



Where Kids Come Home!

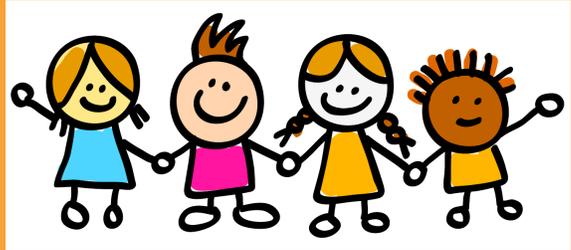


AUGUST 2017

VIVA NEWSLETTER

As August comes to an end, we hope you all enjoyed summer, were able to do something fun as a family, and most of all stayed cool in the Texas summer heat.

VIVA sends warm wishes those who are back in school for a fun and successful year!



Getting Healthy With Giggles

- "It takes a Village."
- "One cannot survive without community."
- "Teamwork makes the dream work."
- "Mommin' and Daddin' ain't easy. "

Most of us have heard the phrases above, but what do they mean to you? To Giggles, these words of wisdom are the backbone of parenting. Raising a child is a blessing. A blessing that does not come without hard work, a few or many sleepless nights, second guessing ourselves, some tears and some laughter, and there is no "one size fits all" owner's guide. As a parent, it's important to your health to have a tribe, a shoulder to lean on, a sounding board, or all wrapped up in one word: SUPPORT. Whether your support comes from your family, friends, co-workers, fellow parents, support groups, a Facebook group, your child's team of physicians, Giggles says, "Great job building your support net! High five to you!!" For parents and caregivers of medically fragile kids a support net can be so important, it can even be said to be a life saver. Having someone that has experienced the things you are experiencing, and sharing information can be a breath of fresh air, a sigh of relief, and can save time when you don't have a lot to spread around. Giggles has listed some groups below that might just be helpful for you and your tribe.

- <http://www.mommiesofmiracles.com/>
- <http://www.journeyfest.org/>
- <http://www.feedingtubeawareness.org/>
- <http://urourhope.org/>
- <http://handtohold.org/>



Jennifer Ward, BSN, RN
Intake Nurse Coordinator

NEWS & EVENTS

September 16, 2017 830-330pm
Sharing Wisdom Achievements and Possibilities (SWAP) Symposium @
Cook Children's Fort Worth
Link to Registration:
<https://yourchildrentheirfuture.eventbrite.com/>

Friday NITE Friends
Provides respite care for families with medical and special needs on Friday nights. With medical rooms, special care rooms and sibling care too, Friday NITE Friends provides care on Friday nights in Plano from 6-10pm.
<http://www.fridaynitefriends.org/respite/>

North Austin Special Needs Parents
This group meets up several times throughout the month for support and fun!
Click the link to join and see event dates
<https://www.meetup.com/North-Austin-Special-Needs-Parents/>



We all knew this day would come again, with mixed emotions all around. For the parents it is liberation from responsibilities of finding activities for our kids, babysitters, summer camps, and busy work. For our kids,

it is the end of sleeping all morning, swimming in local pools, sleepovers, camps, running wild, ...and well you know the rest.

Summer of Lasting Memories -If you were fortunate, you and your kids had so many great times together, you could never list them all. Even a few wonderful events stay with us seemingly forever. My two-year old grandson learned to play fetch with our puppy. What a joy that was to watch. Hopefully, there were ample parties, swimming events, some travel, and uncontrolled laughter.

Returning to a Structured Routine - Getting our young ones back on their regular sleep schedule for school will be made simpler if you start getting them up at the time (or close) you will need them to wake when school starts. And conversely, have them go to bed sooner to install that habit again. You may be in that 10% of parents that insist on keeping the school schedule throughout the summer months. If so, you deserve a medal!

Pushing Beyond their Normal - Along with graduating up a grade level, our children should also be given new responsibilities. This is an outward sign of our growing trust and essential in their maturation process. It's hard to say how many times we've heard, "Stop treating me like a child" and the standard response, "Stop acting like a child." Without an increase of these, our kids will not grow and act as they always have.

Purchasing Supplies - Allowing our children to shop for school supplies and even new school clothes is an excellent way they can learn to budget and not overspend. Because we, as parents, know how much items cost, we can guide them through the process without unnecessary stress. Our daughter once wanted new "designer jeans" so much, but when faced with her limited budget, she bought two pairs of regular jeans along with some other things she wanted.

Setting Them Up to Succeed -Unlike our kids, we can see the "end game", or goal for the school year. We know that if we ensure they have the best materials, tutoring, or medical attention throughout the coming year, their opportunities to succeed will be much greater. However, there is one intangible that is more important than any of these.

Support - It costs nothing, but is the most important element to success. There are countless opportunities during a school semester to prove our love and support. Open house, art displays, "Meet the Teacher", and concerts open doors for that affection. It's more than the cursory "how was your day?" that brings the standard, "fine" response. Too many parents use the "go to your room and finish your homework" as a way to force their kids away. They don't need more isolation to develop, they need caring attention right up until they fall asleep.

**TERRY WHITE -
CONTRACTS & ACCOUNTS PAYABLE COORDINATOR**



We Appreciate You

Just for Giggles

Q: Why was the broom late for school???

A: Because it SWEPT too late



VIVA Pediatrics is proud to provide therapy services

Including: Speech Therapy , Vital Stim,

Occupational Therapy & Physical Therapy

Give us a call at 469-341-7772

Ask for Shanequa or Amanda

#therapyiscool

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