



## Never Too Early to Plan for Summer Break

The school year is coming to an end and it's time to make plans for the summer! Many of us are starting to look for events and activities to keep our little ones busy during the summer break. There is so much to choose from depending on the needs and likes of both parents and children. Between vacations (or staycations), summer camps, day care, tutoring and many other options it can get overwhelming. Planning for the summer is no easy task so plan ahead!

You may want to start by asking yourself what your goal is for the summer. For example: Working parents may just want to find child care options. Some may want options such as tutoring or educational camps in order to avoid their children falling behind academically during the long break. Most importantly, most parents want to make sure they keep their child mentally and physically involved. Summer activities may help children to build their social skills, stay active, and advance academically among many other benefits. By choosing the right activities parents can help their child with both their short-term and long-term development.

All this said, it is not an easy task to find the right place and activities for the summer break. Logistics, budget and schedules tend to be hard to coordinate. That is why finding the right resources and planning ahead is so important.

A good way to find out about summer activities in your area is by asking other parents at your child's school as well as friends and family with school aged children. Not only may they have first-hand experience and can give you suggestions,

but you may also be able to coordinate having your children attend the same activities, therefore having them go with someone they already know. Below are also a few resources to get you started if you're looking for summer activities in the DFW or Austin area.

### DFW

<https://dfwchild.com/camps/?category=summer-camps&subcategory=all-camps>

<https://dallas.citymomsblog.com/summer-camp-guide-for-dallas-families/>

<https://www.eventbrite.com/e/free-dallas-youth-summer-fair-expo-tickets-55314552315>

### Austin

<https://austin.citymomsblog.com/camp-guide/>

<https://www.austinchronicle.com/events/summer-camps/>

<https://austin.kidsoutandabout.com/content/guide-summer-camps-austin-tx-area>

We can all make summer break planning fun and less stressful by starting early. Many summer camps and events are already open for enrollment or registration, so why wait until the last minute? Planning will help you find the activities that best fit your budget and, most importantly, those that are best for your child. Just make sure to involve your child in the planning and make it a fun and exciting experience!

- Mey-ling Cortinas

## News & Events

### • 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/)

### • 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)

### • AMC Sensory Friendly Nights

Sensory Friendly Film program is available on the second and fourth Saturday (family-friendly) and Tuesday evenings (mature audiences) of every month. Please check your local theatre listings for specific show-times. [www.amctheatres.com/programs/sensory-friendly-films](http://www.amctheatres.com/programs/sensory-friendly-films)

## 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.vivapedcs.com/resources](http://www.vivapedcs.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

### How to Stay Healthy This Flu Season

Unfortunately flu season and flu germs are still running rampant in Texas. Giggles knows that a case of the flu can quickly send some kids and adults into the hospital. It is up to us as parents, friends, and caregivers to teach ourselves and our children the most sanitary preventive measures.

Giggles Good Tips: How to stay healthy this flu season

- Wash your hands often with soap and water. Scrub the front and back of your hands for at least 20 seconds, and work up a good lather to get clean hands. Good hand hygiene is key to avoiding getting sick. If soap and water is not available use an alcohol based hand sanitizer.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands to prevent the spread of germs.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

Giggles wishes you and yours a flu free season. Happy hand washing!

- Jennifer Ward, BSN, RN

## Food for Thought



### Delicious Gluten Free Chocolate Chip Cookies

#### Ingredients

- 3/4 cup butter, softened
- 1 1/4 cups packed brown sugar
- 1/4 cup white sugar
- 1 teaspoon gluten-free vanilla extract
- 2 eggs (or 1/4 cup egg substitute)
- 2 1/4 cups gluten-free baking mix
- 1 teaspoon baking soda
- 1 teaspoon baking powder 1 teaspoon salt 1
- 2 ounces semisweet chocolate chips

#### Directions:

Preheat oven to 375 degrees F ( 190 degrees C).

Prepare a greased baking sheet.

In a medium bowl, cream butter and sugar.

Gradually add replacer eggs and vanilla while mixing.

Sift together gluten- free flour mix, baking soda, baking powder, and salt.

Stir into the butter mixture until blended.

Finally, stir in the chocolate chips.

Using a teaspoon, drop cookies 2 inches apart on prepared baking sheet.

Bake in preheated oven for 6 to 8 minutes or until light brown.

Let cookies cool on baking sheet for 2 minutes before removing to wire racks.

Enjoy!

## How do you get a squirrel to like you?



Act like a nut!



Just for Giggles!