



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

March 8, 2022

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.

Please Schedule Your Child's HPV Vaccine

If you haven't already, we would like to encourage you to schedule an appointment for your child's HPV vaccine. For your convenience, an appointment can be scheduled with your pediatrician or a nurse. **We are now offering the HPV vaccine at the 9 year well child visit.** This will help your child to likely only need two doses of the vaccine instead of three.

If you would like to learn more about the HPV vaccine, the videos below will be helpful in answering basic questions. Each video features a pediatrician and is less than a minute long. Your pediatrician is also always available to answer your questions.

[Is My Child Too Young to Get the HPV Vaccine?](#)

[What Diseases Are Caused by HPV?](#)

[Does HPV Cause Infertility?](#)

[Do Boys Need the HPV Vaccine?](#)

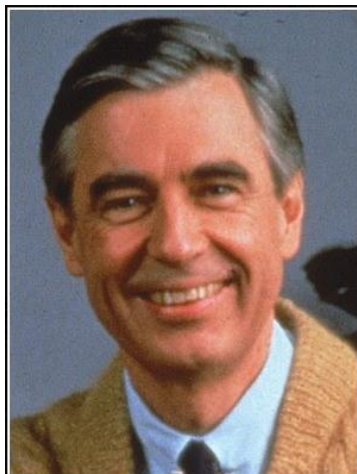
Talking to Kids About Current Events

There is a lot in the news that can be scary right now. As parents, it's natural to want to shield our children from everything that is scary. However, unless you can put your child in a hermetically sealed bubble, they are going to hear things. And we know that a parent's primary job is to give our children the skills and support needed to navigate and thrive in the world. While you do want to limit exposure to disturbing images, talking about these events in an [age-appropriate way](#) will help them process the information they hear.

Help your child [understand the news and feel more at ease](#) by taking these steps.

- Find out what your child already knows
- Answer questions honestly and briefly
- Help kids feel in control
- Limit exposure to the news
- Keep the conversation going

Books are a great way to start conversations. Here is a list of [books](#) for teaching children it's ok to not feel ok. If your kids have questions specifically about what is happening in Ukraine, [here](#) are some ways to approach the conversation.



Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.

— Fred Rogers —

AZ QUOTES

March is National Reading Month

March is named as National Reading Month in honor of the birthday of Dr. Seuss. The point of National Reading Month is to encourage Americans of all ages to read every day. [Reading Is Fundamental](#) allows your child to track all the books they read to help reach the national goal of one million books in March. If your child doesn't yet have a love of reading, [these tips](#) can help kickstart reading interest. National Reading Month is also a great time to introduce or expand your child's knowledge of [diverse authors and books](#).



St. Patrick's Day Crafts

Crafts can be a great way to keep kids entertained. St. Patrick's Day is right around the corner and a great time to create a homemade decoration. Crafts don't always have to be difficult or require a lot of materials. These [easy St. Patrick's Day crafts](#) could be a great place to start. The dollar store can also be a discount place to get craft supplies or DIY decorations. These [dollar store crafts](#) can be fun for any age. A family craft night could also be a fun way to stay entertained while the weather is still cold. [These crafts have options for various ages](#).

Common Childhood Skin Issues

Basic skin care is important for everyone, [including children](#). African-American and bi-racial children may have skin that is [more sensitive](#) and extra care is needed. There are also [several skin conditions](#) that can affect children. These conditions can look different on [children with darker skin](#), which has been [historically absent](#) in medical literature.

There are several [home remedies](#) for mild skin issues, which may be more common in the [hot, humid summer](#). If you have concerns about your child's rash, or it isn't getting better it may be [time to seek medical advice](#). The Henry Ford My Care Advice Line (844-262-1949) can help you decide if your child needs to be seen and how quickly.

TYPES OF RASHES

ECZEMA
Inflamed, red, itchy, cracked or rough skin. Is often intermittent and most common in the face, hands, elbows, knees and neck.

HEAT RASH
Small, stinging red lumps or clear, liquid filled bumps that are prickly or extremely itchy. Occurs mainly on neck, shoulders and chest but can spread to other areas.

VIRAL RASH
Typically splotchy red spots that can appear in small patches or across several areas of the body. Accompanied by fever, chills, body aches and fatigue.

INTERTRIGO
Caused by skin to skin contact with friction. Red or reddish brown patch that can make skin feel raw, sensitive and itchy. Can lead to oozing sores, cracked skin or bleeding in underarms, groin, between toes or other areas where skin rubs together.

POISON IVY OR POISON OAK
Intensely itchy, red, blistering rash that occurs wherever contact with the plant toxins occurs. The rash can occur in a few hours or days after contact and can last for weeks.

BUG BITES
Red raised bumps specific to the area of the bug bite that can be intensely itchy and inflamed and can ooze out pus when agitated.

DRUG OR FOOD REACTION
Red bumps, blisters or hives that can occur a few minutes after ingestion of a particular drug or food that the body has an allergy or intolerance to. Sometimes it is a delayed reaction and may take hours or even days to show up.

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Federal Mask Guidelines

It can often be difficult to keep up with the changing mask guidelines. Since COVID-19 cases are continuing to decline, [the CDC has advised](#) that masks be worn in areas where there is a high rate of COVID-19 cases. You can use [this website](#) to lookup the current risk level of your county. These guidelines could continue to change, so it is important to stay informed to keep you and your loved ones as safe as possible. The K - 12 mask mandates have also changed. These changes often occur based on your school district or the county in which you live. [This website](#) can help you find mask information for your school district. Henry Ford Health System is still requiring masks at all facilities to keep everyone as safe as possible.

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.