



## — Spring Break During a Pandemic —

Spring break is right around the corner and many of us may be wondering what it will be like this year. With the pandemic still affecting everyday life and amplifying the dreaded cabin fever, know that you can still enjoy a safe and fun break. What's important is to focus on what you CAN do rather than what you can't do. Whether you're craving a little getaway or prefer to stay within the safety of the great indoors, start planning now! There are many options to consider that may help with the "COVID-19 blues" and allow you to enjoy a much-needed break.

If you're getting giddy about getting out of the house, a good and safer option during these times is to take a local trip. Think of a place where you can drive to and possibly enjoy the outdoors even if it's just for a few days. There are many options when choosing a place to go and where to stay. Do you prefer going to the lake, the beach, mountains, or simply enjoy the great outdoors no matter where it is? You can rent a cabin, go camping or "glamping", rent a cottage or a vacation home. Whatever you decide, take this time to enjoy and connect with your family. Get away from the daily routine and give that cabin fever a break!

If you decide to stay home during Spring break, know that you can still have fun. Take this opportunity to slow down and improve upon your family relationship. Bring out the board games, puzzles, karaoke, do treasure hunts, go

out for a picnic, etc. Maybe challenge yourself to disconnect from technology for a few days. Connect with nature again, slow down and get away from the feeling of always needing an immediate reward. Spring break is a great opportunity to focus on the positive, reconnect, re-group, and relax before getting back in the rat race.

With many people now working from home, breaking away from routine and responsibilities of home life may be easier said than done. That is why it is important to be proactive and intentional in planning together as a family. Plan for something out of the ordinary, something to connect in a fun and creative way. Think of activities that will bring you closer together in a positive way. Ask other families for ideas. Don't be afraid to ask because many of us are going through the same situation. You'd be surprised about how creative everyone can be!

Spring break during a pandemic may not be something we are looking forward to but remember that it doesn't have to be that way! It is easy to focus on the negative, so make a family effort to find ways to enjoy a much-needed vacation while staying safe and enjoying life as best possible. Think glass half full, and not half empty. Make sure to do your research and know that there are still many options to make this Spring break a memorable one!

### News & Events

- **Dallas Blooms at the Arboretum**  
Each week of Dallas Blooms "America the Beautiful" features a different region of the nation and celebrates the beauty and what makes each area unique.

February 20 to April 11

Visit [www.dallasarboretum.org/events-activities/dallas-blooms/](http://www.dallasarboretum.org/events-activities/dallas-blooms/) for more information.

- **Looking for something to do while at home and away from the cold weather?**

Enjoy a free virtual tour of The Louvre, NASA, Walt Disney World or an exhibit at the Smithsonian, Vatican museum, The Museum of Modern Art, etc. Click on the following link for a list of museums, zoos, and theme Parks offering virtual Tours!  
[www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/](http://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/)

## 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](http://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

### Children and Nutrition

Despite a healthy diet and regular exercise activities, children may not be getting all the appropriate nutrients and minerals that their bodies need. It's always a good idea to take a closer look at your child's diet and decide whether or not they are in need of a vitamin supplement. You can start by reading the nutritional labels on the back of your children's regular food items. Some of the most important vitamins and minerals essential to body growth include Vitamin A, Vitamin B, Vitamin C, Vitamin D, Iron and Calcium. All of these promote healthy bone and muscle growth, strong teeth, healthy skin and a strong immune system.

A well-balanced diet is typically all a child needs to receive a healthy amount of vitamins and minerals. It is strongly recommended that children eat no more than four ounces of whole grains, three cups of vegetables, two cups of fruit, three cups of milk and six ounces of protein every day. If your child is a particularly picky eater or is on a highly selective diet such as vegetarian or dairy-free, a daily vitamin supplement might help them get all the other much needed nutrients they aren't getting because of dietary restrictions. Children vitamins can be found over the counter and come in fun shapes and flavors to get them excited about taking them everyday. As always, it's a good idea to speak with your child's pediatrician if you have any questions or concerns. Whether it be through a healthy diet or a vitamin supplement, there are a variety of ways to make sure your children are on the right nutritional track.

- Jordyn Ruiz

## Food for Thought



### 30 Minute Fettucini Alfredo

#### Ingredients

- 24 ounces dry fettuccini pasta
- 1 cup butter
- ¾ Pint heavy cream
- Salt and pepper to taste
- 1 Dash garlic salt
- ¾ Cup grated Romano cheese
- ½ Cup grated Parmesan cheese

#### Directions

- Bring a large pot of lightly salted water to a boil. Add fettuccini and cook for 8 to 10 minutes or until al dente; drain.

- In a large saucepan, melt butter into cream over low heat. Add salt, pepper and garlic salt. Stir in cheese over medium heat until melted; this will thicken the sauce.

- Add pasta to sauce. Use enough of the pasta so that all of the sauce is used and the pasta is thoroughly coated. Serve immediately.

*Serve and enjoy!*

## What is worse than raining cats and dogs?



Hailing taxis!



Just for Giggles!