



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

January 11, 2022

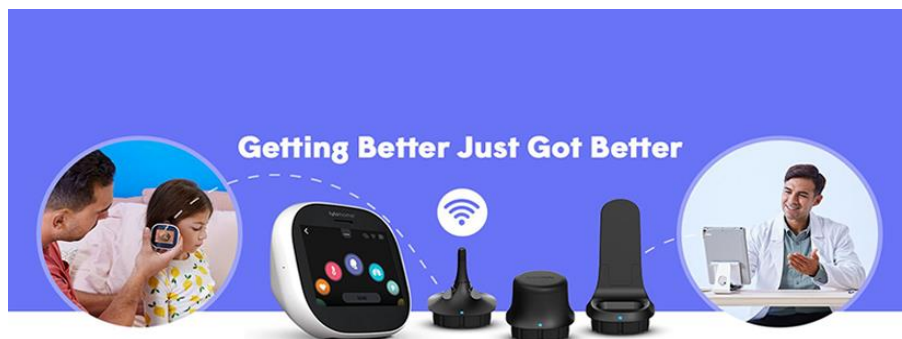
Your Henry Ford pediatrician is here for you. Below we have collected articles and resources we think you might find helpful. Information in our newsletter is yours to use when it is helpful to you and yours to disregard when it is not. We hope you and your family are staying safe during this pandemic.

The CDC has recently updated the K-12 COVID-19 exposure/quarantine/isolation guidelines

Please follow the link for full details - [Overview of COVID-19 Quarantine for K-12 Schools | CDC](#)

See Your Pediatrician from the Comfort of Your Home

With Henry Ford virtual visits you can have your child seen by your Henry Ford pediatrician right from home. Now with the **Henry Ford Virtual Exam Kit, powered by TytoCare**, you can get a more complete virtual exam. This handheld device connects through your smartphone and links to MyChart allowing your pediatrician to see in your child's ear, listen to lungs and heart, examine skin for rashes, bites, etc. This device works for everyone in the household, so one device per household is all you need.



Even for those illnesses that appear in the middle of the night, the Tyto device works great with our Henry Ford Video Visits On Demand. Through a Video Visit On Demand there is a Henry Ford doctor on-call ready to help you whenever you need it, 24/7/365. So, whether you need a scheduled video visit with your own provider or pediatrician, or you need to see a doctor fast, we are here when you need us.

To learn more, go to HenryFord.com/tyto

MLK Day

Since 1983 we have celebrated the [life](#) and [work](#) of civil rights activist Martin Luther King, Jr. as a [national holiday](#) on the third Monday of January (Jan 17 in 2022). There are many ways to celebrate this day. You can learn about the [Civil Rights](#) Movement in general, as well as here in [Detroit](#). Many also treat MLK Day as a day of [service](#). There are local, family-friendly events; check [here](#) and [here](#) for some ideas. If you are

interested in promoting social justice on MLK day and any other day, use some of [these ideas](#) to get involved. For more information from The King Center about the day, please click on the image below.



Talking with Your Child About School Shootings

With a new year upon us, it continues to be a very challenging time to be a parent. With respect to the Oxford shooting, you are not alone in navigating [complex conversations](#) with your school-aged child(ren). Below are some [tips](#) to help parents:

- **Talk with your child.** Choose a natural time in your child's schedule to have a short and sweet check in. This should happen semi-regularly, so your child always knows there's an opportunity to connect as needed. Remind your child that even if everything is okay right now, they can always talk with you about anything that may feel different or confusing.
- **Start with what your child already knows.** Don't assume your child already knows about a current event. Feel free to ask them if they've heard anything or if they have any questions about anything their friends are talking about.
- **Share about the shooting.** Sometimes parents can feel like tiptoeing around uncomfortable or painful facts, but our kids can feel that awkwardness, often causing more fear. It is OK to SKIP THE DETAILS and try not to feel any pressure to tell more than you need to. It's also okay to say you don't know about something or that you need to think about a question your child brings to you before answering.
- **Think of an onion.** You peel an onion one layer at a time. If your child asks you a question, you don't have to explain everything. Just answer that one question (one layer), calmly and directly. Then, if they ask another question, you can just answer that question too (another onion layer); and if they don't ask any questions, that's okay. Our children show us what they can handle/inquire about in real time.
- **How are your child's friends doing?** Peers are very important to (especially middle and high school) kids. Even if your child isn't struggling as much, the weight of their friends' worries can take a toll on them. Remind your child that you care about their friends too.
- **Be guarded with the media.** Monitor your child's media interaction. Brief internet and radio ads along with the morning and evening news offer adult messaging to our kids. Consider subscribing to a [morning newsletter](#) for yourself, instead of listening to the news in front of your child.

• **Take care of yourself.** There is a difference between self-comfort and self-care. Netflix and chocolate are comforting and great, but true self-care includes drinking enough water, spiritual maintenance, balancing your nutrition, sleep, and exercising (extra points for getting outside and into some limited sunlight for a bit). When you are cared for, you can care for your babies to the best of your ability.

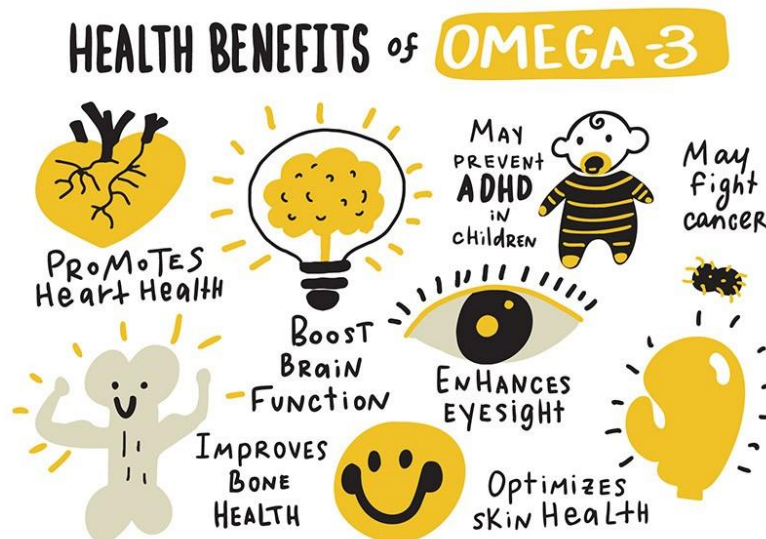
• **Contact a Mental Health Professional.** If you notice a change in behavior in your child, talk with a social worker or therapist at your kids' school or ask for an outside-of-school referral for some further support. We're all in this together.

**Special thanks to the HFHS School-Based & Community Behavioral Health Team
for the above contribution to Parent Connection**

Benefits of Omega-3s for Kids

Omega-3 fatty acids are an important type of fat our body needs to survive. The body cannot produce Omega-3 fatty acids, however there are many foods people of all ages can eat to get an adequate amount of these fatty acids. [The benefits of Omega-3s](#), particularly DHA, can start while a person is pregnant. [Omega-3s such as DHA](#) can be found in most prenatal vitamins. DHA is important for child brain and retina development and healthy birth weight. As children grow, getting adequate amounts Omega-3 fatty acids can benefit sleep, school performance, ADHD, and lead to fewer allergies.

Omega-3 fatty acids are most often found in fish, such as salmon and tuna. While it may be difficult to get kids to eat fish, there are many [other foods and supplements](#) that contain Omega-3 fatty acids. Some foods such as eggs, can be fortified with Omega 3s. Flaxseed has high levels of Omega 3s and can be added to smoothies, muffins, or peanut butter. There are also many over the counter Omega 3 supplements that can also be used. These supplements can even come in gummy form, making it fun for kids to get the many benefits of Omega-3s.



Comfort Food

The cold weather of winter is often associated with comfort food and slow cooked, crock pot dishes. Comfort food is often [more than just the food](#). The reason that food brings comfort is the associated emotions, memory, and culture. Next time you eat your favorite comfort food, take a minute to think about your memories associated with that food; consider having your family share memories during the meal. It can also be interesting to learn what other families or cultures consider comfort food. Check out these [American](#)

[staples](#). If you are curious about comfort foods from other parts of the world, consider trying some of [these](#) or [these](#).

Winter Craft Ideas

As the holiday season comes to an end and we begin to put the holiday décor away, we may notice that things are looking a little boring. Adding some winter crafts can help ease the boredom that these cold months can bring and make our house feel a little more festive. Crafts don't always need a lot of materials and can often be easy. These [easy winter crafts](#) can be a great place to start. Snowmen can also be a fun thing to make and something that can stay up for a few months in a row. These [snowmen crafts](#) can be fun for kids of many ages. This [large list of winter crafts](#) is filled with a little something for everyone to enjoy.

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.