



Dare to Care: Enhancing Emotional & Physical Well-Being

The New Pediatric Inflammatory Syndrome linked to COVID-19

From the [South Shore Health Blog](#)

When infectious diseases make headlines, parents naturally get a little worried.

When those headlines become the only news stories for weeks on end, it is safe to say that being a little worried becomes a constant reality.

By and large, though, throughout this pandemic, one thing that has been observed is that children remain among the least affected population from COVID-19 and typically suffer only mild symptoms when infected.

Global news stories over the last few weeks, however, have shifted that observation into a growing concern.

A new syndrome that may be related to COVID-19 is emerging in children and is presenting similarly to other inflammatory conditions like Kawasaki disease and toxic shock syndrome.

Pediatricians and infectious disease specialists around the country are focusing their efforts on learning more about this rare but concerning condition known as Pediatric Multi-System Inflammatory Syndrome (PMIS).

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Click [here](#) for answers to some commonly asked questions about COVID-19, by our very own Dr. Todd Ellerin.

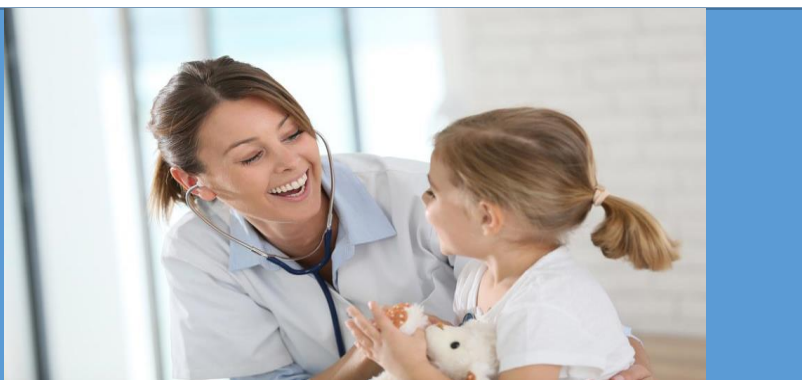


Youth Health Connection

Thank you for your continued support! We will continue to offer virtual meetings and education through our Zoom Platform.

Coming soon!

We are working on our new Facebook page and the introduction of Podcasts and short videos for easy access to quality education and resources.



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What is PMIS?

Pediatric Multi-System Inflammatory Syndrome—or PMIS (and sometimes called PIMS) for short—describes a new health condition seen in children of all ages, from infants to older teenagers, who have potentially been infected with COVID-19, recovered from it, and later have an immune response that results in significant levels of inflammation in many organ systems.

Early observations of PMIS cases have found children who have it generally did not have obvious symptoms when they were infected with the novel coronavirus, like cough.

Generally, they were healthy prior to developing PMIS.

Though the information available surrounding PMIS is still extremely limited due to the small numbers of cases compared with the numbers of people affected by COVID-19, many doctors believe this syndrome is the result of a lingering, overactive immune system response which can appear in children days or even weeks after a mild (or even asymptomatic) COVID-19 infection.

Click this link to finish reading the rest of the article: www.Southshorehealth.org/PMIS



To prevent teens from taking alcohol from the home, try buying some bottle locks.
[Click here for some options!](#)



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Keeping Kids Healthy

Suggestions for Parents from the [CDC](#)

Teach and reinforce everyday preventive actions

- Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.
- Be a good role model—if you wash your hands often, they’re more likely to do the same.
- Make [handwashing a family activity](#).
- Learn more about what you can do to [protect children](#).

Help your child stay active

- Encourage your child to play outdoors—it’s great for physical and mental health. Take a walk with your child or go on a bike ride.
- Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to help your child stay healthy and focused.

Help your child stay socially connected

- Reach out to friends and family via phone or video chats.
- Write cards or letters to family members they may not be able to visit.
- Some schools and non-profits, such as the [Collaborative for Academic, Social, and Emotional Learning](#) and [The Yale Center for Emotional Intelligence](#), have resources for social and emotional learning. Check to see if your school has tips and guidelines to help support social and emotional needs of your child.

Not all children and teens respond to stress in the same way.

Some common changes to watch for include:

- Excessive worry or sadness
- Unhealthy eating habits
- Unhealthy sleeping habits
- Difficulty with attention and concentration

Support your child

- Parents can find more information about supporting their children during a COVID-19 outbreak on CDC’s [Helping Children Cope](#) page.
- [Talk with your child or teen about the COVID-19 outbreak](#). Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand.
- Learn more about common reactions that children may have and how you can [help children cope with emergencies](#).

Tips for Parent/Teen Engagement

Start the Conversation

Talk, relationship building and connection are the greatest anti-risk tools to combat teen substance use.

Try some of these fun conversation starters designed for parents trying to connect with their teens:

- Name 3 things that matter more than money
- If you could listen to only one type of music for a year, what would you choose?
- Suppose you won \$50,000 but had to give it to charity, which one would you choose?
- Where would you go if you could travel anywhere in the world and why?
- What makes you scared?
- Would you rather have the highest IQ or the greatest physical strength?
- What is the nicest thing you have done for a friend or a friend has done for you?
- What two questions do you have about your family history?
- What is your favorite family time together?
- If you could go back in time and live in any era, what would it be and why?

Check out the [“Do You Know Scale”](#) developed by Dr. Marshall Duke and Dr. Robyn Fivush of Emory University to help measure connectedness.

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Youth Health Connection is a community benefits program of South Shore Health dedicated to the positive mental health and physical well-being of youth. Our programs collaborate with schools, families and community providers to help young people deal with the various challenges they face and the decisions they must make as they grow and mature. By combining efforts, we can ensure that local youth have access to the health-related knowledge, skills and resources they need to make healthy decisions throughout their lifetime.

Youth Health Connection:

*Builds and sustains
community connections
through healthy dialogue and
sharing knowledge to keep our youth
safe today and moving forward.*

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<http://bit.ly/2CJppKj>

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