



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

October 6, 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.

Coats and Car Seats

The weather is getting colder and it's a good time to remember that not all coats are safe for car seats. The thickness of some coats makes it [hard to get a good fit](#) with car seat straps. Healthy Children offers [some good advice](#) from the AAP. Thin fleecy or thermal materials are often considered safe. Ponchos are also a good option. You can put a warmer coat on backwards once your child is buckled-up. Blankets over the straps are another option. What you choose to use will depend on several things. How much time does your child spend going from indoors to the car? Can the car be warmed up in advance? How well does your child tolerate the cold? And, what can your family afford?

The Car Seat Lady has some [specific recommendations](#) for coats. Hats and mittens are also important since they keep the body warm and do not interfere with the car seat. Much of the guidance refers to well-fitting coats. If you need to get a few years out of a coat or are using previously loved one that aren't exactly the right size, pay attention to how that fit affects the straps.

There are some coats on the market that allow for opening part of it and getting a snug fit for the car seat straps. If you choose to try one of these, make sure you read the instructions and are confident everyone who straps your child(ren) into a car seat understands how that coat works.

Seasonal Affective Disorder

Seasonal Affective Disorder is something that many people may experience, even children and teens. This disorder is [a form of depression](#) that follows the seasons. Symptoms may occur during the winter months and alleviate when spring arrives. Those with this disorder may experience changes in mood or sleep, lack of energy, difficulty concentrating, and loss of enjoyment in things they once found interesting. There are things a person can do to [help alleviate the symptoms](#). Some remedies for Seasonal Affective Disorder include bringing sunlight into your living space, spending time outdoors, and getting regular exercise. If a child or teen may be experiencing symptoms of Seasonal Affective Disorder, contacting your physician may be a great way to receive assistance.

Healthy Fall Desserts

Whether you are a fan of pumpkin, apple, or many other favorites, the fall season offers many opportunities for healthy desserts. Baking healthy desserts can be a great activity the whole family can enjoy. If your family took a trip to the apple orchard, this [recipe for Bloomin' Apples](#) could be a great way to use those freshly picked apples. [Caramel apple dessert nachos](#) can also be a fun thing to enjoy. If pumpkin is your favorite during this time of year, these [pumpkin peanut butter cups](#) may be a fun, easy recipe to try.

Don't Delay Your Child's Vaccines

During the pandemic, there was a [dramatic decrease](#) in the amount of vaccines given to children. This made sense. As people were following lockdown rules, non-emergency medical visits were delayed. However now that we are all finding ways to adjust to living during a pandemic, it's important to ensure that your children are as protected as possible from [communicable diseases](#). Many children rely on [herd immunity](#) for protection from these diseases. This herd immunity is in danger of falling below safe thresholds for various diseases due to people opting out of vaccines or delaying too long.

If you are struggling with deciding to immunize your child, [this article](#) can help answer some of your questions. [This list](#) shares simple reasons why you should vaccinate. At Henry Ford, we understand every parent must make tough decisions for their child. Your pediatrician is here to help you make those decisions. Please call your doctor or [\(800\) 436-7936](tel:8004367936) to schedule an appointment.

Why should I have my child vaccinated?
During the COVID-19 pandemic, there has been a decline in routine childhood vaccinations. It is important for parents to have their children up to date with vaccines and regularly attend health checkups.

What is herd immunity?
When more people are vaccinated, larger populations are protected against disease. This is called *herd immunity* and helps prevent the spread of infection.

No immunity | **Herd immunity**

Infectious | Susceptible | Vaccinated or immune

What can I do to inform myself about vaccines?

Seek trustworthy sources:

- Physicians
- Government health agency websites:
 - Centers for Disease Control and Prevention: cdc.gov
 - National Institutes of Health: nih.gov

Think about risks of opting out of vaccination:

- Contracting dangerous infections
- Spending time and money on extra health care visits
- Missing school and playtime
- Lost work time for parents

Know the facts:

- Avoid medical advice from social media or blogs unless you can verify the information
- Vaccines do not cause autism
- Adverse events from vaccines are rare

Representation Matters, Part 2

In addition to racial and cultural representation, there have been recent calls to include more accurate representations of persons with disabilities in media. Statistics indicate that 95% of television depictions of a person with a disability are played by able-bodied actors. Additionally, stories centering on disabled characters often support unrealistic [stereotypes](#) or one-dimensional depictions of people as being nothing more than their disability.

If you are wondering how people with disabilities feel about representation, here are two different perspectives: [Opportunities for disabled actors with RJ Mitte](#) and ["Nothing About Us Without Us" -- Disability Representation in Media.](#)

If you are looking for shows featuring actors with disabilities, try some of [these](#) or [these](#). You will notice some overlap on these lists, and that alone is a reason why more representation is needed. It is hard to

find shows for younger children that included actors with disabilities, but there are a few [this list](#) shows that include characters with disabilities.

Secondary Infertility

After having a child, some families may decide to have additional children. Though the first pregnancy may have come naturally, some women may struggle with becoming pregnant again. This is called [secondary infertility](#). Infertility affects about 12% of women ages 15 to 44. Secondary infertility accounts for about one-third of those cases. [Infertility](#) continues to be a difficult and sensitive topic for many families. Please understand that you are not alone. It may be beneficial to speak with a medical professional to explore your options and decide the next steps for your family.

National Coming Out Day: Being a Supportive Parent

National Coming Out Day is [Sunday, October 11, 2020](#). For those who support and are members of the LGBTQIA+ community, this day is a celebration of pride and joy. If you are a parent, guardian, or trusted adult for an LGBTQIA+ child, [here are some resources](#) to help you with understanding and supporting your child's journey. The Human Rights Campaign also created a [Resource Guide to Coming Out](#). Being consistent, supportive, and obtaining as much education as possible could truly help your child to be courageous, unafraid, and proud of who they are.

Henry Ford Autism Updates

Facebook Group

Henry Ford Center for Autism and Developmental Disabilities has created a Facebook group for parents and caregivers of people with Autism Spectrum Disorders to interact, share experiences and resources and learn from each other. Our experienced team members will also be posting useful resources. To join the group, please go to the [Henry Ford Autism and Developmental Disabilities Facebook Group](#).

Virtual Workshop

Henry Ford Center for Autism and Metro Parent are hosting a virtual *Living with Autism* Workshop. Please join us for a weeklong virtual autism conference featuring Temple Grandin and an array of autism experts for parents and professionals.

Dates: Monday October 26th to Friday October 30th

Time: 8:30am to 12pm

Location: Online event

For tickets: [click here](#).

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.