

When I drive down the road and see people who are homeless, it breaks my heart and sometimes I wish I could do more for them. There are times when I am around other people, and they say "It's their fault. They have or had the same opportunity that we all do." I wonder if people would still have that mentality if they watched all of these videos and took the stimulation exercises that are part of this assignment. It's a big eye opener, but I also like how research is starting to show how trauma does affect the child's physical, emotional and behavioral development.

In the film "Poor Kids," the viewer looks into three families who are living in poverty. One family could not afford to live in their home, so they had to move into a hotel room and give up their dog who was part of their family. Their new home was a one bedroom motel room with no refrigerator or microwave. In order to keep their food from going bad, they had to constantly get ice from the ice machine and place it in the sink to keep the food cold. They constantly ate from out of cans since they could not heat up anything in the motel room. One person had to sleep on the floor because of the lack of space. Another family had a house, but their sewage system was messed up and they did not have any cold water. The last family lived at a salvation home, but had to travel four hours there and back to take their father to work. The mother could not leave the kids without supervision, so they all had to travel together. Some of the children in the video express how you never know what you have until it is gone. Many of the children wanted better, but as they got older they had to sacrifice their wants to work and help their family survive.

"Hard Times Generation: Families living in cars," talks to children and their families about their feelings and what they do to survive living in a car. While watching this video, I was shocked to see how these children adapt to their situation and their mentality changes to start thinking as an adult. Two children lived in a truck after their mother passed away and their dad lost his job. When asked is it embarrassing when people ask where you live or when they find out, the adolescent stated "it's not an

embarrassment; it's only life. You do what you have to do.” One thing they stated was how education is everything because it's their only way to change their situation.

When taking the two stimulations, I realized the hard situations parents have to make to survive. Sometimes the decisions a person makes can lead to even more problems because their sacrificing their health to not pay for expenses. They take chances on not getting things fixed that can also lead to more problems. I chose everything that cost the least amount of money because I knew I would not have survived if I chose the things I wanted. It also made me realize why some kids who are in poverty are overweight. The families are trying to manage their money to be able to have enough to last until payday. Fast food and foods that do not have a well nutritional impact are cheaper than healthier food. A burger cost \$1 compared to a salad that is \$6. In some of the videos, a viewer can see that trend. Many of the children are overweight and even the parents are overweight.

The last two videos and articles were my favorite because there is more research being done to show how trauma affects the development of the brain. The ACE quiz helps with recognizing traumatic events and the health concerns that are to develop. It can lead to early intervention because Harvard university states in their video that “ Brain architecture and behavior are harder to change as a child gets older.” I worked at Brain Balance Achievement Center here in Lubbock, and it focuses on strengthening the weaker side of the brain. There I learned many things that the video talked about. Some of the children came in with behavioral disorder because of traumatic things that they experienced. The children that would come in would come from adopting parents and home where they lacked emotional support and love. A lot of them loved coming to just have the interaction and attention they wanted and craved. It taught me a lot how to talk to children, and approach their situations. It was a rewarding job, and taught me how to understand the impact our environment has on our development. As a nurse, I will try to understand a person's circumstance and find resources that can help improve the child and families well-being because it can help improve not only their physical health but the emotional health

to develop appropriately. I can also learn how to talk to the patients and realize that the reason they may be acting out can be due to their situation at home.