



— Stress Free Summer Break —

Summer can be fun and exciting especially for kids, but for parents, it may be a different story if we do not take the time to plan and get organized. As we get into the summer and into the rhythm of things with new schedules, routines, and activities, it is a good idea to be proactive in order to avoid unnecessary stress. We have all been there. School is out, our kids are at home, daycare or at summer camp, and we have to adjust to their new schedule while maintaining our own along with our sanity! Suddenly our regular responsibilities of being a parent are now amplified as we struggle to juggle with the new summer routine. Do not despair, take a deep breath, and focus on putting the puzzle pieces together to the start of a wonderful and stress-free (or somewhat stress-free) summer.

Begin by laying out your schedule for the summer and identifying potential sources of stress. Whether it is figuring out who will drive the kids to their activities, scheduling playdates and birthdays, avoiding the summer slump and finding educational resources, etc., making a list is always a good place to start.

Do not over commit! Our kids do not have to attend every single activity. If they do have to attend, partner up with friends – carpool, take turns with playdates, ask for help when you need it! Know that other parents are probably going through the same situation and may appreciate you reaching out. We tend to over

commit because we want our kids to be occupied and entertained with healthy, educational, and stimulating activities rather than sitting in front of a tv all summer. It is understandable for parents to go out of their way to make sure we make the best out of the summer break, but it does not have to come at the expense of our own physical and mental health.

Take time to plan summer activities for you as well. If you are calm and relaxed, chances are you will enjoy the summer just as much as your kids. Try to schedule time for yourself (sans kids) without interruptions - get a massage, plan a parents' night out, read a book, watch a movie, meditate, or take a yoga class. If you are doing chores, find time to do them without the kids (Note: grocery shopping can actually be enjoyable when our kids are not asking for something at every aisle, fighting over who rides the grocery cart, or asking you when you will be done...). Find your "alone" time even if it is just for 15 minutes every day.

Make this summer break one that the entire family is looking forward to! Remember that being proactive, planning and being organized can go a long way. Prepare for the unexpected, know your limitations, be cognizant of your own needs along with those of your family and make time to decompress. Summer can be a very busy time for parents, but it does not mean it has to be stressful!

News & Events

• **Happy Father's Day!**

Sunday, June 20
Join us in honoring fathers and celebrating fatherhood! Thank you for all that you do!

• **Morgan's Inspiration Island Now Open!**

5223 David Edwards - San Antonio

Morgan's Wonderland and Morgan's Inspiration Island were built on the promise of providing free admission to anyone with a special need.

Offers 25 Ultra-Accessible™ attractions, sprawled across a 25-acre oasis of inclusion. From a wheelchair-accessible Ferris wheel to catch-and-release fishing.

For more information visit:
www.morganswonderland.com/

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

Summer is Here

Summer is here! After nearly a year and a half of quarantine, many of us are itching to travel again. Fortunately, many countries are re-opening borders and preparing to welcome tourists. While summer vacations might not feel quite the same as they once did, they can still be enjoyed with safety in mind.

If you're vaccinated, be prepared to prove it. Those who are vaccinated or planning to vaccinate are the most likely to travel. If you're vaccinated and traveling, some countries and regions may require you to carry a vaccination passport. Be sure to look up the current domestic Trusted Source or international Trusted Source travel guidelines to stay informed and keep your documentation on hand while you travel. To see any travel restrictions at your destination, TravelBans.org offers regularly updated restrictions from country to country.

If you aren't vaccinated, check your destination to ensure vaccination isn't a requirement before arrival. Most countries still require proof of a negative PCR test, and, in some cases, quarantine on arrival. Consider upgrading your flight. If your budget allows, upgrading to business or first class could mean less exposure to others. If that's not an option, flying economy can be done safely by sticking to guidelines and following these tips:

- Wear a mask or two and change your mask(s) every hour.
- Keep your air vent open to help with air circulation.
- Use hand sanitizer often.

So many of us have delayed or cancelled travel plans and more than ever, we likely need a break and to once again enjoy travel. Planning and preparation are key in making our summer plans safe and fun.

- Kristine Dodge

Food for Thought



Strawberry Granita

Ingredients

- 2 pounds ripe strawberries, hulled and halved
- 1/3 cup white sugar, or to taste
- 1 cup water and 1 tiny pinch of salt

Directions

- Rinse strawberries with cold water; let drain. Transfer berries to a blender and add sugar, water, lemon juice, balsamic vinegar, and salt.

- Pulse several times to get the mixture moving, then blend until smooth, about 1 minute. Pour into a large baking dish. Puree should only be about 3/8 inch deep in the dish.

- Place dish uncovered in the freezer until mixture barely begins to freeze around the edges, about 45 minutes. Mixture will still be slushy in the center.

- Lightly stir the crystals from the edge of the granita mixture into the center, using a fork, and mix thoroughly. Close freezer and chill until granita is nearly frozen (30 to 40 more min.). Mix lightly with fork, scraping crystals loose. Repeat freezing and stirring with the fork 3 to 4 times until the granita is light, crystals are separate, and granita looks dry and fluffy.

Serve and Enjoy!

Why did the dog sit in the shade?



Because he didn't want to be a hot dog!



Just for Giggles!