



Staying Healthy During the Winter

As fall turns to winter and the weather begins to get colder, you might be looking for ways to keep yourself and your family healthy during both the holiday and flu season. Follow these simple tips to keep your family in top shape this winter and beyond.

For kids:

Wash hands frequently - Children love to touch everything, and we do mean everything! Germs can spread quickly when a child touches a surface and then touches their little face. Make sure your little ones are thoroughly washing their hands with warm water and soap for at least 20 seconds after they touch any public surfaces; after they blow their nose, cough, or sneeze; and before they eat. You can make the time fun by singing a little song - baby shark, the alphabet song, and the chorus of "let it go" all take about 20 seconds to sing.

Stock up on vitamins - Your child might not be getting crucial nutrients that support the immune system with just the food they eat. This is especially true for picky eaters! Consider an immunity-supporting supplement with zinc, vitamin c, or elderberry for extra immune support. If you don't want to use a supplement, make sure your children eat lots of fruits and vegetables and stay well hydrated with water or milk.

For adults:

Plan what you will eat at holiday parties. We all tend to go overboard with the buffet at holiday parties. The holidays are a great time to get together

with friends or family, and food is often the way we bond. Yet, going overboard on sweets and rich foods isn't the way to feel your best. Make a game plan for parties: will you taste a small taste of all of the treats, or is there something you know you want to eat a lot of? Whatever it is, stick to your guns when you arrive. If you get off track, remember that one party does not wreck a healthy lifestyle. Get back to your usual nutritious diet the next day and treasure the memories you made with loved ones.

Move your body - When it's cold outside, the last thing we may want to do is exercise. However, raising your heart rate is beneficial for so many reasons. Exercise is one way to combat all those extra calories from holiday treats. But it also helps reduce stress, improve mood, and improve sleep. Bundling up and exercising outside maximizes the benefits, especially if you capitalize on the sun during the reduced time it is out these days. If that's not your thing, find whatever it is that keeps your moving your body - lifting weights, doing yoga, or following along with a fun dance video can all be done indoors. Check out YouTube for videos that the whole family can do together for a great group activity!

These tips can help you and your family stay healthy, happy, and safe through the holiday/flu season. What are your favorite tips for staying healthy during the winter?

Citations: Smart goals: A how to guide - UCOP, Wyoming Tribune Eagle

News & Events

• Merry Christmas, Happy Hanukkah and Happy New Year!

May the new year bring you health, happiness and joy! From our VIVA family to yours, best wishes always!

• VIVA Pediatrics A Holiday Drive Through Event

Come by to say hello and get some holiday goodies!

- December 10 | 2 - 4 p.m.

- VIVA Richardson and Austin Office Parking Lots

www.vivaped.com/viva-pediatrics-holiday-drive-through-event

• Texas CHRISTKINDL Market

- November 18 - January 2

1000 Ballpark Way, Arlington, TX 76011

One of area's largest German-themed holiday markets. There will be brats, potato pancakes, German beer and gluhwein plus polka dancing, and live music too. The market features a slew of stalls with everything from handcrafted gifts to decorations and one-of-a-kind finds. For more information visit:

www.txchristkindlmarket.com/

• Austin Trail of Lights

The 57th annual Austin Trail of Lights is returning to Zilker December 2021 as a drive-thru event.

Zilker Park: 2100 Barton Springs Rd. Austin, TX 78704

For more information visit: <https://austintrailoflights.org/foundation>

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

Gratitude Holiday Challenge

Celebrating Thanksgiving, undeniably makes us feel good, but practicing gratitude every day can increase feelings of happiness and life satisfaction while decreasing depressive symptoms that are prevalent this time of year.

Day 1: Begin focusing on your 5 senses

Materialism has been shown to lower life satisfaction. We begin our challenge by showing gratitude for one of our five senses: Focus on sight. Something as simple as watching the sunrise, or seeing your child's face. Take time to write 3 reasons why you were grateful for one of your 5 senses each day.

Day 2: Cultivate thankfulness with each breath

We all know that without breath, there is no life. That's a great reason to be thankful. Close your eyes and breathe in and out of your nose. As you establish long, deep breaths, spend a minute thinking about the miracle of your breath and how it literally fills your body with life.

Day 3: Reflect on the gifts of hardship

All of us experience adversity and suffering at different points in our lives. Reflecting on challenging times to make our pain purposeful, can help us appreciate and grow through these experiences.

Day 4: Express gratitude to others in writing

Send several people in your life that you truly appreciate, a handwritten note, email or even a thoughtfully composed text. Remind them why they are special to you.

Day 5: Notice and appreciate the small stuff

An important aspect of practicing gratitude is becoming aware of opportunities throughout your day to express gratitude. Today, notice and acknowledge two or more times that someone provided a service or imparted a small act of kindness toward you.

Enjoy the shift in perspective and keep practicing daily!

- Kristine Dodge

Food for Thought



Oatmeal Twinkles

Ingredients

- 1/2 cup butter, softened
- 1/2 cup vegetable shortening
- 1/2 cup granulated sugar
- 1 cup all-purpose flour
- 1 1/2 cups quick-cooking oats
- 1/2 cup powdered sugar

Directions

- Preheat oven to 350 degrees F.
- Cream butter, shortening and sugar.
- Gradually add flour; blend until smooth.
- Stir in oats; mix well.
- Shape rounded teaspoonfuls of dough into small balls.
- Place on greased cookie sheets and flatten with fork dipped in water.
- Bake for 12-14 minutes.
- Allow to cool on cookie sheets for 5 minutes, then transfer to wire cooling racks.
- Sprinkle with powdered sugar just before serving.

Enjoy!

What do snowmen eat for breakfast?



Frosted Flakes!



Just for Giggles!