



# Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

June 29, 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.

## Day Trip Ideas

If an overnight vacation isn't in the cards this summer, there are many fun things within a short distance of the Metro Detroit area. Day trips can be a great way to get away and explore a different area in a short amount of time. There are many fun things to do less than two hours from Detroit. Whether you are looking for a beach on Lake Huron, a trip to [Frankenmuth](#), or a tour of Michigan's state capital, this list of the [top 5 day trips](#) can be a great place to start. There are also many things to do in the Detroit and Ann Arbor areas. This [list of 101-day trips](#) has a little something for everyone. The zoo can also be a fun activity for the whole family. The [Toledo Zoo](#) can be a fun day trip that isn't too far from the Detroit area.

## What You Need to Know About Ticks this Summer



Thanks to our increasingly wet winters, Michigan is seeing an [increase in ticks](#). There are [five main types of ticks](#) common to Michigan and each type can carry different diseases. [Lyme disease](#) is most commonly associated with ticks and can be very serious if left untreated. The most common places to find ticks are in grassy and wooded areas. When on hikes, it is best to stick to well groomed trails and walk in the center of the path. There are also [prevention steps](#) you can take before heading out. Applying a [repellant to your skin or pesticide to your clothes](#) is also a good idea. Don't forget to [protect your pets](#) and keep them safe. Teach your kids about [tick prevention](#) so they know to tell you when they have been in areas where ticks like to live. If you do find a tick, here is [what to do](#).

**Actual Size Comparison** **MI Tick ID Card**

Blacklegged (Deer) tick  
American dog (Wood) tick  
Lone star tick

Female, Male, Nymph, Larva

**Common ticks found in Michigan**  
From left to right: Blacklegged tick nymph, Blacklegged tick female, Lone star tick female, American Dog tick female

**Tick removal tips** [www.michigan.gov/lyme](http://www.michigan.gov/lyme)

- Remove as quickly as possible.
- Use tweezers to grasp the head close to the skin.
- Pull gently.
- Use soap and water, or antiseptic on the bite.

**...preventing tick bites**

- Use a repellent containing no more than 30 percent DEET.
- Use repellents that contain permethrin on clothing.
- See your healthcare provider if you have symptoms of fever, rash, body aches or fatigue after a tick bite.

Michigan Department of Health & Human Services

### 5-2-1-0 Summer Habits

With kids being outside so much more and all the yummy [summer fruits and vegetables](#) available, summertime is a great time to either start or re-energize your 5-2-1-0 healthy habits.

"5-2-1-0" mean that every day kids should:



Eat 5 servings of fruits and vegetables every day. They're loaded with nutrients that boost energy, fuel brain cells, and fight illness.



Aim for 2 hours or less of recreational screen time every day. Research shows a direct link between excessive screen time and problems with weight gain.



Try to get 1 hour or more of physical activity or 20 minutes of vigorous activity at least 3 times a week. Exercise enhances health and stamina, lifts mood and helps shed pounds.



Drink 0 sugar-added beverages by restricting pop, sports drinks and fruit drinks. Instead, drink more water and low-fat milk.

This [activity pyramid](#) gives some great ideas on different ways to increase your physical activities. You can use a [tracker](#) for your 5-2-1-0 activities to see the progress you are making. On those rainy days when you can't get outside, try our [YouTube exercises](#) that are modified for people with special needs. After you've worked up a hunger, give these [5-2-1-0 snacks](#) a try!

### COVID-19 Precautions for Unvaccinated Kids

Michigan is [rolling back of most of its COVID-19 restrictions](#). This is partly because of Michigan's vaccination rates. But what about people who cannot get vaccinated yet? There is no vaccine for children under 12 right now. Michigan still has [mask guidelines](#) for unvaccinated people. Medical experts recommend unvaccinated children [wear masks](#). Fully vaccinated people who are [immunocompromised](#) should also wear masks. This creates a lot of questions for households with a [mix of vaccine status](#). Should parents, tweens, and teens wear masks or just younger children? That is going to be a personal decision. Will your younger child tolerate a mask better if the whole family wears them? What about when vaccinated family members go out without unvaccinated family members? The [CDC cannot rule out](#) the possibility of vaccinated people giving COVID-19 or one of the variants to unvaccinated people.

If you are still struggling with what to do, [this article](#) written by a moral philosopher and bioethicist may help. Talk to your provider if you have questions about specific health issues and safety. Whatever you choose, make sure everyone in the household knows and understands what to do and why. Tell children you are trying to make the best decisions you can with the information you have. Also, be open to changing your mind as more information becomes available.

### Campfire Safety

A campfire can be a [great summer night activity](#). While campfires are fun, campfire safety is very important. There are many [important safety tips to remember](#) to keep you and your loved ones safe. When building a fire, using a metal fire pit, or circling the pit with rocks, can help contain the fire in a designated area. After starting the fire, make sure to throw the match into the fire. [When putting out](#) the fire it is recommended to pour water on the fire, stir the ashes with a metal shovel, then pour more water on the fire to make sure the flames are properly extinguished. If you purchased a fire pit, be sure to follow the manufacturer guidelines for building and extinguishing fires. Following campfire safety can help ensure a fun and safe experience for everyone. While staying safe, try out one of these [s'more variations](#) at your next campfire.

### Research Study to Understand Autism Development

*Why do some kids have autism, and some do not? You can help put the puzzle pieces together.*

According to the Centers for Disease Control and Prevention, about 1 in 54 children have autism spectrum disorder. However, we do not fully understand what causes autism. Henry Ford Health System is leading a new research study that seeks to understand why some children develop autism and some do not. **It is important that parents of children with and without autism participate.** On behalf of the Department of Public Health Sciences and the Center for Autism and Developmental Disabilities, study staff may be reaching out to you by telephone or email to tell you more about it and invite you to participate. The study involves taking a brief survey that can be done online or by telephone. You will also be asked to provide permission to access medical history. This may include some samples already collected, like the dried blood spots saved at your child's birth. Study participants will be given a gift card as a thank you for their time. If you would like more information, please email the study team at [PONDStudy@hfhs.org](mailto:PONDStudy@hfhs.org) or call (313) 874-6962.

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