



Prepping for a Healthy School Year

August is a time when everyone is thinking of kids going back to school. Whether you're taking advantage of a tax-free shopping weekend, or just getting ready for the school year, we have the top items you need for a safe and healthy school year.

Hand sanitizer - Kids are notorious germ spreaders. Back-to-school usually also means back-to-nagging sniffles and coughs from the latest cold circulating. Help stave off some of those colds with a fun hand sanitizer bottle that will encourage your kids to keep and use it. Whether it's these fun crayon shapes for younger kids (complete with colored hand sanitizer) or these bright and colorful refillable bottles, anything that will encourage your student to clean more often has to make the back-to-school essentials list!

Disinfectant wipes - In the same vein, disinfectant wipes are also a must-have, especially for spill-prone kids. You can pick how potent you want to go with these wipes. The old favorites, like Clorox or Lysol, are going to pack the most punch but may leave a strong smell and are too harsh for use on hands or face. Some gentler wipes may be alcohol-based and include aloe or other moisturizers, making them useful for both desks and sensitive skin. You can even find wipes that are compostable if your child's school offers those kinds of facilities. Whatever your mess, you can find a wipe to clean it up.

Reusable water bottle and lunch box - For both

your child's safety and the planet's, try a reusable water bottle instead of sending your child with a plastic bottle each day. Look for one that is BPA free and easy to clean, preferably dishwasher safe, if that's how you clean your dishes. There are so many options on the market, you are sure to find one that matches your child's style. There are also so many cute lunch boxes that eliminate the need to send snacks in a plastic bag. Bento boxes are a fun way to divide foods up, avoiding soggy sandwiches and placating picky eaters who don't like their foods to touch. If you go the reusable bag route, look for one that is PVC free.

Plastic-free notebooks and binders - Another potential source of PVC is notebook or binder covers made of plastic. When picking your child's three-ring binders or other supplies, pick those without plastic or clearly marked as PVC-free. Bonus environmental points if you choose recycled paper inside of the notebooks!

With all of the options available these days, it can be hard to pick what your student will need (or use) during the school year. We all want our kids to be happy and healthy. While these are some tips to look out for, don't let yourself obsess over the minutiae. Especially with inflation making everything more expensive, it's important to remember you can only do your best with what you have. Try not to worry about what you can't do. The best thing for your kids is a present, happy parent!

News & Events

• Back to School Block Party & Movie Night

Bring your lawn chairs and blankets out to the North Austin YMCA for a back-to-school block party and outdoor movie night with music, food, and games!
Friday, Aug 05, 2022 at 5:30pm
YMCA of Austin: North Austin Branch
1000 W. Rundberg Ln
Austin, TX

For more information visit:

www.austinyymca.org/event/back-school-block-party-movie-night

• Family Friendly Sorytime Fun

How about a fun, creative start to the weekend? Bring your family to the Arts Center one Saturday each month for free make-and-take craft workshops. Stop by any time from 9 a.m. to noon to create your craft.

Facilitated by instructors from Createria Studios, kids will receive a do-it-yourself craft kit that they can assemble and customize at socially distanced art stations located within the Mr. Cooper Group Lobby Gallery.
Coppell Arts Center
505 Travis Street
Coppell, Texas 75019

For more information visit:

www.coppellartscenter.org/events/

• Happy Labor Day!

Have a safe and happy labor day honoring our hard work and dedication!

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

Monkey Pox - What You Need to Know

Monkeypox is a rare disease caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and monkeypox is rarely fatal. Monkeypox is not related to chickenpox.

Symptoms of monkeypox can include:

Fever, Headache, Muscle aches and backache, Swollen lymph nodes, Chills, Exhaustion, Respiratory symptoms (e.g. sore throat, nasal congestion, or cough), A rash that may be located on or near the genitals but could also be on other areas like the hands, feet, chest, face, or mouth. The rash will go through several stages, including scabs, before healing. The rash can look like pimples or blisters and may be painful or itchy.

You may experience all or only a few symptoms. Sometimes, people get a rash first, followed by other symptoms. Others only experience a rash. Most people with monkeypox will get a rash. Some people have developed a rash before (or without) other symptoms. Monkeypox symptoms usually start within 3 weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later.

Monkeypox can be spread from the time symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.

If You Have a New or Unexplained Rash or Other Symptoms: Avoid close contact, including being intimate with anyone, until you have been checked out by a healthcare provider. When you see a healthcare provider, wear a mask, and remind them that this virus is circulating in the area.

*www.cdc.gov

Food for Thought



Easy Peasy-Mango Sorbet

Ingredients

- 16 oz frozen mango chunks
- 1/2 cup Passion fruit juice

Directions

Place all ingredients in a blender; cover and process until smooth. Serve immediately. If desired, for a firmer texture, cover and freeze at least 3 hours.

Enjoy!

*www.tasteofhome.com

What do you get when you cross a snail with a porcupine?



A slowpoke!

Just for Giggles!