



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

November 16, 2021

Your Henry Ford pediatrician is here for you. Below we have collected articles and resources we think you might find helpful. Information in our newsletter 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.

COVID-19 Vaccine for Children Ages 5 – 11

Now that the FDA and CDC have approved and recommended the Pfizer vaccine for children ages 5 – 11, Henry Ford will offer the vaccine to children who are established Henry Ford patients in our Family Medicine and Pediatrics clinics later this month. **Appointments can be scheduled using [MyChart](#) starting Thursday, November 18 at 9 a.m.** Watch for additional updates at <https://henryford.com/vaccine>. If you would like your child vaccinated sooner, we encourage you to use a vaccination center that is offering the Pfizer vaccine for children. Visit www.Michigan.gov/covidvaccine for options.

For more information about the COVID-19 vaccine for kids ages 5 – 11 years, please read [this article](#) from Henry Ford LiveWell. You can also read more information from the American Academy of Pediatrics about why they [recommend vaccinating](#) children against COVID-19.

Car Seat Safety

As the weather begins to get cold, more kids are wearing coats or jackets when they leave the house. Knowing what a child should and shouldn't wear in a car seat is very important in keeping a child as safe as possible. It can be hard to know what is safe while also keeping your child warm. [As a rule](#), bulky clothing, including winter coats and snow suits, should not be worn in a car seat. A sweater or thermal knit shirt is a better option. A thin fleece jacket can also be used. Long underwear can help to keep your child warm in the car; so can [wearing a hat or mittens](#). Items that do not interfere with the car seat straps can also be used, such as placing a jacket or blanket over your child after they are buckled in. Refreshing grandparents, or others that transport your child, on car seat guidelines can be important as car seat safety has improved over time.



Native American Heritage Month

November is Native American Heritage month. This is a good time to learn more about the [Native Tribes and peoples who were present in the Americas](#) long before European settlers arrived. Much of the history taught in schools is from a single, Western, perspective. [Native Knowledge 360](#) provides educational materials incorporating Native narratives and histories. For Michigan specific history, check out [Michiganology](#).. There aren't many well rounded representations of Native Americans in media, but [Molly of Denali](#), for children, and [Reservation Dogs](#), for older viewers, have Indigenous writers on the team. There are also many great [children's books](#) celebrating Native American Heritage. Another thing you can do is [learn more about the people](#) whose ancestral homeland you live on, and the importance of that heritage, on [Native Digital Land](#). Learning about and connecting with local Indigenous groups is a wonderful way to learn more about the cultures around us.

Home Heating Assistance Resources

As the temperatures drop, most of us see an increase in our heating bills. If you are struggling with paying your heating bill, there are several programs that may be able to help. [2-1-1](#), a partnership with United Way, is an easy way to connect with many kinds of assistance. They are available 24 hours a day, 365 days a year. If you'd prefer to reach out to a program directly, you can try [THAW, MI Dept. of Health & Human Services](#) or the [State of Michigan](#). Additionally, both [Consumer's Energy](#) and [DTE Energy](#) have programs for people in need of assistance. One of the most important things you can do is seek help before your services are shut off.

Talk Early Talk Often Workshop

Each year the School-Based & Community Health Program's Health Education Team hosts a parent workshop called [Talk Early Talk Often \(TETO\)](#). This is a virtual workshop for parents and supportive adults. The workshop focuses on learning ways to talk with young people about abstinence, sexuality, and communication overall. Prior to the meeting, a community advisory council meeting will also take place. This portion will allow parents to connect with other parents or supportive adults and learn about the School-Based & Community Health Program centers. If you would like to register or need more information, please email Amy Gallagher at agallag1@hfhs.org.

New Name and Other Changes Coming for Plymouth Medical Center

With the construction of Henry Ford Health System's new medical center in Plymouth Township, scheduled to be completed in fall 2022, the current Henry Ford Medical Center – Plymouth is being renamed Henry Ford Medical Center – Beck Road.

The new site, under construction at the corner of Ann Arbor Road and Haggerty Road, will be named Henry Ford Medical Center – Plymouth.

By expanding specialty services to the new facility, we will be able to increase adult and pediatric primary care services at Henry Ford Medical Center – Beck Road. This will give patients easier access to primary care when needed.

Teach Kids Holiday Pet Safety

As the holidays approach, it's important to [keep our pets safe](#). Decorations, food and even guests can cause risks. It is easy for pets to be overwhelmed by everything new. Teach your kids about the [risks for pets](#) and ask that they help keeping their animal loved ones safe. Children can keep an eye on pets while guest arrive or leave, make sure food stays off the ground and trash cans are secure. If you are visiting a home with dogs that your children do not know, teach them how to [safely interact](#).

If you are thinking of giving a pet as a gift this year, there are some [things to consider](#). If you aren't going to be a primary caregiver of the pet, make sure the gift isn't a surprise and you discuss the [benefits and responsibilities with the recipient\(s\)](#) and they help in the selection process.

Have a Healthy, Happy Holiday with Your Pets

If your furry companions are joining your holiday festivities, here's how you can celebrate safely.

Holly, Jolly, and Safe!

While most pet owners are aware of the dangers of chocolate and candles, many other holiday items and products brought by guests can also be perilous for pets, including tinsel, medications, salt dough ornaments, xylitol, and alcoholic beverages.

Party Time Precautions

Just like people, some pets are introverts and some are extroverts! A shy pet may benefit from a quiet place away from the party, and an excitable pet will be better behaved with some exercise before the celebrations begin. With guests entering and exiting, it can also be easier for pets to escape out the door. Always ensure your pet has a personalized ID tag with your name and phone number, and an up-to-date microchip.

Travel Tips for Happy Tails

If you're hitting the road for the holidays, get your pet used to traveling in the car ahead of time. Tire out high-energy dogs before the ride, and give animals a toy or treat to help keep them occupied during the trip. A block of ice in a bowl can be a great alternative to a water bowl to keep your pet hydrated and reduce spills.

For safety info on-the-go, download the APCC Mobile App at [ASPCA.org/apcc-app](https://www.aspcapetcare.org/apcc-app) to help keep your pets safe at the holidays and all year long.

ASPCA

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.