



## Raising Environmentally Conscious Children

Every day we are reminded of the effects that we have on our environment, on this planet we call home. The earth has sustained every living thing on it for millions of years and it is our responsibility to protect it. What will be left of earth for future generations if we don't instill the value of environmental consciousness? What example are we setting for our children? We can all contribute to the protection of our environment by teaching children and those around us how to live a sustainable life.

Below are several environmental facts and green tips you may want to share with your children and your community:

- 27,000 trees are cut down each day so that we can have toilet paper. Rainforests are cut down at a rate of 100 acres per minute! An estimated 50,000 species inhabiting our tropical forests become extinct annually.
  - Try to consume less paper products. i.e. Use cloth towels instead of paper, use reusable plates and straws instead.
  - If you do use paper products, recycle and opt for recycled products as much as possible.
  - Plant a tree.
- 80 trillion aluminum cans are used every year.
  - Aluminum cans can be recycled continuously so make sure and recycle them!
- About 8 million tons of plastic waste ends up in the ocean every year. They can kill as many as 1 million creatures annually. A plastic bottle can take over 450 years to break down!
  - Give up plastics or try not to use so many plastic materials. Opt for reusable plates, cups, straws, silverware, shopping/grocery bags, bottle waters, etc.

- A glass bottle can take more than 4,000 years to decompose.
  - Recycle glass materials.
- Only 1% of our planet's water supply can be used. 97% is ocean water and 2% is frozen (but may not be for long).
  - Limit your water usage. i.e. Limit your water usage. Turn off the faucet while brushing your teeth, take shorter showers, take care of leaky faucets, etc.
- A lot of our energy comes from fossil fuels which contribute to climate change.
  - Conserve energy. i.e. Switch to LEDs – they can last 25,000 hours compared to 1,000 hours that CFLs and incandescent bulbs may last. Make your home energy efficient. Turn off the lights when you don't need them.
- Today large-scale food production accounts for as much as 25% of greenhouse emissions.
  - Eat sustainable foods. Choose foods from farmers that help conserve natural resources.
- Every year, the United States generates approximately 230 million tons of "trash". Less than one-quarter of it is recycled.
  - Limit waste. Before you throw something away think about ways it can be reused/recycled. You can also reduce waste by reducing the amount of things you buy.

Caring for the earth is an important value to share with our children. Be a model citizen and help them learn to live a sustainable, environmentally friendly life. Remember that every little bit counts!

- Mey-ling Cortinas

\*[www.theworldcounts.com/stories/amazing\\_environmental\\_facts](http://www.theworldcounts.com/stories/amazing_environmental_facts)

## News & Events

### • 10th Annual Forum on Children and Families

Friday, November 1st, 2019 at The University of Texas at Dallas 9:00 a.m. to 3:30 p.m.

A Communication Foundation: Building Blocks for Lifelong Literacy understanding children's verb learning, the study of language in everyday events in children's successful language learning, the critical importance of parent-child "conversational duets," and the role of early social interactions in learning language.

For more information and to register click the following link:

<https://ccf.utdallas.edu/programs-resources/annual-forum/2019-forum>

### • Pumpkin Patches, Farms and Mazes coming soon this Fall!

For a great list of pumpkin patches and fall events in the DFW area visit <https://fortworth.citymomsblog.com/guide-to-fall-activities-fall-events-2019/>

### • 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.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](https://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

### Halloween Candy Craze

The candy-crazed season is finally here! Feeling a little frightened about your family's candy consumption? Here are some spooktacular tricks to help keep your loved ones away from stomach aches and dentist chairs this Halloween season.

Before the trick-or-treating festivities begin, plan to have a healthy family dinner that leaves everyone feeling nice and full. Children who have full stomachs are less likely to consume large quantities of candy during and after their candy collecting adventure.

Ditch the pillowcase! Choosing a smaller treat bag will reduce the amount of candy your child will bring back home. It would also be a great idea to encourage your child to only take one or two pieces of candy from each house. The less candy they grab, the more houses they would be able to visit.

Know that it's okay to be that house. There are plenty of other alternatives to passing out candy that households can take advantage of such as trail mix, squeezable yogurt pouches and sugar-free gum. If you do decide to pass out candy, refrain from buying candy bags that contain all of the family favorites so as to limit the temptation to eat some.

Once all the candy has been collected and properly looked through for any hazardous items, allow your child to set aside about one to two weeks' worth of candy so that they have enough to last until their excitement wears off. Instead of throwing out the excess candy, consider donating it to your local homeless shelter or children's hospital.

Have a healthy, safe Halloween!  
- Jordyn Ruiz

## Food for Thought



### Popcorn Pumpkins

#### Ingredients

- 5 cups popped popcorn
- 1 cup candy corn
- 1/2 cup butter or margarine
- 3 cups miniature marshmallows
- 4 drops red food coloring
- 3 drops yellow food coloring
- 4 sticks red or black licorice, cut into thirds

#### Directions

- Grease a muffin pan and set aside.
- Place popcorn and candy corn into a large bowl and set aside. Melt the butter in a large saucepan over medium heat. Stir in marshmallows, red and yellow food coloring, adjusting color if needed to get a nice shade of orange. When the marshmallows are completely melted, pour over the popcorn and stir to evenly distribute the candy, nuts and marshmallow.
- Use a greased spoon to fill the muffin cups. Insert a piece of licorice to act as the stem, and mold the popcorn around it. Let stand until firm, 10 to 15 minutes, and then pull the pumpkins out by their stems.

*Enjoy!*

Why are ghosts bad liars?



Because you can see right through them!



Just for Giggles!