



## — November - A Month to Celebrate —

November doesn't have to be just about Thanksgiving. There is plenty to celebrate and enjoy in this special month! Did you know that November is also Child Safety and Protection month, Aviation History Month and Peanut butter month? Let's celebrate!

To celebrate Child Safety and Protection month, you can start with teaching children about "9-1-1". Many parents have had their lives saved by a pro-active child who is able to call the emergency dispatchers. Work together as a family to create emergency preparedness kits and fire evacuation plans for your home. Children need to know that there is a plan and what to do in the event of an emergency. Being prepared will relieve much of the stress in a very stressful situation. This ready kit list is a great place to start: [www.ready.gov/kit](http://www.ready.gov/kit).

Also enjoy Aviation History Month with lots of family friendly things to do. First, on a nice day, many airports have a place to park and watch planes take off and land. It is quite loud but exciting to see the jumbo jets fly close overhead. Then, you can visit your local library and check out books about the Wright brothers, Amelia Earhart, and Charles Lindbergh to read aloud. If you have a large cardboard box, have your kids decorate it as an airplane and have some good old-fashioned imagination play. You can also make paper airplanes and do contests to see who can fly the farthest! Check out [www.foldnfly.com](http://www.foldnfly.com) to see a large spectrum of styles

of paper airplanes.

What about Peanut Butter Lover's month? If you don't have any peanut allergies in your home, try to get creative with some recipes for people and some furry friends too! Here is a recipe for homemade dog treats: [www.thecookierookie.com/pb-dog-treats/](http://www.thecookierookie.com/pb-dog-treats/). Kids will have fun mixing and even taste-testing these! Feathered friends outside love peanut butter too, especially since the weather is getting cooler. Here is an idea to create inexpensive bird feeders: Spread peanut butter on pinecones, roll in birdseeds and tie a string on the pinecone to hang it from a tree. Don't forget to make some yummy treats for you too: [www.countryliving.com/food-drinks/g2216/peanut-butter-recipes/](http://www.countryliving.com/food-drinks/g2216/peanut-butter-recipes/). While you are eating and enjoying your peanut butter treats, read a book on George Washington Carver who invented hundreds of uses for the peanut- yes, much beyond peanut butter.

Finally, it is Thanksgiving and the beginning of the holiday season. This year, ask each person who is gathering for the feast to list their favorite food item for the table and their least favorite item. You may be surprised that some items that are traditional are easily skipped or maybe someone remembers a specific recipe that might be a variation on tradition. Create YOUR family traditions and memories. Be intentional on making everyone feel blessed to be a part of the family by including those loved items.

Happy Thanksgiving!

### News & Events

• **Happy Thanksgiving from our family to yours!**

VIVA wishes you and your family a wonderful Thanksgiving! We are so thankful for all of you!

• **Offices Closed for Thanksgiving**

VIVA offices will be closed for Thanksgiving November 25-26.

• **Movies in the Park**

Grab a space on the lawn, enjoy a food truck picnic and let the cinematic fun begin.  
Klyde Warren Park - Ginsburg Family Great Lawn.

- The Lego Movie

Saturday, November 14  
7:00 - 9:00 p.m.

- Harry Potter and the Chamber of Secrets

Saturday, November 21  
7:00 - 9:00 p.m.

For more information visit:

<https://klydewarrenpark.org/things-to-do/events/2020/the-lego-movie.html>

• **Blue Genie Art Bazaar - Austin**

November 13 - December 24  
6100 Airport Blvd., Austin

A unique holiday art show held in Austin. Open again for more than 15 years, the free Bazaar features handmade artwork and gifts from more than 200 local and regional artists - with a portion of proceeds going to Make-A-Wish® Foundation. For more information visit:

[www.bluegenieartbazaar.com](http://www.bluegenieartbazaar.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](http://www.vivaped.com/resources)

For current events visit us on Facebook. [www.facebook.com/VIVAPeds](http://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](http://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](http://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](http://www.facebook.com/ProtectTXFragileKids)  
For more info visit: [www.protecttxfragilekids.org](http://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](http://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 a Healthy Breakfast

During the school year it's the perfect time to teach your kids the importance of eating a healthy breakfast. A healthy breakfast gives the body much needed energy after going without food for eight to 10 hours while asleep. Children who take the time to eat a well-balanced meal before school are more likely to participate in physical activity and retain concentration throughout their daily lessons. On the other hand, children who skip breakfast generally end up feeling tired, restless, and irritable until they are able to eat a snack or lunch.

The kind of breakfast foods that children consume matters too. A healthy breakfast consists of whole grains, fiber, protein and low in sugar. These kinds of nutrients can greatly improve children's attention span, concentration, and memory. Other benefits of eating a healthy breakfast include better problem-solving skills, better hand-eye coordination, high creativity levels and a stronger immune system.

Without eating breakfast, children won't be able to give their bodies the fuel that they need to function at their fullest potential throughout the day. Children are more likely to eat a healthy breakfast with fruits that they enjoy and positive encouragement. Families can further motivate their children to eat breakfast by getting them involved in the meal planning and having them help choose their healthy breakfast options. Getting children acquainted with a healthy breakfast routine can set them up for a future of healthy eating success.

- Jordyn Ruiz

## Food for Thought



### Scrumptious Banana Bread

#### Ingredients

- ½ cup butter, melted
- 1 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup sour cream
- ½ cup chopped walnuts
- 2 medium bananas, mashed

#### Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.

- In a large bowl, stir together the melted butter and sugar. Add the eggs and vanilla, mix well. Combine the flour, baking soda and salt, stir into the butter mixture until smooth. Finally, fold in the sour cream, walnuts and bananas. Spread evenly into the prepared pan.

- Bake at 350 degrees F (175 degrees C) for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

What's the best thing to put into a pie?



Your teeth!



Just for Giggles!