



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

December 1, 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

Henry Ford is offering vaccinations for established Henry Ford patients ages 5 – 11 years at its pediatric and family medicine clinics. You can make an appointment via your child’s MyChart account or call their doctor’s office. Your child’s appointment can be at any location that is most convenient for you, even though it may not be the location of your child’s doctor. Additional information can be found at <https://henryford.com/vaccine>.

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.

Cold Weather Health Myths

You’ll catch your death (or cold) if you – go out with wet hair, don’t wear a coat, forget your boots, etc.

This common idiom is often the bane of many children eager to play outside in the winter. But is there any truth to it? [In short, no](#). Most winter illnesses come from viruses and bacteria, and not being cold or wet. There are many [winter health myths](#) that persist, despite evidence to the contrary. It is still important to [protect yourself in cold weather](#) from exposure, frostbite, and falls. Cold weather can affect asthma, so [extra management](#) can be needed.

Winter Wellness MYTHS

<p>FLUCTUATING WEATHER TEMPERATURES MAKE YOU SICK.</p> <p>False:</p> <p>While cold weather coincides with the cold and flu season, it’s not the cause of these illnesses.</p>	<p>ALLERGIES DON’T AFFECT YOU IN THE WINTER.</p> <p>False:</p> <p>The way allergies impact you is specific to your individual makeup. If you are only allergic to pollen, then you might catch a break in the winter, but if you are affected by mold, dander, and dust mites, you will still feel these symptoms.</p>	
<p>TAKING VITAMIN C CAN HELP YOU BEAT THE COMMON COLD.</p> <p>False:</p> <p>Vitamin C may have help you fight cold symptoms but it won’t help you beat the common cold.</p>	<p>YOU DON’T NEED TO WEAR SUNSCREEN IN THE WINTER.</p> <p>False:</p> <p>You are exposed to UV rays whenever the sun is out, regardless of the temperature.</p>	<p>YOU LOSE THE MOST HEAT FROM YOUR HEAD.</p> <p>False:</p> <p>Heat loss occurs through any exposed part of your body.</p>
<p>EXERCISING OUTSIDE IN THE WINTER ISN’T SAFE.</p> <p>False:</p> <p>Exercising in the winter is perfectly fine. Besides, there’s no better time to boost your immunity and combat the dreaded winter weight gain.</p>	<p>DRINKING ALCOHOL WILL KEEP YOU WARM.</p> <p>False:</p> <p>Nice try. The thermal sensation you are experiencing is due to alcohol’s ability to dilate blood vessels in your skin, which provides you that rosy flush.</p>	<p>RAINY WEATHER CAUSES BACK PAIN AND ACHY JOINTS.</p> <p>False:</p> <p>A recent study determined that there’s no connection between rainfall and joint or back pain.</p>

How to Treat Common Illnesses at Home

We've entered cold and flu season, and COVID-19 is still very prevalent. When your child starts showing symptoms of illness, it can be hard to know what to do. If you have questions regarding your child's symptoms, Henry Ford Health System has the MyCare Advice Line, which provides non-emergency medical advice for no charge. You can speak to a registered nurse, review your child's symptoms, and get recommendations for care. This line is available 24/7 at (844) 262-1949.

For common issues that develop at home, try the following:

Fever: Can be treated with over-the-counter pain reliever. Acetaminophen every 4-6 hours as needed, no more than 5 doses in 24 hours. If fever is not responding to medication or has not resolved over 72 hours consult your physician. You may also want to consult your physician if fever is greater than 102°F.

Sore throat: Acetaminophen can be used for pain relief. For older children, gargling with warm salt-water can provide temporary relief. To make salt-water: Combine 1 teaspoon of table salt in at least 8 ounces of warm water. If pain is worsening, contact your child's physician.

Ear pain: If pain is persistent and not responding to pain reliever, contact your physician. With a virtual visit a physician may choose to treat with a prescription medication, such as an antibiotic.

Common cold: Antibiotics are not used to treat a common cold. For minor cold symptoms, such as an occasional cough, nasal congestion, and mild fever, an over-the-counter pain reliever may be used to treat the fever. A cool mist vaporizer and saline with nasal suction can be used to treat congestion.

If you have concerns that you or your child could have been exposed to someone who has COVID-19, call your physician to discuss next steps.

If your child's symptoms worsen (difficulty in breathing, bluish lips, significant change in behavior) call 911.

Seasonal Affective Disorder in Children

As winter begins, many of us start to have the "winter blues." This is a feeling of sadness usually brought on by shortened days, less sunlight and colder weather. However, if this feeling lasts a long time or has severe symptoms, it may be a clinical condition called Seasonal Affective Disorder (SAD). This is a type of depression that follows a seasonal pattern. While SAD affects mainly adults, children can be impacted as well – especially older children and teens. [Symptoms](#) generally include withdrawal, an inability to enjoy yourself and oversleeping. [Making winter easier](#) is one way to try to combat SAD. This includes sticking to routines, prioritizing healthy habits, and setting realistic expectations for winter activities. If you think you or your child have symptoms of SAD, try some of the tips below. If symptoms do not improve, speak to your child's pediatrician.

Winter Blues

Seasonal Affective Disorder & Depression

Ways to work through SAD as a family

Bring more sunlight into your life.

Encourage your child to get exercise and spend time outdoors.

Fix healthy meals for your family.

Establish a set bedtime to ensure he gets enough sleep and the same amount of sleep every night.



healthychildren.org
Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics



Happy Hanukkah

[Hanukkah](#) is the Jewish Festival of Lights. It celebrates the recovery of Jerusalem and the rededication of the Second Temple in the 2nd century BCE. According to Jewish religious history, when the Temple was reclaimed, there was only enough pure oil to burn for one day. But that oil [miraculously burned for eight days](#). This year, Hanukkah is celebrated from [November 28 to December 6](#). The miracle of the oil is celebrated by the lighting of candles on a [Menorah](#) and eating [traditional Jewish foods](#) often cooked in oil.

Hanukkah is [not considered a significant religious holiday](#), but has taken on cultural significance in many countries. You may wonder which spelling is correct: Chanukah or Hanukkah. Since Hebrew and English do not share an alphabet, there isn't a [direct way to translate Hebrew to English](#), but both of these are the most commonly accepted spellings in the US.



Local Holiday Events

The holiday season can be a great time to get out and do something fun together as a family. There are many events throughout Metro Detroit and the surrounding areas that make great holiday traditions. Whether it's a tree lighting ceremony or breakfast with Santa, [there is a little something for everyone](#). You could also bundle up to see the [lights at the Detroit Zoo](#). If going outside in the cold isn't your thing, getting in the car and playing some holiday music while driving through the [Wayne County Light Fest](#) can also be a fun option.

Holidays in December

As soon as someone says "December," many people automatically think about the Christmas season. However, [there are many holidays in the month of December](#) that are important for those who celebrate. Holidays like [Hanukkah](#) and [Kwanza](#) have many special and beautiful traditions. Teaching that there are holidays other than Christmas, teaches inclusivity, empathy, and that everyone is unique. Learning about the many holidays during the month of December can also help us realize that someone [saying "Happy Holidays"](#) is not an insult, but a kind gesture. While there is nothing wrong with wishing someone happiness for the specific holiday you celebrate, saying "Happy Holidays" allows us to not assume things about someone and can help others feel welcome. Spreading a little kindness this holiday season may just be what someone needs!

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.