



Parent Connection



HENRY FORD DEPARTMENT OF PEDIATRICS

February 9, 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.

Celebrating Black History Month

Every year during the month of February, a celebration is held honoring African American history and achievements. This is known as Black History Month. This [celebration occurs in the month of February](#) to coincide with the birthdays of Fredrick Douglas, an abolitionist who escaped from slavery, and President Abraham Lincoln, who formally ended slavery. [Black History Month](#) was originally known as “Negro History Week” and was started by Carter G. Woodson in 1926 during the second week of February. In 1976, Gerald Ford, extended the celebration to the entire month of February. There are [many ways we can celebrate](#) Black History Month as a whole family. Reading [books](#) by African American authors, watching [movies](#) highlighting Black history, or attending a Black History Month [event in your community](#) are all ways we can further educate ourselves. There are also many [craft projects](#) that can teach younger children the importance of Black history and culture.

Catching Kids Doing Something Good

As parents, it can be very easy to focus on correcting the behavior of your kids. We can spend all day focusing on what they shouldn’t touch, say or do. To improve behavior though, one of the best things you can do is [catch them doing something right](#). This is also known as [positive reinforcement](#). While telling a child anything positive can be helpful, [focusing on specific actions and behaviors](#) can show them you are paying attention, that what they do matters, and help encourage behaviors you’d like to see more often.

If you find it difficult to move out of generic praise, such as, “You are so smart” try one of the prompts below to help you get started:

- **You have really improved . . .** *(It will encourage them to keep growing)*
- **I love the way you . . .** *(It will encourage them to celebrate their uniqueness)*
- **I noticed how you . . .** *(It will encourage them to demonstrate character)*
- **Thank you for . . .** *(It will encourage them to express gratitude)*
- **I can tell how hard you worked . . .** *(It will encourage them to develop responsibility)*

Your child will love hearing all the good things you notice about them and will likely increase those behaviors they see you noticing.

One-Pot Healthy Meals

One of the most challenging tasks of daily parenthood is dinner. What are we going to eat? Who is going to make it? When will it be done? Will everyone eat it? While we can’t answer all of those questions for you, one thing we can provide is one of our favorite ways to prepare dinner: [one-pot meals](#). These simple [kid-friendly recipes](#) allow you to toss everything into one pot (or dish) and let everything cook together while

you focus on something else. Most of the [recipes](#) are simple and require little prep and limited cleanup. On busy nights, [one-pot meals](#) are a great way to get everyone fed without stress.

Ear Infections and Tubes

Ear infections can be a common part of childhood. For most children, [ear pain and infections](#) are a minor illness that clear on their own or sometimes need antibiotics. However, frequent [fluid in ears](#) can cause problems with hearing and developmental delays. If you have concerns about repeat infections or other delays, please talk with your child's doctor. [Ear tubes](#) are the standard treatment for chronic fluid in the ears. Tubes will not prevent ear infections, but they can decrease the severity. As with any procedure, it is important to weigh the [risks against the benefits](#). The idea of putting a child through a surgical procedure can be scary, but the process is simple and fast. Recovery time is also very fast.

One parent shared her experiences when her son got tubes at 16 months. "The procedure was very fast, and all my son needed was a good nap to shake off the anesthesia. After that he was back to his normal self and much happier. His hearing and balance were affected by the fluid and after the tubes were placed, he quickly caught up on his delays. My son has had a couple of ear infections in the two years since surgery, but they were less severe." If you think ear tubes might be a solution for your child, be sure to talk to your pediatrician.

Potty Training Tips and Tricks

Deciding which, if any, potty training method to explore can be difficult. Some parents and caregivers fully support their child's decision to begin using the toilet whenever the child expresses interest. Others will accept all of the [tips and tricks](#) available to help their child ditch the diapers for good. Forcing a child to start using the potty before they are ready can be more frustrating than helpful for both you and your child. If you're trying to decide [if your child is ready](#) to explore potty training, take a look at [these questions from other parents](#). There are also [books for both toddlers and parents](#) to help support you along the journey. Whichever method you decide is best for your family, it's important to remember that each child will develop and progress at their own pace.

Ways to Spread Kindness

2021 is in full swing and the importance of kindness has become even more apparent. Kindness is defined as the quality of being friendly, generous, and considerate. [Kindness can come](#) in many forms, whether it is smiling at a stranger, paying it forward, or posting [a kind comment on social media](#), to name a very small few. There are many ways that we can spread kindness throughout the year, but especially on [Random Acts of Kindness Day](#), which is February 17th. This day is dedicated to spreading a little extra kindness among friends, family, and our community. Don't stop with one day, try to add a little extra kindness every day!



Supporting Intersex Children

Intersex is a general term used to describe a person born with a reproductive anatomy that does not fit the typical definition of male or female. According to [InterACT: Advocates for Intersex Youth](#), about 1.7% of babies are born intersex. While some differences are not present at birth, they may become noticeable later in life, particularly during puberty. If you have [an intersex child](#) or are interested in learning how to become an advocate, visit [Intersex Advocates](#) for resources and information.

InterACT PRESENTS...

WHAT IS INTERSEX?

IS IT A PART OF THE LGBT ACRONYM?

IS IT PEOPLE WITH BOTH MALE AND FEMALE PARTS?

IS IT WHEN PEOPLE HAVE SEX INTERNATIONALLY?

Intersex people are born with any combination of sex characteristics that do not fit the "typical" idea of a male or female body. This could include variations in hormones, internal anatomy, genitals, and chromosomes.

0.05% TO 1.70% of the population is born with an intersex trait. The upper number makes being born intersex as common as being born a redhead!

Intersex = hermaphrodite?

The word *hermaphrodite* is outdated and is usually considered offensive. (Though some intersex groups have reclaimed it.)

Hermaphrodite usually means having complete reproductive organs of two sexes, and even if some intersex people are born with ambiguous genitalia, very few have both ovarian and testicular tissue.

True hermaphroditism is only common in invertebrates. There are 65,000 species in the animal kingdom that function as true hermaphrodites!

Avoid COVID-19 Vaccine Scams

As demand for COVID-19 vaccine continues to outpace the supply, scammers are preying on unsuspecting people who are eager to receive protection against COVID-19. Top federal agencies including the FBI, FDA and the Federal Trade Commission, have issued warnings to consumers to be on the lookout for COVID-19 vaccine scams aimed at stealing personal and financial information. Protect yourself by knowing some of the [warning signs](#) of a scam.

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 or to unsubscribe.