



Health and Safety Back to School

As summer winds down, you may be thinking about back-to-school sales and what you'll need to buy for school supplies and new clothes for your kids. While teachers send home lists of needed classroom items, you might want to make your own list - a back-to-school list for your school-age kids' health and safety.

Immunity Support - Hopefully during the summer, your children have been outside enjoying the fresh air. Alas, now it is time to return indoors to school. And with lots of kids indoors comes lots of germs. Get a jump start on preventing fall and winter sicknesses by upping your kids' immunities before they head back. Many teachers now include hand sanitizer or sanitizing wipes on their back-to-school lists, but if they don't, provide your child with their own stash. Another immunity booster comes in the form of vitamins C and Zinc. Try to incorporate these nutrients into your school lunches, with items like oranges or nuts for a snack. To give your kids an extra boost, try an immunity-boosting supplement made for kids - these often come in gummy varieties for an extra incentive. Some experts recommend supplements with elderberry or oil of oregano for increased protection against illness.

Sports Equipment - Whether your child is just starting or has played sports for a while, it's time to evaluate your little athlete's safety equipment to ensure nothing is lost, broken, or outgrown. The most important piece of safety equipment is usually the helmet. Helmets are used in all types

of different sports, so make sure your child has the right type for each activity. Check to make sure that the helmet fits snugly but comfortably on your child and is in good condition before the football or baseball season begins. Other fundamental pieces of safety equipment are goggles, mouthguards, and pads, so check with your child's coaches about what they might need. Don't forget the proper footwear - replacing worn-out or damaged sneakers or cleats can help your child feel more comfortable and prevent pain or injury.

Check-Ups and Doctors Forms - Many schools and extracurricular activities will need a form stating that your child is healthy enough to attend and participate. Get a head start on these requirements by setting up a check-up for your child now. Try to get a copy of all the forms together that you will need so you can drop off physical copies of the forms. But if you can't get them ahead of time, many doctors' offices will now allow them to be submitted by email or a digital portal. This is an excellent time to also make sure that your child is on track with developmental benchmarks. Make sure to write down all of your questions for the medical professional before the appointment so you don't forget. Sometimes when we are put on the spot, we can't remember what we once thought we couldn't forget.

With these three categories checked off your list, you will enter the school year prepared to keep your kids healthy and safe.

News & Events

- Drive-In at DART – Carrollton**
Free for all ages. The City of Carrollton and Dallas Area Rapid Transit (DART) are partnering to host an old-fashioned Drive-In Movie experience at DART North Carrollton/ Frankford Station at sunset on Friday, August 4, 9:00pm at North Carrollton/Frankford Station, 1717 W. Frankford Road, Carrollton, Texas 75007. Bring family and friends for a showing of The Super Mario Bros. Movie. For more information visit www.cityofcarrollton.com/Home/Components/Calendar/Event/46316/20?curm=8&cury=2023
- Mermaid Tea Party – Plano**
\$10 per person. Inviting all Mermaids, Mermen, Sea Creatures and Pirates for a saltwater swim party at the Texas Pool. Bring your swim fin. Enjoy fishy treats and games. Have your photo taken with the mermaids. August 13th from 2:00pm to 6:00pm. 901 Springbrook Drive, Plano, TX 75075 United States. For more information visit www.visitplano.com/event/mermaid-tea-party-2/
- Rockin' Kids Club - Round Rock**
Free. Build something amazing at the Round Rock Public Library! Big buckets of LEGO® bricks for you to create something incredible alongside other LEGO fans. This come-and-go activity is suggested for kids ages 5+ with a caregiver. 3:30 p.m. at 200 E. Liberty Ave, Round Rock, TX, TX 78664. For more information visit www.roundrocktex.gov/event/rockin-kids-club-lego-free-build-ages-5-2/

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

Stay Cool with Giggles: Indoor Activities to Beat the Heat

As the summer heat reaches its peak, finding ways to beat it and keep the kids entertained can be a challenge. While pool days are a popular choice, plenty of fantastic indoor activities and events will keep the little ones cool and provide endless fun and excitement. Here are some great ideas to make the most of the summer indoors:

Creative Craft Workshops: Engage your child's imagination with indoor craft workshops. From painting and pottery to making colorful summer-themed decorations, these activities will keep the little artists entertained for hours.

Movie Marathons: Set up a mini home theater and host a movie marathon featuring your kids' favorite films. Don't forget the popcorn and refreshing drinks to add a touch of cinema magic to the experience.

Science Centers: Take a trip to a science center where children can explore interactive exhibits and learn about fascinating scientific phenomena. Many science centers have sections dedicated to water-related experiments that will surely spark their curiosity.

Ice Skating: Indoor ice-skating rinks provide a fantastic escape from the heat. Let the kids glide on the ice and enjoy some cool, refreshing fun while getting some exercise.

Library Adventures: Many libraries organize summer events for kids, such as storytelling sessions, puppet shows, and educational workshops. It's an excellent opportunity to encourage a love for books and learning while staying indoors.

Remember to provide plenty of water and healthy snacks to keep the kids energized throughout the day. With these exciting indoor activities and events, you can stay cool and have a fantastic time with your little ones!

Food for Thought



Sweet and Easy Corn on the Cob

Ingredients

2 Tablespoons White Sugar
1 Tablespoon Lemon Juice
6 Ears Corn on the Cob, husks and silk removed
Optional toppings: lemon pepper, butter, chili powder, chopped cilantro, cotija cheese

Directions

- Fill a large pot about 3/4 full of water and bring to a boil.

- Stir in sugar and lemon juice until sugar is dissolved.

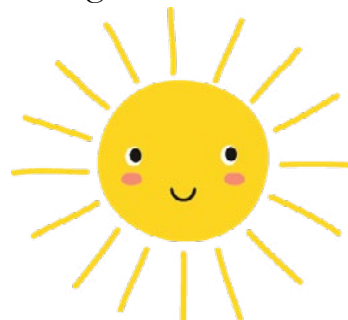
- Gently place ears of corn into boiling water, cover the pot, turn off the heat, and let corn cook in the hot water until tender, about 10 minutes.

Remove, add toppings of choice, and enjoy!

Enjoy!

* www.allrecipes.com/recipe/222352/jamies-sweet-and-easy-corn-on-the-cob/

Why did the sun go to school during the summer?



Because it wanted to be brighter!



Just for Giggles!