

THE PEDIATRIC VILLAGE

SPRING Edition 2020



SentaraPediatricPhysicians.com

Together against COVID-19

help

solidarity

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love

donate

support

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"It Takes a Village to Raise a Child."

-a West African Proverb

Navigating Through Fears and Anxieties Together

On a public health WebEx conference this week, Celeste James, Executive Director of Community Health, Kaiser Permanente stated, "we at Kaiser have begun to change the language during this pandemic and replaced the phrase *social distancing* with *physical distancing* to remind our team and members that we should not neglect the social interaction, although it has taken on a different form now through the use of video conferencing, phone calls and social media." I loved this phrasing, physical distancing, because it does not negate the importance of connection with our loved ones and community. The idea of transforming the perspective of how we view our new normal right now is crucial, especially as our children are observing how we navigate our way through this crisis. It is normal to experience fears and anxieties. It is also important now while we acknowledge our vulnerabilities that we also try to find ways to reinforce a sense of hope and well-being. This newsletter was curated with that theme in mind. We remain committed to demonstrating presence with you and in supporting and serving you, our community, our village. We will get through this together in solidarity lifting up our front line warriors and acting as a barrier for our most vulnerable. Stay safe, healthy and connected.

Vanessa L. Hill, MFA, MPH, PMP
Editor & Outreach Program Manager
Sentara Ambulatory Care Division Pediatric Services

WE WANT YOU TO KNOW...

- Your safety, and the safety of our staff, is our highest priority.
- We have sanitizing stations at our facility entrance with hand sanitizer and tissues.
- We are cleaning our waiting rooms, door handles, and all shared surfaces frequently with FDA-approved disinfectant wipes.
- We are cleaning patient rooms after each visit with disinfectant guidelines approved by the CDC. We can assure you our practice areas are safe for all patients.
- Only one caregiver may accompany patients in need of direct assistance to their appointment. For your safety, all other visitors are prohibited at this time.
- As a precaution, any patient with a fever or cough will be required to wear a mask upon arrival.
- We ask for no walk-ins at this time. To help prevent the spread of COVID-19 in our community, and to ensure you have access to the care you need, we are transitioning many in-office appointments to virtual appointments, when appropriate. Please call your provider if you need medical services.
- Virtual appointments will be conducted over the phone, through a video visit or eVisit.
- If a video visit is recommended for you, our team will provide further instruction.
- We will get through this together.

WHAT REALLY IS CORONAVIRUS?

According to the World Health Organization (WHO), Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). **Coronavirus disease (COVID-19)** is a **new** strain that was discovered in 2019 and has not been previously identified in humans.

Common signs of infection include **respiratory symptoms, fever, cough, shortness of breath and breathing difficulties**. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Standard recommendations to prevent infection spread include **regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs**. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.



COVID-19 UPDATE: TALKING WITH KIDS ABOUT COVID-19

Use these tips when talking to children about COVID-19 and ways they can avoid getting and spreading the disease.

- 1** Remain calm and reassuring. Remember, children react to both what you say and how you say it.
- 2** Make yourself available to talk and listen. Make time to talk. Be sure kids know they can come to you when they have questions.
- 3** Avoid language that might blame others or lead to stigma. Remember, viruses can make anyone sick, regardless of race or ethnicity.
- 4** Pay attention to what kids hear or see on television or online. Consider reducing the amount of screen time.
- 5** Provide honest and accurate information. Give children information that's truthful and appropriate for their age and developmental level.
- 6** Teach children everyday actions like sneezing into their elbow and making handwashing a habit to reduce the spread of germs.

Get Updates: [NAESP.org/COVID19](https://naesp.org/COVID19)

Source: Centers for Disease Control and Prevention, [CDC.gov/COVID19](https://www.cdc.gov/COVID19), March 2020



MAKE AN APPOINTMENT FOR YOUR CHILD

For your well baby visit, or if you have a fever or cough and shortness of breath, or are in need of immediate care, we encourage you to schedule a video visit by **contacting your primary care provider's office**, calling 757-252-3050 or [scheduling online by clicking here.](#)

ASK THE DOC



Should I still be concerned about the flu for my child this year? If so, how prevalent is it and what can we do to better protect our family? Debra V.

Dear Debra,

Thank you for asking this question which I'm certain other families are wondering but maybe a bit slow to ask right now. When I hear hoofbeats I think of horses and not zebras. Influenza is **still** a major concern as we are still in the flu season. The CDC estimates that the flu has caused between 16,000 and 30,000 deaths in the US alone as of February, 2020.

I know everyone is concerned about Covid19, but the flu should not be dismissed. This year is the worst Flu season we have seen in a long time. But you **can** protect yourself. It's not too late for a flu shot. Why walk around unprotected? The flu vaccine is like a bullet proof vest i.e... It's not 100% effective, but it's certainly better than no protection at all. There is a reliable test for FLU A and B. There is medication for flu if caught within the first few days of symptoms.



✘ Wrong



✘ Wrong



✔ Right

With the news focused on COVID-19, we now all know the recommended precautions which can also be used to guard against getting the flu.

- ❖ Wash hands frequently
- ❖ Cough and sneeze into cloth, tissue or your elbow
- ❖ Avoid large gatherings.

Our offices are open and will accommodate you to get your flu shot. If you have questions or think you may need to seek treatment if your child is sick, we also offer virtual visits. Simply call your provider's office and we can help navigate you to the best solution.

Feel empowered, get your flu shot, follow the guidelines, and let's all be safe.

James V. Batten, MD
Sentara Pediatric Physicians –
Virginia Beach
(757) 395-1920



A **MEDIA DIET** may be just what the doctor ordered. In short a media diet means ***limiting the amount of information that may be deemed negative or that has the potential to arouse negative emotions, fear or anxiety.*** Just as the consumption of foods affect the physical body in a variety of ways, so too the consumption of various types of media may impact mental health.

According to the World Health Organization (WHO), children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Not all children and teens respond to stress in the same way. **Some common changes to watch for include:**

<ul style="list-style-type: none"> ✓ Excessive crying or irritation in younger children ✓ Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting) ✓ Excessive worry or sadness ✓ Unhealthy eating or sleeping habits ✓ Irritability and “acting out” behaviors in teens ✓ Poor school performance or avoiding school 	<ul style="list-style-type: none"> ✓ Difficulty with attention and concentration ✓ Avoidance of activities enjoyed in the past ✓ Unexplained headaches or body pain ✓ Use of alcohol, tobacco, or other drugs
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Protect your mental and emotional health and support your children by:

<ul style="list-style-type: none"> ✓ Stay up-to-date with important information, but limit your intake of the news to perhaps the beginning and end of your day. ✓ Answer questions and share facts about COVID-19 in a way that your child or teen can understand. ✓ Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. ✓ Connect with friends and loved ones. 	<ul style="list-style-type: none"> ✓ Be a role model. Take care of your body and mental health. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs. ✓ Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
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FAMILY DINNER TIME

Vegetable Pizza – 8 servings

Making this recipe is a perfect opportunity for the family to come together. Add meat for more protein and modify to create mini pizzas. Enjoy!

Ingredients

8 oz. All-purpose flour
1/8 oz. Salt
1/4 oz. Sugar
3/8 oz. Quick-rise yeast
3 cloves garlic, minced
10 7/8 tablespoons Hot water
1 tablespoon Olive oil
8 oz. Whole-wheat flour
1 cup Low-sodium tomato sauce
1/8 oz. Ground oregano
1/8 oz. Garlic powder
8 oz. Broccoli, chopped
8 oz. Carrots, shredded
4 oz. Bell pepper, chopped
5/8 Onion, chopped
8 oz. Part skim mozzarella cheese, shredded
Non-stick cooking spray

Instructions

1-To make the dough, sift together the all-purpose flour, salt, and sugar in a bowl. Blend yeast with flour mixture. Add hot water and stir to form dough. Add whole-wheat flour to create a sticky ball of dough.

2-On a floured surface, knead the dough until smooth and elastic, about 5 minutes. Cover the ball of dough in oil. Place in a bowl and cover, allowing dough to double in size, about 10 - 15 minutes.

3-Heat oven to 400°F. Spray a pizza pan with Nonstick cooking spray.

4-While dough is rising, combine tomato sauce, basil, black pepper, oregano, and garlic powder to make the pizza sauce.

5-Roll dough and place on the pizza pan. Spread pizza sauce onto the dough. Top with chopped vegetables. Sprinkle with cheese.

6-Bake for 20 - 25 minutes or until crust is golden brown.

Nutrition Facts (per serving)

180 calories; 4.5g total fat; 10mg cholesterol;
180mg sodium; 29g carbohydrates; 4g fiber; 3g
sugar; 8g protein.



HOMEMADE VEGETABLE PIZZA

EatSmart
MoveMore





KIDS' CORNER

What do you wish for your community?

I wish more people, specifically my age, will take this virus seriously. Also, I hope that more people become educated on the virus because it seems that many people do not care. ~Sanaa W. 13-years-old

What are your concerns?

I think it's making me wait too long. I really miss my friends and my family because I want to go to their house.

~Leilani A. 7-years-old

How can you prevent getting it?

Staying away from people and being clean. Wash your hands as you sing happy birthday to someone. ~Hailey M. 6-years-old

Do you have any advice?

Listen to your mommy and daddy and don't go outside.

~Garret M. 4-years-old

How are you coping with staying at home?

I am thankful for the discipline I learn through gymnastics. No matter how uncomfortable I feel, I must go through it in order to keep getting better. It's a mindset that I'm glad I have and wish for others. Just visualize what you want it to look like and just do it.

~Courtney H. 16-years-old

What do you know about the coronavirus?

It makes you very sick and I don't want to get it.

~Raissa E. 11-years old



A MOM'S PERSPECTIVE: OF THE UPSIDE OF BEING AT HOME

Being a parent has never been advertised as “easy,” but throw in a global pandemic with widespread school closures and social distancing, and parenting just became even harder. I am the mom to a beautiful 2.5-year-old little boy, so I have not been tasked with having to answer the difficult questions about COVID-19 and what is going on in the world around us. However, I know many other parents are facing this challenging conversation.

My son only cares if mommy comes home from work with a smile, and is ready to play with trains or race around the kitchen island as soon as I walk in the door. For you parents having to answer the tough questions, remember it is important to use simple, and easy to understand language in a calm manor. Ask them what they know, and what questions they may have, so you can try to clarify any misinformation and fill in the gaps. Try to balance need-to-know information without increasing any anxieties or worries about the virus.

In addition to providing reassurance and a peaceful environment (as much as we are able), most of you have also been tasked with becoming homeschool teachers, entertainers, and exercise partners. If all this wasn't stressful enough, throw in trying to work from home, or still having to go to work while needing to help your child get several hours of online school work done every day. Try to keep a consistent daily schedule that includes time to work on school assignments. If some days it doesn't quite work out, don't stress. Remember, you can always reach out to your child's teachers for help.

The upside of being at home is that we have an opportunity to reconnect and enjoy each other's company. If you are working from home, eat your meals at the table together as a family. Have dance parties in the living room. Go on nature walks. Set up indoor or outdoor treasure hunts. Or, finally teach your son or daughter how to ride that bike. I recently heard of a great idea from another parent. On pieces of paper, write down all of the places you wish you could go, things you wish you could do, or people you wish you could see. Fold each piece of paper and put them in a jar. After quarantine is over, use the jar as a family bucket list which gives everyone something to look forward to.



Remember, your children may not remember details about world events right now. But they will remember the quality time you spent together. In this anxiety ridden time, you have the power to positively imprint on your family and to create beautiful memories.

Jessica Dietter, D.O.
Sentara Pediatric Physicians – Virginia Beach
(757) 252-9600



STEPPING INTO THE EDUCATOR'S ROLE FOR YOUR KIDS

As the weeks of dealing with this global pandemic have progressed, we have seen major shifts in all our lives. One of the most notable is that parents are now responsible for guiding their children's daily schoolwork for the rest of the academic year. Our children are also dealing with this paradigm shift. As we begin a new month of distance learning, it is a good time to look back over the last few weeks and evaluate what has worked and what needs tweaking. The media bombards us every day with products that can make the 'dining room table classroom' more successful. Here are a few very basic and no cost suggestions for parents:

- Check to make sure that there is some type of daily learning schedule. This may look different for each family, but it is a critical element of classroom life. Write the schedule up and put it on the refrigerator for all to see.
- As you set up this home schedule remember that we all need brain breaks after so much time focused on a task. Elementary children should work 30-35 minutes, then take a short (no longer than 10 minutes) break. Middle school and high schoolers will range from 45-60 minutes of steady work. The break can involve a fruit or healthy snack which is brain food to continue the work. This is not a time for media, including phones. When in doubt, model the classroom schedule and rules whenever you need to set boundaries with your children.
- If you look around your house, there will probably be puzzles, dominos and card games. All of these 'fun-tools' can provide continuous learning for the children and a fun family time. Puzzles are a wonderful visual-spatial activity. Younger children can get frustrated at first. Make sure to sit with them and explain simple rules such as working on the border or perimeter first. Dominos can be played by all age groups and are good at helping elementary child with a needed developmental concept, one-to-one correspondence. Cards or board games teach appropriate social rules such a waiting to take your turn and the use of positive comments instead of put-downs. Parents, you oversee and set the good sportsman ship rules in your home.
- Simple 'made up' games can be incredibly fun and allow the children to move about the house when confined indoors. Pick a long vocabulary word and have the children bring you a household item that begins with each letter of the word. Safety guidelines need to be rehearsed first. Then, have the children take the letters of that word and create other smaller words with the original letters. Voila! There is your spelling and gym activity for the day!
- Evaluation is a critical thinking skill. When the family sits down to dinner, have each person talk about one thing that they learned that day. This includes mom and dad. You can also talk about what was a difficult part of the day. Open family dialogue is a wonderful family bonding tool.

Dr. Maureen O'Reilly Winseck,
Independent Educational Consultant

RESOURCES

Sentara COVID-19 Call Center: 833-945-2395 or visit sentara.com/coronavirus

Academy of Pediatrics Parenting Website: www.HealthyChildren.org

Family-to-Family Health Information Centers: <https://familyvoices.org/lfpp/f2fs/>

Center for Parent Information and Resources: [Multilingual Resources on COVID-19](#)

Medicaid or FAMIS members will not need to provide co-pays to see a doctor. [CLICK HERE FOR MORE INFORMATION.](#)

Get access to quality health care from birth and beyond.

If you are a Virginia resident, age 19-64 and if you do not have health insurance, you may now be able to get low-cost health insurance. Coverage includes:

- Wellness Exams
- Rehabilitative services
- Nutritional Counseling
- Prescription Drugs
- Home Health Services
- Lab and X-Ray Tests
- Behavioral Health
- Emergency Care And more...

Let Sentara Pediatric & Family Physicians help you apply for health coverage.
CALL 757-507-0357 OR EMAIL ProjectConnect@Sentara.com




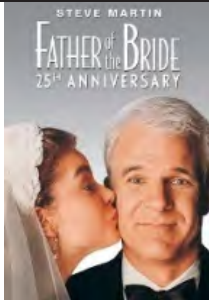

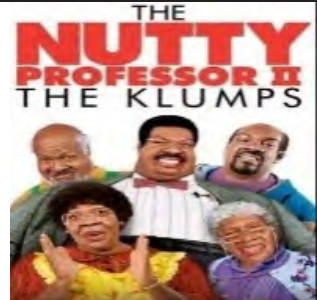
Pregnant women, children and adults 19-64 may be eligible for medical insurance assistance. For qualifications and application assistance, email projectconnect@sentara.com.

LAUGHTER AS THERAPY

It has been said that laughter is the best medicine. According to cardiologist Michael Miller, M.D., of the University of Maryland, there are proven benefits to laughter:

- It establishes, or restores, positive emotions and a sense of connection between people.
- By causing vessels to relax and expand, increasing blood flow, it is good for your heart and brain, two organs that require the steady flow of oxygen carried in the blood.
- It offsets the impact of mental stress.

SUGGESTED COMEDIES (not an endorsement – FOR ENTERTAINMENT PURPOSES ONLY)

 <p>BLANKMAN https://youtu.be/GSFaU4cN-ql</p>	 <p>FATHER OF THE BRIDE https://youtu.be/o-JEKIIZPDE</p>	 <p>MEET THE PARENTS https://youtu.be/5vmTwwzqE86Q</p>	 <p>THE NUTTY PROFESSOR https://youtu.be/UVqXU5wsBFE</p>
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Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

ATTENTION: Language assistance services are available to you free of charge. Call 844-809-6648.

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