



— Homeschooling During the Pandemic —

“A system of education is not one thing, nor does it have a single definite object, nor is it a mere matter of schools. Education is that whole system of human training within and without the school house walls, which molds and develops men.” W. E. B. Du Bois

With the sudden and drastic changes that our lives have been dealing with these few months with the COVID-19 pandemic, we are also dealing with the major changes that our children are going through. Schools have been closed for the academic year and parents have been handed the job of helping our children navigate online schooling. Parents are now teachers, playmates, cooks, cleaners, and counselors, often while also navigating work from home, loss of jobs, and minimized opportunity to get support from the community.

So how do we best help our children with the new way to complete the school year? First, making a routine can help children maintain a sense of normality. If you have early risers or need to also work from home, try to rise early to get started with the day. If your children are better focused later in the morning, try a slower start to your day. Every family has a different dynamic according to the personalities and needs of the family group. Find what works for your family.

Completing normal morning routines helps to set the expectations for the day. Children thrive on knowing what is expected and what the day will bring. Try starting with getting dressed, general hygiene and morning chores, like making the bed. Doing this will start the day at home with the same

expectations as if they were taking the bus or being driven to their school.

Set normal snack and meal times with a range of flexibility. Again, by setting expectations, it will reduce whining and constant snacking. Offer healthy snacks such as fruit with a scoop of nut/seed butter or vegetables with hummus or other dip. Healthy foods are more filling than chips and satisfy the body’s craving for nutrients. Chips and cookies will only make your child more hungry and crave those low nutrient foods more frequently.

Each child is different and needs different levels of hands-on instruction and breaks from focused work. The increased level of screentime that children are receiving now due to remote schooling is affecting how quickly they tire of school and the need for more frequent breaks. Try working on one or two subjects and then take a walk around the block or let them play with toys for 20 minutes. Some children need you to sit near them and help discuss what they are learning (they would normally be doing this in the classroom).

If you work from home, this will be challenging, but try to work alongside of them while they work on school. Above all, be patient. Remember that this is crisis schooling and both workplaces and schools understand that everyone is trying their best to balance everything.

News & Events

- **Happy Mother's Day!**
Join us in celebrating mothers all over the world! Thank you for everything that you do!
- **VIVA Pediatric's Richardson office has moved!**
Our new office location is 275 W. Campbell Rd, Suite 400, Richardson, TX 75080
- **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.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

Safe Social and Hygienic Practices

As stay-at-home orders begin to lift, it's important to still practice safe social and hygienic practices outside of your home. Here are some ideas on how to make your family outings as germ-free as possible.

Keep wearing face masks whenever you leave your home. Even though local businesses are slowly beginning to open up again it is still recommended that you wear a face mask out in public. This is to protect both yourself and those around you.

Stay clear of people coughing or sneezing. It's still important to maintain a safe distance of six feet away from other individuals in order to keep the spread of germs low. If you yourself need to cough and sneeze make sure to do so into your elbow and face away from other people. Be sure to sanitize your hands and dispose of your tissues appropriately.

Keep tissues and hand sanitizers handy. In a purse or kid bag, keep some hand sanitizer to use after using public restrooms or after you finish eating and tissues ready whenever you have to sneeze or cough. This will come in handy for keeping your little ones clean and prevent the spread of germs.

Avoid sick friends and relatives as much as possible. COVID-19 is still a highly contagious disease and maintaining a safe distance away from those who feel symptoms is very important for maintaining the best health for your family. If you yourself are showing any symptoms, remain isolated from others in the safety of your home.

- Jordyn Ruiz

Food for Thought



Five Can Soup

Ingredients

- 1 (15 ounce) can prepared chili with beans (such as Hormel)
- 1 (14 ounce) can whole kernel corn
- 1 (10.75 ounce) can vegetable beef soup (such as Campbell's)
- 1 (10.75 ounce) can tomato soup (such as Campbell's)
- 1 (10 ounce) can diced tomatoes with green chile peppers (such as RO*TEL)

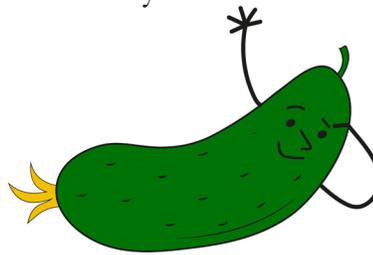
Directions

- Stir chili, corn, vegetable beef soup, tomato soup, and diced tomatoes with green chile peppers together in a saucepan over medium-high heat; cook until hot, 5 to 10 minutes.

- Optional: Serve with Fritos chips

Enjoy!

Two pickles fell out of a jar onto the floor. What did one say to the other?



Dill with it!

Just for Giggles!

