



The Importance of Gratitude

Studies have shown that gratitude is good for you. It can make you happier, healthier, and more able to deal with adversity. It even strengthens the relationships around you. As parents, we especially want our children to be grateful. Gratitude is the antidote to entitled or rude kids, right? But how can we instill gratitude in our children without it being a burden? Is Thanksgiving just a one-time-a-year opportunity or can we take its lessons into the coming days and months? Here are a few ways to make gratitude a year-long practice.

Model It

Kids mimic their parents, for better or for worse. Before you try to compel your kids to show gratitude, make sure you are doing it first. Saying thank you to the adults around you is a start, but don't forget to say thank you to your littles too! The more specific the better: "thank you for cleaning up all your toys! It looks great in here and now we can walk around more easily" or "Thank you for the wonderful artwork. All the different colors make me smile" are great examples. If you say what exactly you are grateful for, its emotional impact, and the physical effect of their actions, you will impact the recipient of the thanks and your own mood, too!

Try a Gratitude Journal

For a more personal practice, encourage your family to keep individual gratitude journals. They don't have to include long, flowery descriptions of your blessings, but even a quick

list has been shown to be good for your health. Recent studies have shown that teens keeping a gratitude journal became less materialistic, more generous, and even healthier eaters. Your family can decide how each person wants to do it - picking one thing and going deep into why you're grateful for it, or picking 3-5 things and including less detail. This would be a great way to either start or end your day.

Keep a Gratitude Jar

For a more communal activity, you could start a family gratitude jar. Place a jar in a well-trafficked area (decorating the jar could be a fun family activity as well!) and place some paper nearby. Whenever anyone's feeling thankful, whether it's for a family member or something else, they can write down a little note and place it into the gratitude jar. Then once a year, either on Thanksgiving or New Year's Eve, you can read out the things that everyone was thankful for over the course of the year! It's a great way to be grateful in the moment and also to reflect later.

These are just a few ways that your family could practice gratitude all year long. There are many more, such as writing thank you notes for gifts big and small, and helping out in the community. You can decide what works for your family, but whatever you choose, you can be sure the benefits are worth the effort. What's your favorite way to show gratitude?

Click [here](#) for references.

News & Events

• Sensory Friendly Morning

- November 12
- 9:00 a.m. - 10:00 a.m.
Explorium Denton Children's Museum
5800 I-35 North Suite #214,
Denton, TX
Children with sensory friendly needs can come visit when the museum is not as crowded and noisy. Museum will alter light levels and display volumes for these visiting hours.
For more information visit:
www.exploriumdenton.org/events/

• Japanese Garden

October 7th- 23rd. Enjoy fall fes3220
Fort Worth Botanic Garden
Botanic Garden Blvd,
Fort Worth, TX, 76107
The Fort Worth Botanic Garden's Fall Japanese Festival includes cultural demonstrations, performances, unique shopping opportunities, and traditional foods, provided in large support by the Fort Worth Japanese Society
For more info visit: <https://fwbg.org/japanesefestival/>

•Special Needs Screenings

- November 05, 2022 to December 10, 2022 at 12:00 P.M.
- All Studio Movie Grill locations
These sensory friendly Screenings present movies with the lights up, the volume low, and moving around, talking, and even dancing in the aisles is welcome. Tickets are free for children with special needs and their siblings, and adult tickets are available at before-noon price at the box office only.
For more info visit: www.studio-moviegrill.com/movie/special-needs-screenings

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

How to Prevent Skin Cancer in Children

Skin cancer is caused by overexposure to the sun where the UV rays damage DNA in the skin resulting in formation of abnormal cells. These cells divide abnormally to form cancer cells. Temperatures are extremely high at the moment, hitting highs of over 90 degrees in Texas, for example. So how can you ensure that your children are kept safe even as they play?

Exposure to sunlight: The sun is strongest between 10 a.m. and 4 p.m. If your children have to be out during this time, try and minimize the time they spend under direct sunlight and encourage them to play in the shade instead. Did you know that snow, sand and pavements reflect UV rays even under an umbrella, increasing chances of sunburn?

Sunscreen: If you can't minimize the length of time your children spend out in the sun, then invest in sunscreen with an SPF-30 or higher that protects against both UVA and UVB rays. This is best for children 6 months and older. Make sure you apply it to all areas of your child's body. Even if it's cloudy, keep applying the sunscreen every two hours.

Clothing: It is important that your child wears sun-protective clothing (UPF). Make sure their clothing covers most of the body and shades the face. You could also find them hats which provide shade for both the face, ears, and back of the neck.

Food for Thought



Pumpkin Spice Latte

Ingredients

1 c. whole milk
2 tbsp. pumpkin purée
1 tbsp. maple syrup
1/2 tsp. pumpkin pie spice, plus more for garnish
1 tsp. pure vanilla extract
1/4 c. hot espresso or coffee
Whipped cream, for garnish

Directions

- In a saucepan over medium heat, whisk together milk, pumpkin, maple syrup, spice, and vanilla extract. Cook, whisking constantly, until mixture is warmed, then blend mixture with an immersion blender until frothy.

- Pour hot espresso into a mug, then top with pumpkin-spice foamed milk. Top with whipped cream and a sprinkle of pumpkin pie spice.

Enjoy!

[*www.delish.com](http://www.delish.com)

How do you mend a broken pumpkin?



With a pumpkin patch!



Just for Giggles!