



Time Off for Moms

Motherhood by far is one of the most challenging but rewarding full time jobs! Mother's Day is a great time for all mothers to be mindful of everything they do and are capable of. It's ok to be proud of everything you have accomplished. Revel in the extra love and recognition you get on this special day. All moms could use a little time off from every day chaos and responsibilities, so don't be afraid to let your family know what would make your Mother's Day (and every day of the year) a very special one. Number one on my list? - Time off and a little R&R please!

Moms can be great at cooking, cleaning, doing laundry, helping with homework, fixing owies, busing children to and from activities and Dr. appointments, working regular jobs, and the list goes on and on. But one thing moms tend to not be good at is taking time for themselves, relaxing and doing things that they enjoy. It's ok to ask for a break! We can't give our best if we ourselves don't feel our best. Know that you're not being selfish by making yourself a priority.

Many mothers ignore their own needs and don't realize this may eventually cause frustration and resentment. Doing everything and anything can have great repercussions. Remember, when you are offered help, it's ok to say "yes". If no one offers to help, ask! Don't take it for granted that everyone knows how much you do. Following are some tips to help you get that time off and R&R that could benefit you and everyone around you:

Delegate Chores

Take a moment to write down your daily schedule and all the chores you take care of. Go over your list with your family and give them the opportunity to help. Maybe decide on a specific day or days to do laundry and/or other chores

and have everyone help. See what chores can be delegated to your child and/or better half. If you have very young children, you can find small chores that they can help with. Make sure to let them know how much you appreciate it and that every little bit of help counts!

Carpool

Make it a point to meet other parents that have their children in the same activities as your own. Ask about carpooling. You'd be surprised to find out how many parents would love to take turns busing the kids around but simply don't take the time to ask or feel awkward asking. Yes, some of us are a bit shy!

Enjoy some "Alone Time"

As my husband lovingly puts it, we all need "alone time" once in a while. Let others know it doesn't mean you don't want to spend time with them, it just means we all need time to be mindful of our own needs and thoughts. It's ok to ask for time to yourself to do whatever it is that helps you relax. Try yoga, meditation, reading a good book, listening to music, getting a pedicure, catching up on your favorite show or simply taking a nap! Take turns taking "alone time" - we all need it! Yes, even super moms!

Moms are amazing human beings, and many of us are blessed to have children and/or partners that want to help. We are not in it alone. You just need to reach out and ask for help. You will be more likely to enjoy your family and they will be thankful for having a happy and rested mom.

"If evolution really works, how come mothers only have two hands?" - Milton Berle

Happy Mother's Day!

- Mey-ling Cortinas

News & Events

Happy National Nurses Week to all of our wonderful nurses!
Thank you for all that you do!
May 6-12

• **Happy Mother's Day!** We wish all of the wonderful moms out there an amazing day! Thank you for all that you do!

• May is Better Hearing and Speech Month

Visit www.asha.org/bhsm/ for a list of resources to help celebrate all month long

• Love for Kids 24th Annual All Kids Count Resource Fair and Picnic

May 11 at Circle R Ranch
5901 Cross Timbers Rd,
Flower Mound, TX
www.loveforkidsinc.org

• Red Balloon Run and Ride

May 11 at Children's Medical Center
7601 Preston Rd., Plano, TX
www.redballoonevent.org/site/TR?fr_id=1210&pg=entry

• VELA Autism Couse for Parents

May 9 - 9:30 a.m. - 12 p.m.
4900 Gonzales St. Rm 108
Austin, TX
Join VELA for courses on Autism, Special Education, and Self Care for parents of children with special needs. Courses provide support, information, education and skills building so that parents can continue to care for their children and families. Free to attend!
CONTACT: Imelda Rodriguez - 5128508281

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

For current events visit us on Facebook. 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



• **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

• **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
For more info visit: 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

• **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

Better Hearing and Speech Month

May is Better Hearing and Speech Month. We are fortunate at VIVA Pediatrics to have 9 Speech Language Pathologist on staff to service your Speech Therapy Home Health needs. Many of our families receive ST from one of these caring SLP's. For those who might be wondering if Speech Therapy and/or Feeding Therapy would be beneficial to your child, we have the following graphic from the American Speech Language Hearing Association that we think will be helpful to you. If you identify any of the following signs we urge you to contact your child's pediatrician for an evaluation. If Speech Therapy is indicated simply give our office a call at 469-341-7772 or email intake@vivaped.com and we will get the process started.

Identify the Signs of Communication Disorders

The signs of speech, language, and hearing disorders in children aren't always obvious. **Learn the signs— and seek help early** if you have any concerns:

Signs of a Language Disorder

- Does not smile or interact with others (birth and older)
- Does not babble (4-7 months)
- Makes only a few sounds or gestures, like pointing (7-12 months)
- Does not understand what others say (7 months-2 years)
- Says only a few words (12-18 months)
- Words are not easily understood (18 months-2 years)
- Does not put words together to make sentences (1.5-3 years)
- Has trouble playing and talking with other children (2-3 years)

Signs of a Speech Disorder

- Says p, b, m, h, and w incorrectly in words (1-2 years)
- Says k, g, f, t, d, and n incorrectly in words (2-3 years)
- Produces speech that is unclear, even to familiar people (2-3 years)
- Repeats first sounds of words—"b-b-b-ball" for "ball"
- Speech breaks while trying to say a word—"—boy" for "boy"
- Stretches sounds out—"fffff-farm" for "farm"
- Shows frustration when trying to get words out

Signs of Hearing Loss

- Shows a lack of attention to sounds (birth-1 year)
- Does not respond when you call his/her name (7 months-1 year)
- Does not follow simple directions (1-2 years)
- Shows delays in speech and language development (birth-3 years)
- Pulls or scratches at his/her ears
- Has difficulty achieving academically, especially in reading and math
- Is socially isolated and unhappy at school

Food for Thought



Easy and Delicious Mango Salsa

Ingredients

- 1 mango - peeled, seeded, and chopped
- 1/4 cup finely chopped red bell pepper
- 1/4 cup red onion finely chopped
- 2 Tbsps. chopped cilantro
- 1 fresh jalapeno finely chopped (optional)
- 2 Tbsps. lime juice
- 1 Tbsp. lemon juice

Directions:

- In a medium bowl, mix mango, red bell pepper, red onion, cilantro, jalapeno, lime juice, and lemon juice. Cover, and allow to sit at least 30 minutes before serving.

Serve with your favorite tortilla chips and enjoy!

What was the first animal in space?



The cow that jumped over the moon!



Just for Giggles!