



Healthy Habits, Healthy Families

Healthy habits can be challenging. Keeping healthy habits while also taking care of kids can be very challenging. It may feel impossible as a parent to fit anything else into your already jam-packed schedule. Exercising shouldn't be a burden, however. You can find fun ways to move your body that also let you spend valuable time with your family. By being active together, not only do you get a workout, you instill good habits in your kids that can last them a whole lifetime. We have compiled a list of family-friendly workouts that you can try this weekend with your kids.

Hiking - Hiking combines exercise with beautiful scenery. The benefits of being in nature are too many to name: it reduces your blood pressure and stress levels and increases focus, energy levels, immunity, and resiliency. Hiking is also an adaptable activity - you can find flat paths for beginners or younger children or steep/challenging trails for the more adventurous. Make sure to include time to literally stop and smell the flowers; hikes can also serve as mini science lessons for younger kids!

Family sports - Not all sports need an entire team to play, so get out there and try to find one that works for your family's size. You could play one-on-one basketball or HORSE, doubles or "Canadian doubles" (two-on-one) in tennis, or even softball for larger family gatherings. Sports have all the benefits of physical activity and encourage teamwork, hand-eye coordination, and healthy competition.

Ice Skating - If it's cold where you are, you may be tempted to stay inside and abstain from physical activity. For a change of routine, embrace the cold and check out an ice-skating rink! Ice skating works almost every muscle group in the body and helps with balance and coordination, so it'll be an excellent workout along with a fun activity. Just bring your warm accessories and take lots of pictures as you go!

Yoga - If you have resolved to be more zen this year, yoga is a great way to strengthen your mind-body connection. Since yoga is suitable for all fitness levels, it is another excellent activity for families. There are many videos for free on YouTube, including popular channel Cosmic Kids Yoga and some family-friendly videos from the NYT-proclaimed "Reigning Queen of Pandemic Yoga" Adriene Mishler.

The great thing about most of these activities is that they require little commitment. Put on your sneakers and go for a hike. Check out the local Y's basketball court. You can generally rent ice skates at the rink. Yoga only requires comfy clothes and a way to watch free videos. Because of these low barriers to entry, you and your family can try out different activities until you find one you like. Or rotate between them! What are your favorite family workouts?

*www.parents.com/fun/sports/exercise/10-benefits-of-physical-activity/, www.playkettering.org/health-benefits-ice-skating/, www.openspace.org/stories/health-benefits-nature, www.openspace.org/stories/health-benefits-nature, www.nytimes.com/2020/11/25/magazine/yoga-adriene-mishler.html

News & Events

• Showtime Saturday - Dallas

- Free event for all ages
Join Galleria Dallas at the Play Place (on level three near Nordstrom) every Saturday for the popular and fantastical kids show, Showtime Saturday.

Galleria DallasView map
13350 Dallas Parkway,
Dallas, TX, 75240

For more information visit:

<https://galleriadallas.com/programs/events>

• First Fridays at Nash Farm - Grapevine

Each month, this program presents a different theme that highlights the heritage skills that you could use to enrich your life today. Registration is required and space is limited.

- Feb. 4: Knit, Net and Knots

Learn about different knots and their many uses on the farm.

- March 4: Spring on the Farm

Prepare the farm for spring. Animal and garden care.

For more information visit:

www.grapevinetexasusa.com/nash-farm/events/

• SUNDAY FUNDAY: SIMPLE MACHINES - Austin

The Neill-Cochran House Museum welcomes children of all ages to a traditional activity in the lawn. Appreciate 19th century engineering on a whole new level, and learn the amazing power of simple machines. Sunday, February 13

- Free

For more information visit:

www.nchmuseum.org/nchm-events/2022-simplemachine

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

In School During a Pandemic

School aged kids are facing challenges that parents never even dreamed possible when they were in school. The last 2 years of the pandemic has caused disruptions in learning for many kids. Not only has it been shown that academics have suffered, but also our kids are struggling with mental issues due to the added stress, illness, and loss that Covid has caused.

Schools have closed, gone virtual, opened, and closed again. So much change and uncertainty has disrupted all our lives, and our children are certainly affected.

Teachers have reported regression behaviors in children as well as increased aggressive behaviors. Some have social anxiety caused by the pandemic. Young kids don't remember a time before Covid. Teens have missed out on formative school years and memorable live events like proms and graduations. At this point, we don't really know the long-term effects that the pandemic will have on our children, and we are still amid this pandemic.

If there is a silver lining, it may be that there has been an increased awareness of the necessity of focusing on mental health, and a decreased stigma of needing that help, as well as more federal funds being channeled into programs that provide help to those who need it. Although children are resilient and have adapted to the changes and challenges, we must be aware of the signs showing that they may need help.

For additional information and resources, see the link below.*

*<https://www.nimh.nih.gov/get-involved/digital-shareables/shareable-resources-on-child-and-adolescent-mental-health>

Food for Thought



Valentine's Chocolate Covered Strawberries

Ingredients

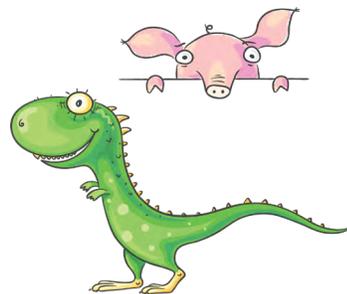
8 ounces pink candy melts
8 ounces white candy melts
8 ounces bright pink candy melts
24 large fresh strawberries
Sprinkles as needed (optional)

Directions

- Line a baking sheet with parchment or wax paper.
- Microwave candy melts in separate bowls, 1 bowl at a time, stirring every 30 seconds, until melted.
- Dip strawberries into desired color of candy melts. Let excess candy drip off, then set on the prepared baking sheet. Drizzle with another color of candy melts. Top with sprinkles. Chill strawberries until set, at least 15 minutes and up to 2 days.

Enjoy!

What do you get when you mix a dinosaur and a pig?



Jurassic Pork



Just for Giggles!