



# Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

**October 5, 2021**

*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.*

## Schedule Your Family's Flu Shots Today

As a parent or guardian, the best thing you can do to protect your children from the flu is to get them vaccinated before influenza starts spreading in your community. According to the [American Academy of Pediatrics](#), all children age 6 months and older should get their influenza vaccine by the end of October or sooner. Everyone around your children should be vaccinated, too. Henry Ford is NOT providing walk-in flu shots this year, so be sure to schedule your appointment with your physician or at a Henry Ford medical center. Appointments can be scheduled through [MyChart](#). Flu shots are also offered at many community centers and local pharmacies. If you have any questions, please don't hesitate to contact your pediatrician.

## How to Help your Family Fight Flu

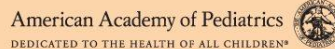
Flu shots! Everyone 6 months and up should get a flu shot each year.

### Here are other ways to #FightFlu:

- Wash hands frequently
- Sanitize toys
- Teach kids to cough in their elbow (like a vampire!)
- Keep kids home from school & child care if they have any flu symptoms



**Keep your family and community healthy by getting vaccinated today!**



## National Suicide Prevention Awareness Month

September was [National Suicide Prevention Awareness Month](#). If you or someone you know needs help, please talk to a medical provider or contact the [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255); you can also [chat online](#) to receive support. Please take time to learn the [risk factors and warning signs](#). [Talking to your teens about suicide and prevention](#) can help give them the skills they need to help themselves and their friends. Working to [reduce the stigma](#) surrounding mental illness will make it easier for people to seek services when needed. See what these [young activists](#) are doing to help raise awareness.

## Fresh, Frozen or Canned? Which Produce is Best?

We know that fruits and vegetables are part of a healthy and complete diet. But [which type is best](#): fresh, frozen, or canned? Like most things, it depends. Fresh, locally sourced fruits and vegetables have the most nutrients. Fresh produce can lose nutrients in transit if it must travel long distances. Frozen produce is often processed and frozen quickly after harvest, maintaining most nutrients. Canned produce undergoes more processing, but is often canned right after harvest, maintaining the most nutrients possible. Rather than limiting your family to one type of produce, consider how fresh, frozen, and canned produce can work best for you at different times. The best type of vegetables are the ones you and your family will eat and enjoy.

**SCIMOMS GUIDE TO CANNED AND FROZEN PRODUCE**

All forms of fruits and vegetables are nutritious and safe. Canned and frozen foods can provide simple ways of incorporating more produce into our diets. When frozen or canned fruits and vegetables are cooked the same way they are in our homes, they are often equivalent in nutritional content. Here are additional tips.

**FRESH PRODUCE**

- Decrease in many Vitamins when boiled
- Decrease in many minerals when boiled
- Many vitamins leach out of fresh, frozen, or canned produce when boiled.
- Consider steaming or microwaving produce.

**FROZEN PRODUCE**

- Decrease in Vit C when exposed to oxygen
- Decrease in Vit A when exposed to oxygen
- Repackage frozen produce tightly to avoid exposure to oxygen and nutrient loss.
- Freezer-burned foods are still safe to eat. Creative solutions can help overcome the change in texture.

**CANNED PRODUCE**

- Increase in minerals, including sodium, from the brine
- Loss of some vitamins due to cooking in the canning process
- If you need to limit your salt intake, rinse out the produce or purchase a "low-sodium" option.
- Canned produce have the same vitamin content as fresh produce that has been boiled.

**SCIMOMS**  
SCIMOMS.COM/CANNED-FROZEN-FRESH

## Choices & Natural Consequences

Parenting is difficult, especially with a strong-willed child. [Giving choices](#) can be a great way to allow children to feel independent and like they have a say in the decision-making process. Choices put the child in control and [gives them power in a certain situation](#). An example of choices to give a child could sound something like, "Do you want to eat peanut butter or grilled cheese?" or "Do you want to use crayons or markers?" There are [a few things to keep in mind](#) when allowing kids to have choices. Don't give a choice if there isn't one, for example, going to school. A child doesn't usually have a choice if they go to school, however, picking between two snacks when they come home from school could be a time when a choice is available. Giving too many

choices can also be a problem. Keeping the decision making to just two things can prevent a child from becoming overwhelmed.

Choices can be a great option for younger children. As kids get older, natural consequences, when safe, can be an option. Natural consequences can help prepare children for adulthood by letting them experience the results of their choices. For example, not wanting to wear a coat and then being cold outside or staying up too late and being tired the following day. [A benefit of natural consequences](#) is that kids learn to link their actions with consequences when they're allowed to experience the consequences of their behavior. There are also things to keep in mind with natural consequences. Only allow children to experience the consequence when they will stay safe doing so. Natural consequences should be used to teach children to make better choices, not to have them suffer from a mistake.

### **Culturally Sensitive Halloween Costumes**

As Halloween fast approaches, many children are looking for the perfect costume. Halloween is a time many children want to dress as their favorite television, movie, or book character. When choosing a Halloween costume, it is important to understand the term cultural appropriation. Cultural appropriation is borrowing a look or trait from a culture that is not your own. [Cultural appropriation](#) can be harmful because it can lead to the promotion of negative stereotypes, generalizations, or aims at dehumanizing a group of people. We often do not intend to be culturally offensive.

There are many things a person can ask themselves when helping a child decide on a Halloween costume. Some things include, [does this costume mock cultural or religious symbols](#) (such as dressing as a Native American), attempt to represent an entire culture (such as wearing a sombrero and poncho), or take away from human suffering (such as a costume as a homeless person or prisoner)? Skin darkening in any respect is not a good idea. Halloween can also be [a great time to teach about cultural appropriation](#) and provide an opportunity to start a discussion on stereotypes and why certain costumes are a better choice than others.

### **October is National Apple Month**

October is a great time to increase your fruit consumption by serving apples in [different ways](#). Apples contain no fat, sodium or cholesterol and are a good source of fiber. If your child struggles with trying foods, there are some [ways you can help them learn to eat apples](#). You can try some new, healthy ways to prepare food with apples with these [recipes](#). If your child is more likely to try a food after learning about it, try sharing these [fun facts about apples](#).

*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.*