



— Preparing for School During COVID-19 —

Back to school. At one time this phrase may have struck joy in your heart to think of your children returning to friends, teachers, and extra services offered by the school. Or you may have always been a little sad at the end of summer, relaxed schedules, and extra time with your children. In the current climate of 2020 and the COVID-19 pandemic, “back to school” brings many layers of the unknown and anxiety.

First, remember that no matter what decision you make for your child, it is the right one. That’s right! You are making the best decision for YOUR family! Congratulations! Other families may have different dynamics or needs that will inform them of a different but equally valid decision. Have grace with each other. We cannot expect all parents to make the same decision as your own family, but that is okay.

Whether you have chosen to send your children back to school or are choosing a virtual option, it is important to set up school routines about two weeks prior to school starting. The first item to tackle is wake up and bedtimes. If your child has had very little structure for their sleep schedule, it will take about two weeks to get back to normal. Move bedtime earlier by 15 minutes a day until your child is going to bed at their school year time. Once bedtime is back to normal, start them on their wake-up time by moving the time earlier by 15 minutes until they are awake with plenty of time to get ready in the morning.

The final few days before school starts it is helpful to get yourself and your children in the habit of not only waking on time but also being dressed, fed and ready to go (either out the door or ready to sign in online). Find a school friend family to do an early morning walk or park play to make sure everyone is able to get out on time without major consequences if you find you need more ready time.

If your child is doing virtual school, it will be helpful to ensure that you minimize their screen time after the school day is over. Plan some free play, sensory play, park play, or sports to keep your child from the constant screens. It will be a good idea to find out how much time on the computer will be required and what supplies you will be expected to provide at home.

If your child is going to school, there are options for face coverings such as face shields that make be great to offer children the opportunity to see facial expressions which is key for social and emotional development. Trust your teachers and school administration to make the best decisions and that they will keep the classroom clean.

In conclusion, remember that you have choices and that if one option doesn’t work, you will be able to change your mind and work with your school to try the other option. Decisions don’t have to be final in this ever-changing environment. You are making good decisions for today.

News & Events

- **Amaze Your Brain at Home with the Perot Museum**

Join the Perot Museum online as it shares fun ways to explore nature and science at home and in your backyard - all while using the most common household objects and supplies. Visit www.perotmuseum.org/programs-and-events/all-ages/amaze-your-brain-at-home/index.html

- **Bring the Dallas Zoo to You!**

From virtual visits and chats with staff, to showing what the animals are up to and posting activity ideas from their education and conservation teams, the Bring The ZooToYou Webseries has been created to engage, educate, inspire while they are temporarily closed due to COVID-19. Visit www.dallaszoo.com/bringth-zootoyou/

- **Enjoy a Drive-In Movie Around Austin or Dallas!**

Enjoy a night out with the kids while keeping a safe social distance from others at a family-friendly drive-in movie! Click on the links below to find a list of drive-in theatres in the area that are currently open with precautionary safety measures in place.

Austin area
<https://do512family.com/drive-in-movie-theaters-austin/>

Dallas area
www.dmagazine.com/arts-entertainment/2020/07/where-to-see-a-drive-in-movie-in-dallas/

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

Walk for Health

Walking is one of the easiest ways in the world to be physically active and your family can do it almost anywhere with just a comfortable pair of sneakers. Introducing walking as a daily exercise activity to your children is a smart investment because it creates good habits for a healthy life as an adult. It's fairly easy to get children interested in walking since they are naturally curious and love discovering new things.

Studies show that walking makes kids more sociable with others and it also makes them feel calmer and happier which can lead to improved concentration in school. Many teachers report that kids who walk to school are more alert and ready to learn than those who arrive by car.

Walking also promotes independence and freedom. Children are encouraged and excited to make decisions about which street to walk down or which park trail to explore for that day. Walking helps keep your kids healthy in mind and body and can lead to a boost in their self-esteem.

If your family leads a busy life, it can be tempting to just jump in the car and drive to your destination. However, it's easier than it seems to swap out a few of these car rides for a walk. About a third of all the journeys we undertake are less than a mile, which is about a 20 minute walk and the best part is that you won't have to search for a parking space when you arrive! As well as being one of the cheapest ways of getting around, walking is also one of the smartest forms of transportation for our planet. The only footprint you'll leave is your own. If we all swapped one car journey a week for walking, car traffic levels would reduce by at least 10%. Let's walk!

- Jordyn Ruiz

Food for Thought



Quick & Easy Lemon Bars

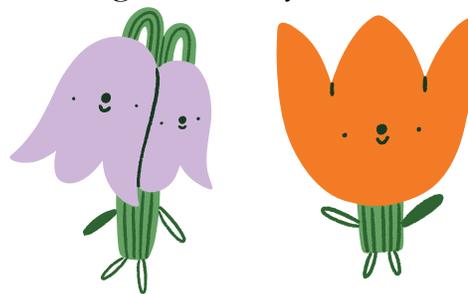
Ingredients

- 1 cup Butter, with salt
- 1/2 cup Sugars, granulated
- 2 cups Wheat flour, white, all-purpose, enriched, bleached
- 4 Eggs, whole, raw, fresh
- 1 1/2 cups Sugars, granulated
- 1/4 cup Wheat flour, white, all-purpose, enriched, bleached
- 2 Lemons, raw, with peel

Directions

- Preheat oven to 350 degrees F
- In a medium bowl, blend together softened butter, 2 cups flour and 1/2 cup sugar. Press into the bottom of an ungreased 9x13 inch pan.
- Bake for 15 to 20 minutes in the preheated oven, or until firm and golden. In another bowl, whisk together the remaining 1 1/2 cups sugar and 1/4 cup flour. Whisk in the eggs and lemon juice. Pour over the baked crust.
- Bake for an additional 20 minutes in the preheated oven. The bars will firm up as they cool.
- After pan has cooled, cut into uniform 2 inch square.

What did the big flower say to the little flower?



Hi, Bud!



Just for Giggles!