many people, including children. News sites or social media may also not give us accurate information. Often, it is important to disconnect from the news. Disconnecting from the news can allow us more family time to do an activity we love, or time to learn a new activity. [This article](#) gives us 5 tips on how to take a digital break.

COVID-19: Separating Fact from Fiction

There is so much information surrounding #COVID19 but you can't always trust the source. An infectious disease specialist shares what's true and what's false about this new virus [here](#).

How Should You Feel About COVID-19?

"I shouldn't be sad I can't have a graduation ceremony, because at least I am not sick." "I know I don't have a right to be disappointed about missing my vacation when some people are unemployed." Have you been saying things like this to yourself over the past few weeks? The COVID-19 pandemic has brought some hard times and it has been even more confusing to know how to feel. Psychologist Christy Allen Greb [encourages us to feel](#) all of our feelings and not compare them to what others may be experiencing.

Working Out at Home

Many of us struggle with balancing all the many changes happening around us from day to day. It can be very hard to make sure we get the proper amount of exercise. Your Henry Ford team members have [outlined ideas](#) to help us focus on our physical health during the quarantine. It also lists recommendations according to age, along with household items that can serve as replacements for your gym equipment.

There are also multiple companies that are offering either [free online classes or free trial periods](#). Many are using social media to [offer free, live classes](#) to their audience. Here are some [local studios](#) that are offering online classes for reduced prices during the pandemic. If you are looking for more yoga and mindfulness activities for your child(ren), [these classes](#) are a favorite of parents. They are free and accessible on YouTube.

HALT!

During quarantine, our constant access to food can make it hard to stick to previous healthy habits. Our kitchen is open 24/7 with the amazing commute time of 30 seconds to 1 minute! This sets us up perfectly for constant, often unneeded, grazing. One way to help limit the effects of this is to setup your kitchen to be supportive of your healthy habits. Another way is to use the [HALT method](#) to see if you're really hungry or craving something else.

Not Your Typical Screen Time

We are all using screens to replace activities that we once did in person. Screens have become a literal window to the outside world. A way to learn, work, and connect with others. Before there was a lot focus on the amount of time children spent with screens. Right now, that isn't as important. Instead, focus on how screens are adding value to your family's life. Now that we are over a month into the stay-at-home order, you might be thinking about how you manage screen time for your family. Any rules you make will depend on your family's needs and resources. Focus on what adds value and enjoyment. Try to vary passive and interactive screen time. You can make passive screen time more interactive by asking questions and talking about what you see. Consider activities that can be done as a family like a game, virtual trip to the zoo or a museum. Some libraries are having virtual story time. PBS has a great [article](#) on quality screen time that was written before the pandemic. Common Sense Media also has good [resources](#) for parents trying to navigate a new world of online education and entertainment.

Setting Goals

During this pandemic we may find things looking very different. Kids are home from school, parents are off work or working from home, and everyday routines may be completely different. Goal setting can be difficult under normal circumstances. However, setting goals for you and your family can be a great way to get some routine back in your life. Goals come in many shapes and sizes. Some goals may be individual, while other goals may be for a family. Goals may include: [setting a fitness goal](#), taking an evening walk as a family, playing a board game or having a family dinner. Remember, you do not have to achieve your goals all at once. There are short-term and long-term goals. A person can set a short-term goal, something they can achieve in 12 months or less, and then work toward a long-term goal. A goal is something you see improving life for yourself or family; every goal is an achievement!

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?

Please e-mail: ParentConnection@hfhs.org