



— Raising Curious & Adventurous Kids —

Curiosity and the desire for adventure is innate, and it is shaped over time by experiences beginning as young children. With each new experience, the brain catalogues what happened, if it was successful or not, and how it could have been improved. It's critical for survival.

5 steps towards having more adventure

1) **Get inspired.** Reading adventurous books show the amazing experiences of explorers outweigh the problems that they had to overcome. Our favorite kids adventure books are Great Adventurers, The Lost Book of Adventure, and The Atlas Obscura Explorer's Guide for the World's Most Adventurous Kid, and Microadventures. Follow and subscribe to the [Texas Kids Adventures website](#) to find kid-friendly places to go. Join family nature clubs and local hiking meetups.

2) **Get educated.** Know how to identify poison ivy, where chiggers live, what poisonous snakes and arthropods look like. Use the iNaturalist app if you need help with identification. Stick around and I'll show you all of these things or check out the Texas Parks and Wildlife Young Naturalist series.

3) **Know the nature rules.** Don't ever stick your hand in a hole because that's someone's home and they are likely to defend it. Don't ever pick up a snake unless you want to get bitten. Respect nature. Rely on your peripheral vision as you walk to scan the trail for surface roots or branches, poison ivy along the edge, and animals on the trail. Stick to the trail until you are more comfortable and knowledgeable exploring off-

trail. Follow the posted rules at parks since they are there to keep you safe and to preserve the habitat.

4) **Plan for safety.** Minimize risks. Learn to swim. Wear a lifejacket. Swim with a buddy. Wear sunscreen and sunglasses. Bring insect repellent. Wear a bike helmet. Bring extra water and a snack. Bring a map. Tell someone where you are going and what time you expect to return. Take a fully-charged cell phone in waterproof bag and a battery powered charger for backup. Take a camera for photos so you don't run down your phone battery. Bring a first aid kit.

5) **Start by taking small risks.** Each time you do something adventurous and nothing terrible happens, then you build confidence in your skills. Check out Microadventures which are big adventures that are on a smaller scale. Take a guided tour at a local park or state park. Try camping in the backyard before you hit the state parks, or join the Texas Outdoor Family for to learn how to camp in a group setting at Texas State Parks. Try kayaking in shallow water. Check out ropes courses and smaller scale rock climbing through instructors.

The adventure that kids have today sets them up for a lifetime of not being afraid to try something new and learning wisdom through experience. There's also a really good chance that you, as parents, will enjoy these trips as much as the kids to become adventurous adults yourselves.

- Gina Henry - <https://texaskidsadventures.com>

News & Events

• Happy Independence Day!

Sunday, July 4th
For a list of top 4th of July events and fireworks around Dallas-Fort Worth visit:
<https://dallas.culturemap.com/news/entertainment/06-18-21-of-ficial-list-top-4th-of-july-events-fireworks-dfw-kaboom-town-freedom-fest/>

For a list of top 4th of July events and fireworks in Austin visit:
www.austintexas.org/events/4th-of-july/

• Dallas CASA Parade of Playhouses

July 9 - 25
NorthPark Center - Dallas
You can help a n abused and neglected child have a safe and permanent home by purchasing raffle tickets for \$5 each or 5 for \$20 for your chance to win a custom- designed playhouse. For more information visit:
www.dallascasa.org/dallas-ca-sa-events/parade-of-playhouses/

• Texas Kid Adventures

Visit <https://texaskidsadventures.com> to find out about kid-friendly places to visit, the best things to do, exciting events, family resorts and trip guides to create family memories! Discover exactly what you need to know about exploring Texas with kids. Curated travel. Unique experiences. Off the beaten path.

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

Importance of Sleep

There is not much better than a good night's sleep. We all know that lack of sleep can cause us to feel terrible, but there are also other health factors that are linked to our sleep patterns.

Poor sleep is strongly linked to weight gain. People with short sleep duration tend to weigh significantly more than those who get adequate sleep. Short sleep duration is one of the strongest risk factors for obesity. Poor sleep affects hormones that regulate appetite. Those who get adequate sleep tend to eat fewer calories than those who don't.

Sleep is important for various aspects of brain function. This includes cognition, concentration, productivity, and performance. All of these are negatively affected by sleep deprivation. Good sleep can maximize problem-solving skills and enhance memory. Poor sleep has been shown to impair brain function. Sleep has been shown to enhance athletic performance. Longer sleep has been shown to improve many aspects of athletic and physical performance.

Sleep quality and duration can have a major effect on many other aspects of your health. These are the factors believed to drive chronic diseases, including heart disease. Mental health issues, such as depression, are strongly linked to poor sleep quality and sleeping disorders. Sleep improves your immune function.

Sleep loss reduces your ability to interact socially. Researchers believe that poor sleep affects your ability to recognize important social cues and process emotional information. Sleep deprivation may reduce your social skills and ability to recognize people's emotional expressions.

We are just better people when we get enough rest. We look better, we feel better, and we are more enjoyable to be around.

- Kristine Dodge

Food for Thought



All American Trifle

Ingredients

3 pounds fresh strawberries, hulled and sliced
¼ cup white sugar
1 quart heavy cream
1 (3.3 ounce) package instant white chocolate pudding mix
1 (6 ounce) container lemon yogurt
2 (16 ounce) prepared pound cakes, cubed
2 pints fresh blueberries

Directions

- In a bowl, sprinkle the strawberries with sugar; stir to distribute the sugar, and set aside. Chill a large metal mixing bowl and beaters from an electric mixer.

- Pour cream into the chilled mixing bowl, and add white chocolate pudding mix, lemon yogurt; beat until fluffy with an electric mixer set on medium speed.

- Spread a layer of pound cake cubes into the bottom of a glass 10"x15" baking dish. Cover the cake with a layer of strawberries; sprinkle blueberries over strawberries. Spread a thick layer of whipped cream over the berries. Repeat the layers several times, ending with a layer of strawberries sprinkled with blueberries and reserving 1 cup whipped cream; top trifle with whipped cream to serve.

Why don't oysters share their pearls?



Because they're shellfish!



Just for Giggles!