



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

November 5, 2020

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.

Newborn Sleep Safety

Bringing a newborn baby home can be a very exciting time. Sleep safety is one of the main things to remember daily, whether it's nap time or bedtime, sleep safety is important. There are a few things to keep in mind when starting a safe sleep routine. "Back is best," is a common phrase many people have heard in reference to safe sleep. It is important to remember the best sleep position is on the back and flat. Recommendations suggest not to place a baby on the side or stomach and do not use a sleep device, like wedge or pillow. Another important thing to remember is it is not recommended to share a bed or co-sleep. There are many [safe sleep guidelines](#) to remember and Henry Ford Pediatrics does a great job outlining the best practices.

Fall Breakfast Ideas

The change in season can bring a change in pace for many families. Busy mornings can decrease the chances that everyone enjoys breakfast before starting their day. Even in life's busiest moments, it's important that we take the time to fuel our bodies. Here are [some breakfast ideas](#) that are perfect for making sure your day gets off to a great start. If you are looking for options that prioritize health, please enjoy some of these [healthy fall favorites](#).

Supporting Military Families

The holidays are rapidly approaching. Many families may not honor their usual traditions this year due to avoiding the spread of COVID-19. There are other families who sacrifice their holiday time to serve their country. Year after year, military families give up their time to be with loved ones in order to fulfill their duties to protect all Americans.

Did you know that November is Military Families Month? This month gives us the opportunity to support and acknowledge the individuals who make the greatest sacrifices for our everyday freedom. If you are looking for a way to support or to simply say thank you, take some time to review [the programs](#) listed on the United Services Organizations (USO) website. [The United States Department of Defense](#) also lists programs that may be helpful to military families. To all the individuals who serve our nation, we would like to thank you for your time, your sacrifice, and all that you do to keep us safe.

Effects of Sugar

As the holiday season approaches, we may find ourselves baking and eating many fun treats. These great treats may also cause us to [eat an increased amount of sugar](#). A high sugar diet can leave little room for healthy options, like fruit, vegetables, whole grains, and protein. High amounts of sugar can also lead to weight gain and dental concerns. Another concern when indulging in sugary treats is [hyperactivity](#), however, this has been found to be a myth. Ongoing research has found that sugar does not directly

lead to hyperactivity. The increased hyperactivity can be traced back to environmental factors, such as the excitement surrounding an event, rather than the sugar itself.

Getting Comfortable with Discomfort

To say a lot has happened in 2020 is almost cliché. With all that change comes a good dose of uncertainty. Humans are hardwired to dislike uncertainty because it can impact our sense of safety. So, now that we've been living with an unusually high level of uncertainty for the past eight months, your coping mechanisms may be wearing thin. Now may be a good time to take a [deeper look](#) at why uncertainty is so uncomfortable and what we can to [deal with it](#). Uncertainty can also lead to anxiety, but focusing on what you can control, and practicing mindfulness can help. Here are some [other ways to deal](#) with anxiety from uncertainty.

Work from Home Stress

In March, many people went from working full-time in an office to working full-time in their home. While there were some benefits (working in pajamas! No more long commutes!) there were some downsides (kids have no concept of working hours; some bosses don't either.) Now that it's been over six months, many have found a routine that works for them but the reality of this being the new way of working for the foreseeable future is a burden that's difficult for some to bear. While nothing can take that away completely, there are some [strategies for managing work from home stress](#).

One of the most important skills you can use is [setting boundaries](#). This includes establishing boundaries with your workplace, your family and yourself. Boundaries are about respect for your time and energy. Having firm boundaries such as a clear end-of-day time, not responding to emails outside of working hours and saying no when you need to can help reduce stress. Of course, there will be times where you must bend your boundaries, but the more you enforce them the less often that will happen. [Other ideas](#) such as scheduled break times, taking a quick walk or just standing outside for five minutes have been proven to bring stress levels down during the day. The two most important things you can do are [communicate effectively](#) and [be kind to yourself](#). No one has this new way of life figured out. Don't expect that of yourself either.

Balancing Working from Home and Virtual Learning

Working from home is hard. Virtual learning is hard. When you combine them together, it is enough to break the strongest parent. Trying to balance your professional duties and your personal responsibilities in the same house was not a challenge most of us expected to face. While it may be a while before things get back to normal (if ever!) there are [ways you can juggle both](#). Setting schedules that include breaks, getting the input of your child and being realistic about what is possible and communicating that with your boss and your child's teacher can all help. [This guide](#) has some great tips that may help you balance life during this time. While it will not change anything in your household, sometimes it can help to know you aren't alone. [Stories of other parents](#) struggling can remind you that everyone is just doing their best.

Medication Safety

Just about everyone has some type of medication, vitamin or supplement in their home. It is important to keep these things away from children. Bright colors and gummies can attract curious children. When putting things out of reach, don't forget about medicine kept in purses and bags. Henry Ford LiveWell has more [medication safety tips for parents](#). Proper use of medication is also important, follow all directions and keep these [medication tips](#) in mind. Remember to teach older children and teens how to use medication safely.

Even when careful, accidents can happen. Keep the number for [Poison Control](#) (1-800-222-1222) in your phone and posted in your house. If you think your child has swallowed something and is in immediate distress, go directly to the ER or call 911.

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.