

Even just being a kid, they can understand what is going on with their family when it comes to being poor. Never assume that the kid in poverty doesn't understand what's going on. When living in poverty even simple things that you wouldn't think about like fixing plumbing or a car can't be done because the money has to be used for other necessities. These kids are just like every other kid but they live in different conditions. Kids living in poverty sometimes find other ways to deal with hunger like forgetting about it because they can't get enough food to help their hunger. There are places like the salvation army that allow people in poverty to have some relief. Things like gas prices rising that a lot of people just complain about can make it impossible for people living in poverty to pay for. Things can change in an instant for people and leave them in poverty. You never know who could end up becoming poor. You can be put on your feet, but it can feel like somethings still holding you down when in poverty.

Some people living in poverty have to clean up in places like gas stations. When living in cars many kids are too scared to sleep because of bad things that could happen. Many people can get temporary shelter but sometimes end up going back to living in their car. While living in a car you want to have security, lighting, a place where you are welcome, and a place that you can hide in. Even in a safe location you still have to be on guard all night. Some people in poverty lie to the state about their circumstances because of fear of losing their children. When you're living on a budget it's hard to pay for everything. This includes paying for all your home expenses and anything else. Even if you get by paying for everything stuff can come up like a broken car that costs too much to fix. This is one of the reasons poverty can be so hard because random expenses can show up and when you don't have much already it can be impossible to pay them. Having to go through a simulation that shows how hard it is living on a budget can put in perspective the things you have to give up and sacrifice to provide food and shelter. It also shows why it's such a struggle for these families living in poverty. Skipping out and budgeting is how these families somehow have to live so they can make it week to week. Sometimes putting food on the table is more important than other things like school trips.

What defines poverty changes with how our world changes. It involves the family size, income, and changes depending on inflation. It can affect many aspects of a child's health including toxic stress. It can also put children at risk for injury and chronic illness. Antipoverty programs are out there to help families in poverty and they also help end the long-term effects of poverty. These programs allow for many children and their families to find a little relief from poverty. That's why advocating and providing them to families is so important for us as nurses to do. Our brain's architecture develops through our life and negative events can disrupt healthy brain development. These brain developments get increasingly harder to change as we get older. That is why it's so important that we focus on children early on when things affect them. Having a positive environment can lead to fewer chronic diseases and more achievement for a child. Having a good environment can improve a child's health, attitude, and their outlook on life. Allowing children, the opportunity to have a positive environment can change this world for the better.

Childhood trauma highly affects many aspects of our lives and decrease people's life expectancy, but we don't screen or treat it much. These are so severe that they get under our skin and change us physically. Many kids may show signs of something like ADHD which is caused by childhood trauma. ACEs involve physical, emotional, or sexual abuse; physical or emotional neglect; parental mental illness, substance dependence, incarceration; parental separation or divorce; or domestic violence. ACEs are very common so many people have at least one. The higher your ACE score the higher your risk for many diseases and mental issues. Early adversity can drastically change how a person's brain develops. This includes things like how we learn and our impulse control. People with high ACE scores are more likely to develop heart disease and cancer regardless of if they contribute to it or not. This is due to the fight-or-flight response that is triggered multiple times for the kids experiencing ACEs. If we screen children for ACEs, we can then treat these kids so that they can have a more positive outcome. We can also educate parents on the effect so that they know how it impacts their children. If we change the way, we

look at ACEs we can help many children suffering from them. This is important for us as nurses because we can be some of the people that help these kids, and we need to know how serious it is. These kids deserve our help so they can get the proper help they need. ACEs also affect all kinds of kids no matter race or culture, so we need to see them as a major problem because they do affect so many.