



## — Back to School Jitters! —

Many of us have been there and can relate. It's the first day of school and anxiety kicks in, unless your child is one of the lucky ones that actually thrives in the unknown. There are always your social butterflies who seem to have no worries in the world! Not only do I have a child that suffers from back to school anxiety, but I clearly remember my own worries and mixed feelings every year as I returned for a new school year.

Back to school anxiety is very real and something that we, as parents, have the power to make a difference in our children's ability to cope. Not only can we help them feel at ease, but we can help them learn skills to cope with anxiety throughout the whole school year. We all know school years may not be easy, so why not be proactive and give them the tools to not just get through school, but also to enjoy it.

My son, like many others, suffers from back to school jitters. I clearly remember his first day of kindergarten. I remember him tapping his little feet nervously as he sat alone at the front of the school waiting for the bell to ring. I drove off that day watching him through my rearview mirror, feeling his nervousness and wishing I could be there by his side. Even today, at 11 years old, he still goes through those feelings of anxiety although perhaps in different ways. I know he's excited to go to back to school, but there's always the "unknown" that gets to him.

First thing's first - What causes our child's anxiety? Not knowing what to expect: Who will my teacher be? Will he/she be nice? Will I fit in? Will any of my friends be in my class? Who will I sit with at lunch? What if I miss the bus? Will my clothes look ok? Will I have to worry about bullies? What if classes are too hard?

These are just some examples of legitimate worries our children may have. So, the question is, how do we help them overcome these worries?

First - Control your own anxiety about their first day of school! Get organized and plan ahead. Check out the drop off process and location in advance. Start the school routine early. Learn breathing techniques to control stress and teach them to your child.

Second - Remain positive! Go shopping together. Buy his/her favorite snacks for lunch, new school clothes, new cool back pack, etc.

Third - Help him/her become familiar with the school and new routine. Prior to the first day: Visit the school, check out the bus stop, meet the teachers (let the teachers know of your child's likes and dislikes, quirks, best way to communicate), setup play dates with classmates, etc.

Once school starts - Make sure everyone gets enough sleep and a healthy diet. Also give your child a chance to unwind after school. Most importantly, communicate! Ask your child to tell you about their day. That is one of the best ways to find out what your child is feeling and how you can help!

Don't let back to school jitters take away from the amazing experience your child can have. As he/she matures, the worries will change and so will the way of coping with anxiety. As parents, we can help by being proactive, communicating often and providing our children with all the support we can give them.

*Happy first day of school!*

- Mey-ling Cortiñas

### News & Events

• **3C's Caring Hands Back to School Family Event**

Bringing awareness to special needs individuals  
Saturday August 28  
Senter Park -228 Chamberlain St  
Irving, TX 75060 - 2 pm - 4 pm

• **Rays of Light Night Lights**

Giving parents of special needs children 4 parent night out hours. 1st, 2nd and 3rd Friday of every month - 6:00 to 10:00 p.m. at Lovers Lane United Methodist Church, at White Rock United Methodist on the 1st Friday, and at Christ Foundry United Methodist Mission on the 3rd Friday for Spanish - speaking families.  
[www.raysoflightdallas.org/programs](http://www.raysoflightdallas.org/programs)

• **JumpStreet Special Needs Hours**

First Saturday of every month from 9:00 a.m. - 11:00 a.m. The first hour (9:00am-10:00am) is exclusive to children with special needs and their families only, the second hour is open to the public. To find a location near you click link below:  
[www.gotjump.com/](http://www.gotjump.com/)

• **Alamo for All Sensory Friendly Showings**

All shows starting before 2 pm on Tuesdays follow Alamo for All rules, with more shows on the weekends. Click link below for showings.  
<https://drafthouse.com/program/alamo-for-all>

## Resources

### • **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: [www.vivaped.com/resources](http://www.vivaped.com/resources)

For current events visit us on Facebook. [www.facebook.com/VIVAPeds](http://www.facebook.com/VIVAPeds)

### • **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! [www.carestarter.co/connectionsapp](http://www.carestarter.co/connectionsapp)



### • **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at [www.theparkerleeproject.org](http://www.theparkerleeproject.org)

### • **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: [www.facebook.com/ProtectTXFragileKids](http://www.facebook.com/ProtectTXFragileKids)  
For more info visit: [www.protecttxfragilekids.org](http://www.protecttxfragilekids.org)

### • **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. [www.dfwchild.com/thrive/directory](http://www.dfwchild.com/thrive/directory)

### • **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



## Get Healthy with Giggles

### End of Summer Stress Relief

As summer draws to an end and the thought of school schedules and extracurricular activities start to crowd a parent's brain, summons the increased stress levels. Most of our VIVA Pediatrics' families juggle children's care needs, doctors' and therapy appointments, medical supply lists, medications, and the list goes on. In the midst of the sweet chaos, Giggles wants to remind all parents to give yourself a break. Maybe managing an hour of down time is difficult for you... maybe it seems impossible. That's okay, each household is different. Try your best to squeeze in five minutes of stillness, deep breathing, or just closing your eyes to relax. Stress is so rampant in our society it should be a four letter word. Stress levels can be even higher in homes of medically fragile children. Parents, we see you, and we know how hard you work and love your children. Giggles wants to remind you to love yourself too. This might mean waking up a few minutes early, going to bed a few minutes late, or just practicing quiet time with your own family. A sense of renewal, grounding and clearing your head is good for all. Practicing down time, or whatever your family calls it, can clear the air, bring stress levels down and create some balance in our racing lives.

- Jennifer Ward, BSN, RN

## Food for Thought



### LUNCHBOX PB&J APPLES

#### Ingredients

- 2 apples
- 1/4 c. peanut butter
- 1/4 c. jelly

#### Directions:

Slice apples into 1/4" rounds.  
Use a small cookie cutter to cut the core from the center of each slice.  
Spread peanut butter on jelly on half of the slices then cover with the remaining halves.  
Serve immediately.

*Enjoy!*

<https://thefoodiephysician.com/dining-with-doc-my-two-favorite-snack/>

Why is the bubble scared of school?



Because there's too many pop quizzes!



Just for Giggles!