



May is National Bike Month!

May is National Bike Month! Biking is an excellent activity for families to do together. It allows kids and parents to be active and enjoy the outdoors while also exploring areas further than they could reach on foot. It is much more eco-friendly than driving and can be adapted for kids of all ages! If you are interested in getting your family biking together this spring and summer, here are a few tips to get started:

Get the right gear

Bikes are the safest and most fun when they are the right fit for your child. For small children, start with a bike trailer or a seat on your bike before they graduate to a balance bike. If you're going long distances, it is probably best to have the kids on your bike. Some trailers have space for additional stuff, for entertaining small children or packing a picnic lunch for your destination. For kids learning how to bike, a balance bike can be a useful introduction to the required skills.

Once a child outgrows the balance bike, they can move to a tricycle, a bike with training wheels, and then eventually a "real" bike. For older kids, the bike's fit is crucial. You can find sizing guides online to ensure that your children's bikes are not too big or too small. If this seems like an undue financial burden, look for gently-used bikes on Craigslist or your local thrift store. Some companies even service and upcycle used children's bikes for repeated use.

Of course, your children will all need helmets. Helmets should be CPSC/ASTM certified and

sized to fit your child's head. For very small children, make sure that the helmet is not too heavy, as their neck strength is limited.

Prepare for the weather

If you're going to be out for several hours, remember to prepare for weather changes. In the winter, layers are essential to make sure you aren't too cold or too warm, especially after you get moving. No matter what the weather looks like, sunscreen is always a good idea, as is packing a light poncho or other provisions for the rain. In the summer, bug spray or some sort of repellent is a nice idea if your ultimate destination is outdoors.

Pick your destination

Biking does allow you to venture further from your house, but remember that you are still limited by your children's attention spans. For the first couple of outings, keep the mileage low so you can judge your kids' temperaments, as well as build up their biking endurance. A local park could be a good destination for a low stress first ride. Try to pick routes that are away from busy traffic. You can search for bike trails near you to explore away from cars. As you begin to expand your trips, look for things that interest your families - do you enjoy museums, historical attractions, delicious restaurants? The possibilities are endless!

Where will biking take you this summer?

*Click [here](#) to view citations.

News & Events

• Happy National Nurses Week!

National Nurses Week begins each year on May 6th and ends on May 12th. Join us in showing appreciation for these essential workers and to recognize the nursing profession's vital and unique contributions to health care and society at large. THANK YOU to all of our VIVA nurses for your incredible work!

• The Kiwanis Club of Greater Plano's 2022 Butterfly Festival

April 30 through May 8
Shops at Willow Bend in Grand Court near Neiman Marcus. Visitors can walk through a conservatory filled with flowering plants and observe thousands of flying butterflies in a natural setting. Tickets are available for purchase in-person. The display will be open Monday-Saturday from 11am-5pm and Sunday noon-5pm.
www.shopwillowbend.com/event/The-Kiwanis-Club-of-Greater-Plano-2022-Butterfly-Festival/2145560299/

• Family Night in the Park will feature Encanto - Carrollton

Saturday, May 28
Free, fun-filled evening at the Farmers Branch Historical Park! Activities for the kiddos include face painter, balloon artists, a trackless train, and the Ballistic Swing amusement ride. For more information visit:
www.farmersbranchtx.gov/556/Special-Events

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

Tips for Keeping Kids Safe During Summer Months

In the summer, Texas has longer days filled with activities outdoors. As such, accidents can and do happen which is why we are all for giving you our best tips to keep your kids safe.

Good Summer Safety Tips for Kids:

- Wear sunscreen. It should provide "broad spectrum" protection and be SPF 30 or more. When engaging in water activities, make sure to use a waterproof formula and reapply every 2 hours.

- Avoid heat stroke. Kids should wear lightweight and light-colored clothing. They should also drink plenty of water. If you're outside for long periods, cool them off with a dip in the pool or have a spot with shade to get out of the sun.

- Always supervise kids around water. It is possible to drown in an inch of water, so never leave kids playing unattended by any kind of water.

- Get them proper swimming lessons. If your child hasn't yet learned to swim, it's a good idea to sign them up for lessons with a professional.

- Protect them from bugs. Mosquitoes, ticks, and other pests can transmit dangerous diseases. Apply insect repellent on children when they go outside to play in the summer, taking care to avoid the eyes, mouth, hands, and any cuts.

- Get inside when weather turns foul. Have a plan in place to get to safety when you hear thunder while outdoors.

We wish you and your family a safe and wonderful summer!

Food for Thought



Avocado Hummus

Ingredients

- 10 ounces plain hummus
- 2 medium avocados, halved, seeded and scooped
- 1/2 lemon, juiced
- 1 pinch of cayenne, plus more for serving
- Kosher salt
- Extra-virgin olive oil, for drizzling
- Assorted sliced vegetables for dipping, such as carrots, celery, cauliflower, cherry tomatoes and cucumber

Directions

- Combine the hummus, avocados, lemon juice and cayenne in a food processor and puree until smooth; add salt to taste.
- Transfer the hummus to a shallow bowl. Drizzle with a little olive oil and sprinkle with a little cayenne. Serve with the assorted sliced vegetables.

*www.foodnetwork.com

What's a foot doctor's favorite chips?



Doritos!



Just for Giggles!