



Great Books to Read with Kids this New Year

As the days get colder, you may be looking for some educational indoor activities to do with your children. Whether it's a New Year's resolution to read more or you just want to snuggle up with a good book, here are the best books from 2021 for your family:

For babies:

Woodland Dance! By Sandra Boynton - The latest from prolific children's author Sandra Boynton, *Woodland Dance!* tells the story of a dance in a moonlit meadow with all the animals joining in the fun. This board book reads like a lullaby or a song. If your little one loves animals, dancing, or music, this would be an excellent addition to your library.

Curious Babies:

Dinosaurs by Emma Kastner - For the curious baby, *Nerdy Babies: Dinosaurs* is a colorful introduction to the Mesozoic Era. This board book has bright and fun information about dinosaurs. The question and answer format encourages your son or daughter to be inquisitive. Check it out if you're looking for something new!

For toddlers or young children:

Eyes that Kiss in the Corners by Joanna Ho - This picture book made the New York Times best-seller list and won several book awards for 2021. This story is a celebration of self-love and diversity. The story centers around a young girl of Asian heritage who realizes her eyes are different from her classmates. Perfect for the little girl or boy struggling with self-confidence, *Eyes that Kiss*

in the Corner is an excellent pick for any household learning about the world and themselves.

Where's my Joey? A Heartwarming Bedtime Story for Children of All Ages by Wendy Monica Winter -

This self-proclaimed bedtime story holds a "secret spiritual message" that readers have reported is a sweet teachable moment. A mama kangaroo looks for her baby before his dinner gets cold, and in the process, teaches your child about Australia, Canada, and the animals that live there. If your child likes maps or animals, this is a great pick.

For preteens:

Frankie and Bug by Gayle Forman - This New York Times Best Children's Book of the Year is interesting and full of important lessons. *Frankie and Bug* is set in the summer of 1987 and follows ten-year-old Bug, who is forced to hang out with her neighbor's nephew, Frankie. The book speaks of family, friendship, and making the world better. With a bit of mystery thrown in, this is an excellent selection for your preteen's next read.

Daughter of the Deep by Rick Riordan - If you're a fan of 20,000 Leagues Under the Sea but don't think your preteen is ready for something that old, try *Daughter of the Deep*. Rick Riordan wrote this one as a tribute to Jules Verne's classic novel. *Daughter of the Deep* is an undersea adventure with plenty of twists and turns to keep your young reader interested.

News & Events

• 38th Annual KidFilm Family Film Festival - Dallas

The USA Film Festival present the 38th annual KidFilm Family Festival, the oldest and largest all-ages film festival in the U.S.. The program will feature an entertaining, educational and diverse line-up of new and favorite films for audiences of all ages as well as free books. - Free admission!
- January 22-23 at the Angelika Film Center - 5321 E. Mockingbird Lane - Dallas, TX

For more information visit:
www.usafilmfestival.com

• Amon Carter Museum - Access Events - Ft. Worth

Visitors of all ages and abilities are welcome to discover art!
- Close Encounters: Designed for people of all ages with low or no vision and their guests, this tour uses sensory tools and conversation to connect with artworks.
- Connect to Art: Participants spend time with artworks in the gallery, engage in multisensory activities in an inclusive learning environment, and have a chance to create a work of art.
- Sensory Explorations
Free program for families with children of all ages who are on the autism spectrum. Families will have time to explore artworks in the galleries and get creative during a hands-on, art-making experience!

For more information visit:
www.cartermuseum.org/events/public-programs/sensory-explorations

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

More Water, New You

We often hear people say, "New Year, New Me!". A brand-new year provides us with a new sense of hope for a year, better than the last. Although we don't need to wait until January to focus on our health and well-being, it is a great time to reset and discipline ourselves to get into a better routine. One easy goal to set for ourselves that will help our overall health is to simply drink more water. Did you know that drinking plenty of water can help you lose weight? Water can increase satiety and boost your metabolic rate. Some evidence suggests that increasing water intake can promote weight loss by slightly increasing your metabolism, which can increase the number of calories you burn daily. When we don't get enough water, and our bodies get dehydrated. It can significantly impact our overall health. Dehydration can impair energy levels, impair mood, and lead to major reductions in memory and brain performance. Do you get headaches? Lack of water could be to blame. Drinking water may help reduce headaches and headache symptoms. Constipated? Increasing fluid intake is often recommended as a part of the treatment protocol. Low water consumption appears to be a risk factor for constipation in both younger and older individuals. Kidney stones are a common but extremely painful health issue. If you have had them, you know how painful they can be. Increased water intake appears to decrease the risk of kidney stone formation. Even mild dehydration can affect you mentally and physically. Making sure that you get enough water each day is one of the best things you can do for your overall health.

- Kristine Dodge

Food for Thought



Winter Perfect Turkey Chili

Ingredients

1 ½ teaspoons olive oil
1 pound ground turkey
1 onion, chopped
1/2 green bell pepper, chopped
2 cups water
1 (28 ounce) can crushed tomatoes
1 (16 ounce) can canned kidney beans - drained and rinsed
1 tablespoon garlic, minced
2 tablespoons chili powder
½ teaspoon paprika
½ teaspoon dried oregano
½ teaspoon ground cayenne pepper
½ teaspoon ground cumin
½ teaspoon salt
½ teaspoon ground black pepper

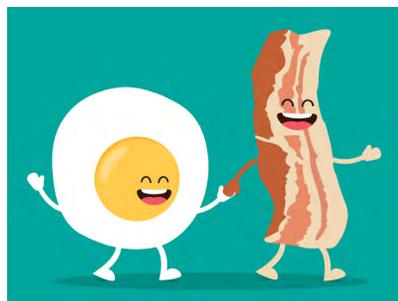
Directions

- Heat oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender.

- Pour water into the pot. Mix in tomatoes, kidney beans, bell pepper, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

Optional: Serve with chopped green onions and shredded cheddar cheese.

Why did the bacon laugh?



Because the egg cracked a yolk.



Just for Giggles!