



Finding Ways to Make This Summer Fun

“When you truly sing, you sing yourself free. When you truly dance, you dance yourself free. When you walk in the mountains or swim in the sea, again, you set yourself free.” — Jay Woodman

With June comes the promise of Summer fun and heat. This Summer may feel a little different or uneasy. Maybe you are happy to have plans cancelled and have the time to relax at home, or perhaps you are grieving the loss of long planned trips or visits to loved ones. No matter what side you are on, this Summer is sure to be one to be remembered. The question is how will you make it memorable in the best way possible?

Consider allowing your children to go “old school”. If you grew up before the technology age, you will remember some of the simple fun that could be had and how you grew up spending the whole day outside. Give your child bubble wands and see who can make the most bubbles. Here is a link to recipes for giant bubbles that will be fun to mix as ongoing science class, plus fun: www.osc.org/diy-unbreakable-bubbles. You can use a jump rope as a giant bubble wand or see if you can use different items from your home that have holes or slots to experiment with the bubble solution.

Hula hoops, jump ropes, and skates are fun alternatives for bikes and scooters. Let your kids get bored and see how they can become creative and find new ways to play with these simple toys. If you get in on the fun, your children will be more likely to use the toys. Often, children don't know how to

use these toys unless you show them how to do it. Making an obstacle course with objects or drawn out on the sidewalk with chalk are other fun ways to encourage different motor skills and creativity. Encourage your children to make up their own courses even if it is imperfect. Children learn best through trial and error (with safety measures) and are more invested in their play if they do it by themselves.

Now that everyone is hot and sweaty, turn on a sprinkler and let them dash in and out of the water. Bring water balloons and water guns to the yard and have fun hitting each other with the water or set up a target on the fence and have them shoot their water at targets. Painting the fence with a bucket of water and a large paint brush is fun too. What about a small bucket of sudsy water for a baby doll bath or toy car wash? You don't have to rely on a pool to get wet and have fun!

This Summer doesn't have to be boring or dull, but boredom does produce creativity! Let your kids have a few simple toys and encourage them to create their fun. By the end of Summer, you may be surprised how many wonderful memories you have created and how much your children relished this simple Summer.

News & Events

• **Happy Father's Day!**
Join us in honoring dads! We wish each and everyone of you a wonderful Father's Day!

• **Summer Camps during COVID-19**
Fort Worth Moms has put together a list of summer camps for all ages, stages, and interest levels. Although many camps have cancelled in person activities due to COVID-19, there are several offering online/virtual options! Visit the following link to view the guide: <https://fwmoms.com/2020/02/16/guide-to-summer-camps-2019/>

• **Stuck at Home Science**
Free educational activity guides and videos are designed for families to explore, investigate and have fun learning together without leaving home. New activities released every week-day at 10 a.m. PDT/8 a.m. CDT at www.californiasciencecenter.org/stuckathomescience.

• **25 Free Things to Do With Kids During the Coronavirus Quarantine**
Visit www.daveramsey.com/blog/things-to-do-with-kids.

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.vivapedcs.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

Summer Safety

Summer is finally here and so is another season of Texas heat! Swimming pools and playgrounds are sure to be the rage this summer season so here are some tips and tricks to keep your family happy and healthy so that you can enjoy all the fun festivities that summer has to offer.

Protect your skin from penetrating sun rays on a daily basis. Apply appropriate amounts of sunscreen especially if your family outings involve staying outside for several hours at a time. Hats and sunglasses should also be worn outside as much as possible.

Hydrate yourself by drinking water. It is recommended that you drink more water than usual in the summer due to high temperatures. Not only can water relinquish your thirst but it also helps your body maintain its body temperature and prevent overheating. Your daily water goal should be between 10 to 12 glasses of water. Children ages three and up should drink about 4-8 glasses of water every day.

Get yourself a cooler to store frozen treats and cool summer drinks. Coolers are a great way to bring along healthy snacks for your family that won't melt or perish in the summer heat. Summer snacks that you could include in your family cooler can be assorted fruits, water bottles, juice pouches and popsicles.

Even though parks, pools and restaurants are beginning to open up it is also a great idea to keep sanitizing your hands as much as possible and wear a facial mask whenever you feel the need to do so.

Have a healthy and fun-filled summer!

- Jordyn Ruiz

Food for Thought



Best Chocolate Chip Cookies

Ingredients

- 1 cup butter, softened
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1 teaspoon baking soda
- 2 teaspoons hot water
- ½ teaspoon salt
- 3 cups all-purpose flour
- 2 cups semisweet chocolate chips
- 1 cup chopped walnuts

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cream together the butter, white sugar, and brown sugar until smooth.
- Beat in the eggs one at a time, then stir in the vanilla.
- Dissolve baking soda in hot water.
- Add to batter along with salt. - Stir in flour, chocolate chips, and nuts.
- Drop by large spoonfuls onto ungreased pans.
- Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

Enjoy!

How does a scientist freshen his breath?



With experi-mints!



Just for Giggles!