



# Newton-Wellesley Family Pediatrics

## March Newsletter 2021

### Talk to your Children About Race and Bias

Your children may be aware of the tragic and racially-charged recent events. You may be struggling with how to talk about them, or all that has happened this year. Here are some resources to help have those conversations, and help raise our children to help change our future. We at NWFP are committed to combatting racism, and here to help with those conversations.

- [Talking to your Children About Racial Bias, Healthychildren.org](#)
- [Learning About Racism: A Star Wars Story. What racism feels like to a 7 year old](#)
- [Books with diverse characters](#)
- [Apps and games with diverse characters](#)
- [The Impact of Racism on Child and Adolescent Health, AAP](#)

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### Return to Physical Activity after COVID-19



NWFP wants to remind you that the American Academy of Pediatrics recommends that **all children who have tested positive** for COVID-19 be cleared by their primary care physician **before returning to any athletic activity**

- What does my child need for sports clearance? All children who test positive for COVID-19, with or without symptoms, should be cleared by their PCP
- When? Follow up should be scheduled once at least **10 days** have passed **since the positive test** AND they have been symptom-free for at least 24 hours
- How? After clearance, your child must follow a **graduated return to play** as directed by your doctor (example provided by the AAP [here](#)), which lasts at least 7 days
- Why? COVID has been seen to have many affects on the heart, and we want to make sure your child's heart is healthy before returning to vigorous activity. Depending on the severity of your child's symptoms, or family

history of cardiac illness, it may be suggested that your child see a cardiologist and/or obtain an EKG before to return to activity

More reading:

- [FAQ's about youth sports and COVID](#)
- [Healthy Children Article on Sports Checklist and COVID](#)

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## Stay Informed: COVID-19 Vaccines

Follow updates on the [Mass.Gov](#) website to:

- [Find out if you are eligible for a COVID-19 vaccine](#)
- [Find a location site](#)
- [Pre-register, even if you are not eligible yet](#)
- [FAQ's after vaccination](#)



Vaccine trials have started on children! Read more [here](#)  
Boston Children's COVID-19 Vaccine Information for kids and teens [here](#)  
California Doctors re-work 'Hamilton' to promote vaccines: [sing it with them!](#)

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## Reminders for a swift visit with NWFP

- Hospital entrances are being monitored and patients are checked in one at a time following COVID safety precautions and **it may take longer than usual to get up to our office**, please plan accordingly
- Please remember to **call from your car** to notify us when you have arrived so we can ensure that an exam room is available to minimize any wait time in our waiting room
- Prior to your appointment, you will be asked screening questions with your reminder call, please make sure to **notify us if you have ANY symptoms of illness at all**, and please make sure to notify us if new symptoms develop since you have last spoken to our staff. We have **strict protocols for any patients with symptoms** (time of day, specific rooms and staff that will assist you) and must know ahead of time so that we can ensure safety for all
- If you have symptoms or known COVID exposure, and are scheduled for a non-urgent follow up or well visit, we kindly ask you re-schedule your visit as *we do not have the capacity to do a sick visit and well visit at the same time*
- We thank you for your understanding in efforts to keep our community safe. Review any further office changes on our [website](#)

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### Useful Links:



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