

IMMUNIZATIONS

Stay at home and shelter in place orders from COVID-19 have resulted in declines in clinic pediatric visits and fewer vaccines for children. This puts children at risk for preventable diseases.

Well child exams allow parents to learn about their child's growth and development, identify a plan to treat any identified issues early. Early intervention and treatment can prevent bigger problems later on.

The Center for Disease Control and American Academy of Pediatrics recommends children receive their well child check-ups in person whenever possible. If your child missed a well child visit and/or recommended vaccinations due to COVID-19, contact your child's clinic to schedule an in-person appointment.

Talk to your clinic about ways they are assuring safety during in-person visits. Many may require facial coverings, limit the number of people present, and/or to offer a modified appointment schedule to increase safety for everyone. Remember--washing your hands with soap and water is important to prevent the spread of illness.

Facial masks are not recommended for children under the age of 2. Be cautious when using even a thin blanket over your child's infant carrier car seat to limit exposure to COVID-19. Use of any blanket over the child's infant carrier car seat can cause your newborn or child to overheat.

The Centers for Disease Control and Prevention recommends all pregnant women receive the whooping cough vaccine (Tdap) early in their third trimester, during each pregnancy. This helps provide protection for the newborn in the first few months of life before they can get their own vaccines.

"Do the best you can until you know better. Then when you know better, do better."
-Maya Angelou

More information can be found here:

- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>
- <https://www.cdc.gov/vital-signs/maternal-vaccines/>

About 2 weeks after vaccination, the mother develops antibodies to influenza and whooping cough.

Antibodies enter the placenta and transfer to the baby.



The baby is born with antibodies that provide protection against influenza and whooping cough for the first few months of life.

Germ Blow Painting Art

<https://www.simpleeverydaymom.com/germ-blow-painting-art/>

Materials needed:

- White cardstock paper
- Liquid watercolor paints
- Paintbrush
- Straw
- Black marker

Pour liquid watercolors in paint cups or small bowls. Use a paintbrush to add a small puddle of paint onto the paper. Place a straw about one inch away from the puddle. Use the straw to blow the paint blobs around in all directions. Repeat with additional colors. Let dry then draw eyes on the germs.



Lint Roller Germ Pickup

<https://www.raisingdragons.com/lint-roller-worm-pick-up/>

Materials needed:

- Pipe cleaners or yarn
- Lint roller or tape
- Pair of safety scissors
- Bowl

If your child is old enough, help them to cut pipe cleaners or yarn into two inch sections and lay these "germs" out on the table. If using pipe cleaners, have your child bend them slightly before laying them out on the table. Give your toddler a lint roller and ask them to pick up the "germs" and place them in the bowl.

This activity is great for fine motor skills, crossing the midline (building brain connections by crossing over their body to perform a task on the opposite side of the body), color identification, and even number recognition depending on the age of your child.



WOOP method

<https://woopmylife.org/>

WOOP is a science-based mental strategy that people can use to find and fulfill their wishes, set preference, and change their habits. It takes only 5-10 minutes of uninterrupted time.

WOOP stands for:

- Wish
- Outcome
- Obstacle
- Plan

20 years of science behind WOOP shows it has helped people reduce stress and increase work engagement, find integrative solutions to problems, and improve time management.

Practice it here: <https://woopmylife.org/en/practice> or download the free mobile WOOP app.



Prioritizing Your Mental Fitness

<https://fitisafeministissue.com/2020/03/20/prioritizing-your-mental-fitness/>

- Separate what is in your control from what is not.
- Do what helps you feel a sense of safety.
- Get outside in nature-even if you are avoiding crowds.
- Challenge yourself to stay in the present.
- Stay connected and reach out if you need more support.

