



# Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

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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.

## Speech Evaluation

Hearing a child's first words is an exciting [milestone](#). However, [if your child's speech isn't developing](#) as fast as other children, it can be very concerning. Children develop at different rates, so try not to compare two children; each one is unique. There are many [ways you can help](#) your child develop language skills, such as reading to a child or narrating what you are doing during the day. If you are worried about your child's speech development, speaking with a pediatrician can help address those concerns.



## Baby Proofing

Watching your baby achieve the crawling milestone can be exciting and nerve-racking at the same time. Your baby is now mobile and can get into many more things. As a baby begins to crawl, [baby proofing your living space is very important](#) in preventing injuries. There are many ways to baby proof a space. Securing the big things, like mounting furniture to the wall to avoid it falling over, can be [a great place to start](#). Another great baby proofing item is a baby gate or barrier. Blocking off hazardous furniture or rooms can work great to keep a walking or crawling child safe. There are many [baby proofing products](#) at the store, however things you already have at home can be turned into [a DIY baby proofing product](#). Whatever way you choose to baby proof a space, the child's safety is the most important thing to consider.

## Halloween Safety

The basics of [Halloween safety](#) are important to review every year. Even if you aren't celebrating, it is important to watch out for increased pedestrians in neighborhoods. Remember that even the most safety conscious person can be distracted with the fun and excitement of costumes and candy. Many children will not yet have received the COVID-19 vaccine this Halloween, so [masks, social distancing and outdoor events are still encouraged](#). Remember that a face mask to protect from COVID-19 should be worn under a costume for a close fit to the face. Stay home if someone in your house is sick or you are unvaccinated and have had a known COVID-19 exposure. If you are staying in this year, for any reason, there are still [lots of ways to have fun](#). Remember [to keep pets safe](#) during festivities, too.

**TRICK OR TREAT-IQUETTE:**

**22 TIPS FOR KEEPING KIDS SAFE THIS HALLOWEEN.**

**START HERE**

- 1.** Trick-or-treat in groups and/or with a trusted adult
- 2.** Plan and review the route for older children trick-or-treating alone
- 3. AGREE ON A CURFEW**
- 4.** Carry cellphones and/or walkie talkies
- 5. PUT REFLECTIVE TAPE ON COSTUMES AND BAGS**
- 6.** Use flashlights and glowsticks
- 7. WALK, DON'T RUN**
- 8.** Walk only on sidewalks
- 9. WALK ON THE FAR EDGE OF THE ROAD, FACING ONCOMING TRAFFIC**
- 10. LOOK BOTH WAYS BEFORE CROSSING THE STREET**
- 11. NEVER CROSS BETWEEN PARKED CARS**
- 12. BE ALERT.**
- 13. VISIT ONLY WELL-LIT HOUSES**
- 14. NEVER enter someone else's home or car**
- 15. Don't accept rides from strangers**
- 16. COSTUME ACCESSORIES SHOULD BE SHORT, SOFT AND FLEXIBLE**
- 17. WEAR WELL-FITTING COSTUMES, MASKS AND SHOES**
- 18. FLAME-RESISTANT COSTUMES**
- 19. Choose face paint and makeup instead of masks, if possible**
- 20. ALWAYS TEST MAKE-UP AND FACE PAINT IN A SMALL AREA FIRST**
- 21. EXAMINE ALL TREATS BEFORE EATING**
- 22. NEVER EAT TREATS MADE BY STRANGERS OR UNWRAPPED CANDY**

**END**



**Gerber Life Insurance Company**

Source:  
[www.safekids.org](http://www.safekids.org)  
[www.cdc.gov](http://www.cdc.gov)

## All Things Pumpkin

This may be the season for pumpkin spiced everything, but don't forget about the [actual pumpkin](#). From decorating to eating, pumpkins are the source of lots of fall fun. Pumpkins are readily available this time of year, and there are several places where you can [pick your own](#). When it comes to carving, there are some [tips](#) you can follow to keep everyone safe. [Decorating whole pumpkins](#) is also a safe option.

When it comes to eating, pumpkins are very versatile. From [sweet](#) to [savory](#), there are so many options. For foods kids can help make, check out [these recipes](#). If you plan to use a whole pumpkin for cooking, make sure you have a [sugar pumpkin and not a carving one](#). Both are edible, but carving pumpkins are tough, stringy, and not tasty.

## Helping Kids Resolve Conflicts

Conflict is a part of life, for people of all ages. One of the best skills you can teach your child is how to effectively [deal with conflict](#). Helping children learn to [manage their own emotions](#) and reactions is a good first step. [Building empathy](#) and [active listening](#) are also very important skills for conflict resolution. Once you have these abilities as a foundation, [these strategies](#) and [these tips](#) can help your child understand what to do if a conflict arises. It is important to make sure your child always knows they have the right to walk away from a conflict and find an adult to help them if they don't know how to resolve a conflict on their own.

# CONFLICT RESOLUTION TIPS

for kids!



### Get Calm First

Wait until you are calm before addressing a conflict. Take some time to cool off and breathe.

### Ignore or Walk Away

This works good when dealing with something that is annoying you.



### Find a Win-Win Solution

Brainstorm a solution or make a deal where everyone feels heard and that their voices and needs matter.



### Share or Take Turns

Everyone wins!



### Use an I-Message



Say how you feel, what you hope for and how you want to be treated. For example, "I felt \_\_\_ when \_\_\_" or "I would like \_\_\_," or "I want \_\_\_."



### Play a Game of Chance

...like Rock, Paper Scissors or Flip a Coin.



### Do Something Else

...like play another game.

### Listen with an Open Heart

Listen to the other person without interrupting or judgment. Try to put yourself in their shoes.



### Ask for Help

Get help if you feel unsafe or have tried 2 or 3 of these strategies and still feel stuck.



### Say Words that Mean "No"

Use a strong and respectful voice to say that you are not okay with something.

### Apologize

Saying you are sorry when you make a mistake helps to make repairs.



## Should Your Child Quit?

It's a situation you may have found yourself in before. You've signed your child up for a sport or a lesson of some sort. You've paid the registration fee, rearranged schedules, and bought the gear. A few weeks in, you hear the dreaded words, "I want to quit." What should you do? The important thing to remember is that there is no right answer, just the right thing to do for your kid.

Before you decide, use the guide below to talk to your child about why they want to quit. There may be some small changes you can make that will help them to give it another try. Another thing to think about is: what is important to your family? What values matter most to you? Determining what matters to you, whether it is sticking with something to the end, allowing your child to honor their time and energy by not doing things they don't enjoy or any other lesson you want them to learn, can help guide you to the right answer for your family.

## TALK TO YOUR KIDS ABOUT:

### QUITTING A HOBBY/SPORT:



Did a peer say something negative about their hobby or about their ability?

How long have they been wanting to quit? Is this a whim or is this a consistent desire?

Will there be "consequences" if they quit? Are they letting friends/teammates down?

Is their coach/teacher supportive or demeaning or too demanding?

Would they rather be doing something else with their time? What would they rather do?

Have they tried their hobby/sport long enough to get a really good feel for it? Have they only been practicing or have they competed/performed?

Have they tasted success or are do they want to quit because it's too hard or they feel like they're not good enough at it?

Are they no longer enjoying themselves even once they get there? Or do they not like the process of getting ready or getting there?

Did they have a squabble/misunderstanding with (or are being teased/bullied by a) teammate or a friend in the class? Are they trying to avoid a difficult social situation?

Are they feeling overwhelmed or over scheduled? Do they need more sleep or more downtime and just can't verbalize it?

[www.coffeeandcarpool.com](http://www.coffeeandcarpool.com)

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](mailto:ParentConnection@hfhs.org) or to unsubscribe.