



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

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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.

Henry Ford Health System & Metro Parent

Keeping your children safe and healthy is a parent's main responsibility. But knowing how to do that isn't always easy. Sometimes there is conflicting or misguided advice when it comes to children's health issues. Sometimes you just don't know the answer until your child experiences a health issue — and you aren't sure where to turn to get sound guidance. That's why [Metro Parent](#) and [Henry Ford Health System](#) have teamed up to help. On the page [Your Top Kids Health Questions — Answered!](#) physicians will tackle some of the top questions parents have for children of all ages. Check back often for updated questions and new topics.

Pandemic Time Warp

Spring of 2020, the beginning of the pandemic for most of us, seems like it was 100 years ago and yesterday. As we edge towards the end of the second year of life with SARS-CoV-2, scientists are learning more about [how we perceive time](#). As with other experiences, the [level of stress vs enjoyment during the initial stages of the pandemic affected perception of time](#). People who were able to slow down and relax, found time passed more quickly than those who were affected more negatively. Even though many people are returning to more normal levels of activity, most are still experiencing a hangover effect of the [pandemic time dilation](#). If you are struggling to reclaim your sense of time, consider some of these [tips](#). Also, accept that the [continuing uncertainty](#) surrounding the pandemic is not something humans manage well.

If you are struggling with feeling disconnected with time, see what you can do to reduce [stress](#). Creating visual cues, like a physical calendar and clock will also help. Consider scheduling an activity that is done certain days of the week (or on odd or even days) that will encourage you to track the day and date. If your kids are young enough, [helping them learn about time](#) may help you reengage with it, too. When working from home, [set firm boundaries](#) that separate work and home time.

Why Honey for a Cough?

A cough can be one of the biggest concerns for a sick child, often causing rough nights and little sleep. There are many over the counter cough suppressants, however many of them are not safe for infants and toddlers. [One of the best cough suppressants](#) might already be in your cupboard. [Honey is a great](#), natural way to relieve a cough. Honey works by having natural antiviral and antibacterial properties. The thickness of honey also helps to coat the throat to relieve that pain and tickle that brings on the cough. Another benefit of using honey is that it is not just for children; adults can also benefit from using honey as a cough suppressant. If you are using honey to treat a cough it is always important to check with your child's pediatrician first.

It is important to know that [children under the age of one should not consume honey.](#)

Bonding with Baby

There is a lot of talk about the instant bond parents, especially moms, feel with a brand-new baby. It's a staple in movies and TV shows. And who wouldn't want to celebrate an immediate and overwhelming feeling of love

for another person? But what if that doesn't happen? What if you don't feel an immediate bond with baby? Does it mean there is something wrong with you? Of course not. A baby's [bond with caregivers](#) is extremely important since babies are total dependent on others for survival. However, there is nothing to indicate it must be [immediate](#). There are lots of things that can affect bonding with baby: a long, exhausting, or complicated birth; hormonal changes in one or both parents; and individual differences in people.

It is important to normalize the varying times it can take to bond with baby. People need to feel comfortable talking about bonding. There are instances where delayed bonding is a sign that help is needed. It can be the signs of [baby blues](#), [post-partum depression](#) or [something more severe](#).

If you are struggling to bond with your baby, consider some of these [tips](#). Talking to supportive friends, families or other new mothers can also help. Try to be honest and don't pretend everything is okay if it isn't. Often when we are honest about a struggle, we find others have had the same experience. If you are ever uncertain if how you feel is normal, talk to your OB/GYN, midwife, PCP or child's pediatrician.

8 fun things to do with a newborn

Sing songs
Your baby won't care if you can hold a tune! So sing them nursery rhymes and lullabies.

Talk to them
They'll be able to recognise your voice when they're 1 week old.

Go for a walk
Wrap them up warm. The fresh air will do you both some good.

Try skin to skin
It will help you bond.

Show black & white pictures
They'll interest your baby and help their vision.

Read books
They'll love listening to your voice.

Take cute photos
You can never take too many!

Start tummy time
Different holds and positions will get them used to being on their front.

Watch out for signs of overstimulation

Parenting Differences in Discipline

Parenting a child is hard. If you have a co-parent, it can be even harder [when you don't agree on how to parent your child](#). This is a situation most co-parents face at one time or another. While you may never fully agree on each other's strategies, you can find a way to get on the same page. It can help to have conversations about what methods of discipline you support before your child needs it. Waiting until your child sneaks out for the

night is not the time to determine consequences. Emotions will be high in the moment and knowing ahead of time what your plan is can help.

[Presenting a united front](#) is key to parenting peacefully with your partner. If you find yourself in a situation where you don't agree, try to step away from your child and have a conversation about what you each want to happen. Find a way to either compromise or determine who feels more strongly and why. If your partner feels very strongly and you don't, that is a good opportunity to give them your support. You should be clear that you will expect the same support when things are reversed. When parents disagree about discipline in front of their children, it can cause anxiety and a sense that the rules aren't clear. If you find yourself getting heated in the moment, [have a code word](#) to stop the conversation. This will keep you united in front of your child and give you a chance to take a breath and regroup. For more tips, click [here](#). If you absolutely cannot agree on disciplining your child, it can be helpful to speak to your pediatrician for recommendations based on research or a therapist for communication help.

Disordered Eating in Athletes

Winter sports are in full swing and spring sports are fast approaching. Sports can be an excellent way for youth to meet friends, learn discipline, get regular exercise, and learn valuable leadership skills. However, there are also negative things to be aware of in young athletes. [Disordered eating can be very prevalent in young athletes](#). Disordered eating can be thought of as an unhealthy obsession with food, weight, and how a person looks. Eating disorders often affect girls at a higher rate, however boys can also be affected by eating disorders. Disordered eating tends to be higher in sports that place a greater focus on body image, such as gymnastics, wrestling, and swimming.

There are many ways parents can help if they notice disordered eating in their young athlete. Some things include encouraging young athletes to find healthy ways to improve their performance, like strength and mental attitude, making sure the coach is a positive influence and not making comments regarding weight, and keeping a watch on influence from other teammates. [This podcast](#) features a runner from Michigan State University who discusses disordered eating in athletes. [The Eating Disorder Helpline](#) can also assist with concerns surrounding disordered eating of any kind.

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.