

# Health Check

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 **Kelsey-Seybold Clinic**  
Changing the way health cares.™

## What can kids do during a summer pandemic?

**Pediatrician offers sanity-saving advice.**

**Y**ikes! We're smack in the middle of summer vacation during a global pandemic. Time to get creative and find fun things to do with our children. We need to think outside the box – and maybe retrieve activities from an old box. Whatever we do, remember: Continue to follow safety guidelines such as social distancing, and, of course, stay home if anyone is feeling ill.

**OK, here are a few recommendations:**

**Reinforce family structure.** This may not sound like fun, but kids are comforted by structure. Get them up at regular times, have breakfast, and get dressed. Don't let them sleep to noon or watch hours of TV before starting their day. Maintain regular mealtimes and bedtimes.

**Make and design fun masks.** I promise, someone will want to be a dinosaur.

**Bring out old board games.** When's the last time you played Monopoly? And there's Scrabble, Clue, Parcheesi, and don't forget Checkers. (Candyland or Chutes and Ladders for younger ones.)

**Use online educational resources.** Some schools are providing resources for parents, but others aren't. Luckily, there are great resources online, including lesson plans and other online classes. Many are geared to specific age groups starting at pre-K.

**Learn about new places.** Teach kids about the Grand Canyon, Carlsbad Caverns, Lake Tahoe, and any of our beautiful national parks. Virtually touring a national park online is a fun way to pass time – and then plan to visit it later on.

**Organize a scavenger hunt.** Plan a scavenger hunt in your own home or, better yet, around the neighborhood. Include your entire family for some outside fun. Remember to social distance from non-family members.

**Build a kid-friendly bucket list.** Use this time to let kids plan places they'll go, things they'll see and do, and friends they'll play with again. (This pandemic won't last forever!)



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## Consider a Video Visit as an option.

Parents can schedule pediatric Video Visits for their children. If you or your child have a respiratory infection or think you may have been exposed to COVID-19, call **713-442-0000** and set up a **Video Visit**.