

Poverty/ACE

Children will never deserve to understand what it's like to be poor, nor do they deserve to worry about financial struggles. While watching "Hard Times Generation: Families living in cars", the children that were being interviewed seemed to be understanding and more than willing to do whatever they can to make it easier for the parent, without complaining. One of the children described living in a car as being "an adventure," which shows how they can take a difficult situation and make the best of it. In the video, "Brain Hero," it states, "what happens early, matters for a lifetime." It gives the example of a child being raised in a more positive and stable environment may experience lower levels of stress; which can result in better learning, behavior, and health (lower risk of developing diseases). Regardless of any situation the child and their family may be in, providing a positive influence for them can help steer them in the right direction as they continue to grow. Adverse Childhood Experiences include abuse, neglect, depression, poverty, and parental addiction. These are toxic stressors that impact the three centres: emotional, control, and memory and learning. ACEs can lead to emotional distress, greater impulsivity, learning difficulties, and increased health issues due to the immune system not functioning properly. Having a loving and present caregiver will help with healthy development of a child especially early on in childhood.

A child that has suffered from ACEs might "act out" more than a child that hasn't experienced ACEs, so it's going to be my job to adapt to their personality and find the best way to care for them that's going to make them feel safe instead of scared, which can assist in shutting off their "flight or fight" response.

When it comes to providing care, it's not just about making sure they get over their sickness but ensuring that they stay healthy when they leave the hospital (or any medical setting). I will provide the proper information/education for the children and family, but if they are struggling at home, I want the family to feel comfortable enough around me to know it's okay to ask for help. I'm going to get the best

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understanding of their situation because that is going to help me provide any additional resources that will be beneficial to them.