



Summer Heat Safety

Summer is officially here. The solstice occurred on June 21st. But more practically, it feels like summer in most parts of the United States. Heat waves are expected across the country and many states have seen or are expecting temperatures above 100, or even 110 degrees. While we usually associate summertime with relaxing and fun, this heat can cause health problems for anyone exposed to it for too long. As the thermometer rises, here are a few things to watch out for you and your family's health and safety.

Heat Cramps - These are the most minor of heat-related injuries and perhaps the easiest to diagnose. If you are heavily sweating during exercise and begin to feel muscle pain or cramps, stop physical activity immediately. Make sure that you cool down by moving to a cooler place, and drink plenty of water or an electrolyte-filled drink. Do not resume exercise or activity until your cramps go away. For kids, be aware of their "tells" when it comes to pain. If you see your child wincing or grabbing their muscles during outdoor sports or play, make sure you ask them what's going on and make them rest if they are experiencing cramps. Seek medical attention if you or your child has cramps that last over an hour.

Heat Exhaustion - This is the next most serious ailment. In addition to the heavy sweating and possible muscle cramps, the signs of heat exhaustion including cold, clammy skin; a fast, weak pulse; nausea or vomiting; tiredness or

weakness; dizziness; headache; or fainting. If you or your child experiences these, get out of the heat! Loosen your clothes to release your body heat, move to a cool place, and sip some water. You can even put cool, wet cloths on your body or take a cold bath. Seek medical help if you or your child is throwing up or the symptoms worsen or last more than an hour.

Heat Stroke - Hopefully, you will have spotted signs of heat-related injury well before you get to the point of heat stroke, but it can come on fast in the high heat or with heavy exertion. Heat stroke and heat exhaustion share some symptoms: headache, dizziness, nausea, fast pulse, and passing out. But additional heat stroke symptoms include confusion, hot, red, dry, or damp skin, and a body temperature of 103°F. Heat stroke is a medical emergency - you should call 911 right away. Move the person to a cooler place and use cold cloths or a cold bath to lower their body temperature. With heat stroke, unlike heat exhaustion or cramps, you do not want the person experiencing the symptoms to drink anything. Cool them off first while you wait for medical assistance to arrive. Acting fast is key - untreated heat stroke can damage the brain, heart, kidneys, and muscles.

Most times, you can avoid interruptions to your summer fun by using good sun protection, drinking plenty of fluids, and taking frequent breaks when exercising or playing sports in the heat. What's your favorite way to cool off in the heat?

News & Events

• Happy 4th of July!

We hope everyone had a safe and fun Independence Day celebration!

• Printshop A Go-Go with Iron Frog Press – Mesquite

Free event for all ages but registration is requested. Join the Mesquite Arts Council as they welcome local artist Matt Bagley and his company Iron Frog Press to learn about the printmaking process and make small prints! July 15th at 10 AM at the Downtown Mesquite Farmers Market (100 W. Front Street). For more information visit www.mesquiteartscenter.org/events/2023/print-making-with-iron-frog-press.

• Ice Cream Social at Nash Farm

Grapevine - \$10 per person, children under 3 get in free. Head over to Nash Farm for a relaxing social evening of ice cream and Victorian lawn games. The Grapevine Cornet Band will accompany the evening with traditional old-time music. Event starts at 7:00pm. For more information visit www.grapevine-texasusa.com/event/ice-cream-social-at-nash-farm/37482/.

• Kids Create - Austin

Austin Public Library – Free for all ages. Drop by the library and make a craft while you search for books, movies and music. They've got paper crafts, easy sewing and more fun projects for the whole family. Tuesday, July 11, 2023, 2:00pm to 3:00pm. Howson Branch, 2500 Exposition Blvd. For more information visit <https://library.austintexas.gov/event/crafternoon/kids-create-7730744>

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

Creating Memories in the Kitchen

Finding interactive activities that entertain and educate your children at home during the summer months can often be challenging. However, a fun idea can be found right in the heart of your home - the kitchen!

Baking is a great place to begin. Turning ingredients into a delicious treat can seem like magic to young eyes. Pizza-making is another fun and educational cooking activity. Allow your child to knead the dough and choose their toppings. These experiences are fun-filled and sensory-rich, fostering your child's tactile, visual, and taste development.

Encourage your children to play a role in meal planning. Maybe they have a favorite dish or want to try a new cuisine. Take the time to discuss the nutritional value of the foods you use. Not only does this instill good eating habits, but it also introduces scientific concepts in a fun and practical way. Explaining how yeast makes bread rise or why eggs change their structure when heated transforms cooking into an interactive learning platform.

This is also an excellent time to talk about safety in the kitchen. Educate your children about safe tool handling and fire safety. Your patience and attentive supervision will go a long way in ensuring their confidence grows alongside their skills.

Establishing regular family cooking days will foster a tradition of joy, learning, and love for the world of cooking. Ultimately, your kitchen isn't merely a room for meal preparation but a lively stage where beautiful (and tasty) memories are made.

Food for Thought



Honey Lime Rainbow Fruit Salad

Ingredients

1 lb fresh strawberries, chopped
1 lb chopped fresh pineapple,
12 oz fresh blueberries
12 oz red grapes, sliced into halves
4 kiwis, peeled and chopped
3 mandarin oranges*
2 bananas, sliced (optional)

Honey Lime Dressing

1/4 cup honey
2 tsp lime zest (zest of 2 medium limes)
1 1/2 Tbsp fresh lime juice

Directions

- Add fruit to a large mixing bowl.
- In a small bowl, whisk together honey, lime zest, and lime juice.
- Pour over fruit and toss to evenly coat. Serve immediately.

Enjoy!

* www.cookingclassy.com/honey-lime-rain-bow-fruit-salad/

Why don't scientists trust atoms?



Because they make up everything!

Just for Giggles!

