



Shifting Mindsets for Better Health!

Professional Education Podcast Series

Children's Health During COVID-19

New from CMU - Podcast Professional Education

- Information, strategies and resources for health professionals.
- Updates and urgently needed tools for community health priorities.
- Gain insights from experts who are putting science into practice.
- Access useful resources.

Why We Need to Consider COVID-19 and Children's Health

"Children are inherently vulnerable because they depend on adults to have their most basic needs met. When those adults lack the wherewithal to cope with the immediate, urgent, and multiple adaptive demands a pandemic places on families and when support systems do not exist, falter, or cease, it can result in unmitigated disaster for the very young." Impact of the COVID-19 Pandemic on Early Childhood Care and Education (Early Childhood Education, Nature Public Health Emergency Collection, July 2020).

Throughout this podcast series, clinicians, educators and the public will gain insights about providing and modeling concrete supports for parents and care givers for children, youth and families.

Tune in Today!

After listening to the podcasts, please take our survey.



To listen and learn:
cmumedical.podbean.com





Shifting Mindsets for Better Health!

Welcome to Shifting Mindsets for Better Health, a continuing education podcast produced by Central Michigan University with a grant from the **Children's Foundation**. This podcast series brings together health care professionals across disciplines to share insight into the far-reaching effects the coronavirus pandemic has on children, caretakers and medical care providers.

This podcast series provides the information for physicians and care providers (pediatric and family medicine, behavioral health, and education) on the most current approaches to pediatric practice and provide strategies for supporting parents and children experiencing the stresses of COVID-19.

Listeners will gain insights from physicians, researchers and experts who are actively examining aspects of child/family stress, trauma in hospital emergency settings, and are responding to dynamics of providing care for COVID-19 illness, mental health, child abuse and isolation.

Podcasts Available

Physical Health and COVID-19 in Children

- How children respond to a COVID-19 infection.

Mental Health and COVID-19 in Children

- How to address the new normal.

Building Resilience in Children

- Resources for parents.

Building Resilience in Caregivers

- Playing catchup - developmental and learning impacts.

Physical Health Inequalities and Racism

- Physical well-being related to COVID-19.

Mental Health Inequalities and Racism

- Mental well-being related to COVID-19.

Telemedicine during the COVID-19 Pandemic

- Physical and mental health access and treatment.

The COVID-19 Vaccine

- Combatting myths about the vaccines.

Spotlight on the Children's Foundation (No CE)

Interview with Larry Burns. Learn more about the work of the Children's Foundation and its support for:

- Communities during the pandemic.
- Pediatric research.

Variants, Vaccines and Post - COVID-19 Conditions in Children

- A race against the spreading of the virus and its variants.

The Lost Year – Academic Learning and Athletic Participation

- Physical and social emotional health implications of school closure, virtual learning and social disruption.

Impacts of Social Isolation on Children

- How increased screen time has impacted children's well-being and effects of the pandemic on children's eating and disorders.

Collaborating Partners

Shifting Mindsets for Better Health is a collaborative production of Central Michigan University's College of the Arts and Media, the College of Medicine, and the Interdisciplinary Center for Community Health and Wellness. Funded by a grant from the Children's Foundation.



Accreditation

Central Michigan University College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CMU College of Medicine designates this enduring material for a maximum of 0.25 **AMA PRA Category 1 Credit™** for each podcast. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

A total of 1.5 **AMA PRA Category 1 Credits™** can be earned by listening to six sessions.

The Central Michigan University Social Work Program, an accredited social work education program, is authorized by the Michigan Licensure Law Administrative Rule 338.2965 to award Michigan social work continuing education contact hours. For this program, two podcasts in any sequence earns 0.5 CE credits for a total of up to 1.5 credits.



COLLEGE OF
MEDICINE
CENTRAL MICHIGAN UNIVERSITY