



Fun and Safe Swimming

“Water was something he loved, something he respected. He understood its beauty and its dangers. He talked about swimming as if it were a way of life.” - Benjamin Alire Sáenz

Let's dive into water safety now that Summer is in full swing and it is getting hot! Many people may have a pool in the backyard, visit family members who have a pool, or go to the neighborhood pool for a refreshing dip. Alternately, you may enjoy getting out on a boat to fish, zip around, or leisurely paddle. The question remains how to keep your children safe around water.

First and foremost, invest in swimming lessons if your child is old enough and capable of swimming. Even with some physical differences, most children should learn basic water safety skills, such as floating, bobbing, and knowing depth of water. Teaching children to not panic when in deep water is key to not only give them skills to try to get to safety but to also not fight someone who is trying to rescue them.

Swim lessons should be a priority because, at some point, your child will be old enough to be embarrassed that they cannot swim and be overconfident in their ability. Also, swimming ability is a must even with life vests while boating due to the distance from shore and varying conditions of the water.

When you are dealing with children who are newer to swimming or under the age of 6, do not assume that they remember how to swim when they have the first swim of the year. All too often, the child will jump in a pool or lake with confidence from the last year to immediately start to sink. Be vigilant.

Teach your children to not cling or grab onto anyone who is using a floatation device or wearing one. They do not understand that the other person may be unable to swim as well and both will get into trouble in the water. Even grabbing an adult who cannot stand in the water can be unsafe for both parties depending on the strength of the swimming adult and the size of the child.

Drowning is silent and can happen in less than a minute. Never leave children unattended to run to the restroom or answer a phone call if they are near water. You may find that the few minutes you were gone were fatal. Here is a great website with a plethora of information on drowning and water [safety: https://ndpa.org/drowning-quick-facts/](https://ndpa.org/drowning-quick-facts/).

Water is a great way to get exercise, relax and have fun. Please be cautious and know the abilities of your household when you are near water that is deeper than 2 inches. Water fun is great for all ages and is a wonderful way to include the whole family. Have fun and stay alert!

News & Events

- **Happy Independence Day!**

Enjoy a fun but safe July 4th weekend! Remember that social distancing can save lives!

- **Celebrate 4th of July while Social Distancing**

The Fourth of July will be a little different this year with many cities canceling festivals and parades due to the coronavirus. Here's a list of events and fireworks shows that are still happening with social distancing in mind.

Visit www.fox4news.com/news/2020-fourth-of-july-fireworks-events-in-north-texas

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

Sun-Care Tips

Summer is in full swing and so is that Texas summer heat! During this time of year. It's important to maintain a healthy sun-care regimen for you and your little ones. Sun protection is important because it limits the amount of UV rays your skin is exposed to. Little to none sun protection can lead to skin damage, eye damage, immune system suppression, and skin cancer.

The American Academy of Dermatology recommends that all kids, regardless of their skin tone, should wear sunscreen with an SPF of 30 or higher. Be sure to choose a broad-spectrum sunscreen so that your child is protected from both UVA and UVB rays. If your child will be playing outside in water, choose a sunscreen that is also water-resistant. Apply a generous amount and reapply often.

It would also help to try and keep your family in the shade when the sun is at its highest; typically around 10 a.m. to 4 p.m. Apply and reapply sunscreen even if your child is just playing in the backyard. Most sun damage happens from exposure during day-to-day activities and can even happen during cloudy, cool, or overcast days. "Invisible sun" can cause unexpected sunburns and skin damage.

Another way to protect skin is to cover up arms, legs and eyes as often as possible. To make sure clothes offer enough sun protection, put your hand inside garments to make sure you can't see it through them. For outdoor activities, bring along a wide umbrella or a pop-up tent for your kids to play in. Make it easier for kids to want to wear sunglasses by having them choose their own pair. Have a fun and healthy summer season!

- Jordyn Ruiz

Food for Thought



Delicious Grilled Buffalo wings

Ingredients

- 1 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 teaspoon garlic powder
- 3 pounds whole chicken wings
- 6 tbsp unsalted butter
- 1/3 cup hot sauce
- 1 tbsp apple cider vinegar
- 1 tbsp honey

Directions

- In a small bowl, combine salt, pepper and garlic powder. In a large bowl, toss the wings with the salt mixture to evenly coat.
- Preheat a gas grill to medium heat (about 350 degrees F). Place wings on the grill, crowding them together so that they're all touching.
- Grill, flipping the wings every 5 minutes, for a total of 20 minutes of cooking.
- In the meantime, heat the butter, hot sauce, vinegar and honey in a saucepan over low heat and whisk to combine.
- In a clean large bowl, toss the wings with the sauce. Turn the heat up on the grill to medium high. - Use tongs to remove the wings from the sauce and put them back on the grill until the skins crisp, 1 to 2 minutes per side. Put the wings back in the bowl with the sauce, toss and serve.

What does a mermaid use to call her friends?



A shell phone of course!

Just for Giggles!

