



## — Disconnect and Smell the Coffee —

Technology has taken over our household! Has it taken over yours? Nowadays between tablets, phones, computers and tv, it seems like family time has become screen time. Work and play now intermingle as technology has made its way into almost every aspect of our daily routines. Just think about how many times a day you use technology. Make it a point to count the number of devices you use throughout your day and how much time you spend on each. Our technological devices have become babysitters for our children, have converted our regular work hours into “after hours”, and have turned some of us into zombies. We can become so engrossed in our devices, that we forget to stop and enjoy what’s in front of us. The question to ask yourself is: How is technology affecting my family?

Do you wake up every morning and the first thing you do is check your phone, emails, texts, and/or how many likes you got on Facebook? How many times have you found yourself or someone else in your household using phones or tablets at the dinner table or even while watching tv? Are you constantly reminding your children to get off their devices? Do you find yourself thinking your phone is ringing or vibrating even when it’s not? There is actually a term for that - phantom vibration syndrome! It is easy to obsess over technology, so it’s important to be aware of the effects that it has on our daily life.

Use technology responsibly and teach your children to do the same. Technology should not be replacing actual physical interaction with our loved ones. We are responsible for making sure that we maintain a healthy and

safe environment as well as set an example for others. I got a rude awakening the other day when my five-year-old daughter made a drawing of mommy holding a phone! Guilt driven, now I find myself hiding my phone whenever I hear her coming! I do wish she would react the same way whenever I tell her tv time is over. All I get is a full-on tantrum! That should be a good sign that technology has taken over!

Many of us wake up to our devices and go to bed with our devices. They can easily become an obsession especially when there is so much you can do with them! You have access to so much information at the palm of your hands, so it’s hard to let go.

Make it a point to disconnect once in a while. Turn off technology at least an hour before bed time. Rather than leaving your phone charging by your bedside, charge it in the kitchen. Do not use your phone as your alarm clock. Set rules for safe handling and access to technology. Make sure to place parental controls if you allow your children to surf the internet. Limit family screen time. Set days and times when children can watch tv or play on their tablet. Make it fun! Challenge everyone in your household to see how long they make it without their device!

Find ways to do things together as a family that don’t involve a screen. Once you disconnect, don’t be surprised when you find yourself having a wonderful conversation with your family. Don’t let technology take over!

- Mey-ling Cortiñas

## News & Events

• **VIVA is celebrating its 10 year VIVAversary!** Attention all VIVA families and employees: You will be receiving an invitation to our 10 year VIVAversary family picnic which will take place on Saturday, October 13 from 3:00 to 5:00 p.m. 3400 Waterview Pkwy. Richardson, TX 75080. We will have Kona Ice, train rides, petting zoo, great food and much more!

• **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>

• **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.raysflightdallas.org/programs](http://www.raysflightdallas.org/programs)

## 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

### Don't Share the Germs!

Summer break is over and many of us have returned to school, or have siblings who have returned to school. With the start of school comes seeing old friends and making new ones, and sharing germs. It's inevitable that through sharing germs, we might also bring home a fever, a cough, a cold, etc. This is no fun for anyone and is especially not fun for our kids with fragile respiratory and immune systems. So how do we stop the spread of germs? WASH YOUR HANDS.

Good hand hygiene is the best way to protect ourselves and our loved ones from getting sick. Washing your hands in warm water for at least 20 seconds with soap washes millions of germs down the sink. In order to get rid of the most germs be sure to wash the front and back of your hands along with in between your fingers, under your nails and all the way up to your wrist. Now if you have sneezed into your arm, be sure to scrub that too. After a good 20-30 seconds of washing your hands with warm water and soap, rinse your hands starting at your arms, down to your wrist, then your hands and fingers. Last but not least pat dry with a clean paper towel.

Giggles wishes you all an excellent, germ free month. We can't wait to see you all at our 10 year VIVA-versary.

- Jennifer Ward, BSN, RN

## Food for Thought



### CANDY CORN PARFAIT

#### Ingredients

- 1/2 cup pineapple chunks
- 1/2 cup orange slices, cut into chunks
- 1/4 cup unsweetened yogurt
- 1 tbs raw honey
- 1/2 tsp vanilla extract

#### Directions:

In a clear glass tumbler, layer the pineapple chunks and then the orange chunks. Mix the yogurt, vanilla extract and honey thoroughly together. Spoon the yogurt mixture on top of the fruit.

*Enjoy!*

What do you call a bear with no teeth?



A gummy bear!



Just for Giggles!