



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

November 2, 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 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.

Daylight Saving Time Ends November 7

School has been in session for two months, Halloween is over, now parents can relax into routine for a little while, right? Not so fast, says the end of daylight saving time. At 2:00 a.m. on Sunday, November 7, we must “fall back” and set our clocks back an hour. Does it have to mean setting your child’s schedule back as well? Not necessarily. The most important thing you can do is keep a [consistent bedtime routine](#). If you suspect your child will have a hard adjustment, start putting them to bed later in [15-minute increments](#) in the time leading up to the actual change. This will help adjust them to going to bed at the “new” time and keep you from begging them to stay awake for one more hour. You can also use that time to play a fun game or any other activity else that might distract them and keep them awake. The [tips below](#) can help you make the transition smoothly.



Kids and Media

It is getting easier and easier to access media. So, how do you make sure your kids are watching things that are appropriate? [Parental controls](#) are a good option, especially for younger children. [Common Sense Media](#) reviews and rates movies, tv shows, and video games to help parents in deciding what is appropriate. Media ratings change over time, so [knowing current guidelines](#) is helpful. Having a [conversation with children](#) about the types of media out there and what fits with your family values will help them make their own decisions. A good way to start that conversation is to watch programs together and talk about what you see. Limiting access, especially with [very popular shows](#) can be hard. Remember to stay consistent. Reading a plot summary together may help kids who feel left out because, “all of their friends” are watching something. It will also give you a chance to discuss what parts of the show are not appropriate for your child or family.

Picky Eaters

Making a whole dinner and then having your child refuse to eat it can be very frustrating. [Having a picky eater](#) develop during the toddler years can be very normal. A child’s appetite and food preferences are often changing. They are beginning to decide what foods they like and don’t like. While difficult, there are [ways to help](#) make handling a picky eater a little easier. One thing you can do is to keep trying. A child might not like a food on the first try. Introducing it to them on multiple occasions can help them to learn to like that food. [Making food time fun](#) can also help. Turn food into a game or put it on a fun plate or container. Also, when you are exposing your child to a new food, start with a very small portion. Large portions of new food can be very overwhelming. Click the graphic below for more tips.



LGBTQ History Month

October was [LGBTQ history month](#). Since LGBTQ history is American history, learning about the LGBTQ community should also be done throughout the year. [Learning about this community](#) can help us make our spaces more inclusive. It can also help us to teach children respect, empathy, and to create a safe space for those around us. There are many ways we can teach LGBTQ history. The first step is to educate ourselves. Researching some of these [important moments in LGBTQ history](#) can help us have better conversations with the children in our lives. Incorporating more LGBTQ characters or stories can also help to learn and make our spaces more inclusive. This [list of books](#) with LGBTQ characters and story lines can be a great way for children to learn. [Using LGBTQ friendly language](#) in our everyday conversations, can also help us learn and be an ally for this community.

Intrinsic and Extrinsic Motivation

[Motivation](#) encourages us to do things. Two common types of motivation are extrinsic and intrinsic. Both are important for healthy growth and development. [Extrinsic motivation](#) comes from a desire for external recognition or reward. Many of us go to work for the extrinsic motivation of getting paid. While we may enjoy our jobs, the paycheck is the primary motivation. [Intrinsic motivation](#) comes from an internal desire to complete the task. The most basic may be eating when we are hungry.

[Both types of motivation](#) are good when used in balance. Too much extrinsic motivation can decrease natural intrinsic motivation. For example, when an intrinsic joy for playing a sport is overshadowed by the extrinsic motivation of a competitive league, leading to burn-out. Building intrinsic motivation can help children with independence and developing a sense of self accomplishment. One way to [develop intrinsic motivation](#) is to talk about why we do things. Maybe keeping a room tidy helps make your child feel relaxed. Recognizing that could help move an extrinsically motivated chore to an intrinsic task.



Diwali Starts November 4

[Diwali](#) is one of India's most important celebrations. Diwali translates into "festival of lights" and while [origin stories](#) differ, the overarching theme is a celebration of good over evil, or light over dark. Diwali is a five-day festival that starts this year on November 4. The main day of celebration happens on the third day of the festival. There are many [activities](#) and [crafts](#) you can do with your children to commemorate Diwali. If your children aren't familiar with the holiday, there are [many books](#) you can explore to learn more.



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.