

Poverty Online Activity Reflection

Seeing children struggle is something that no one wants but sadly the reality is that how a child's parents are living is how the children live. Hearing a child's perspective of what it is like not to have a home or not knowing if they are going to have a meal to eat is absolutely heartbreaking. However, the positivity and adaptability of the children struggling and living in cars with their entire family is very inspiring. It makes me take a step back from my life and realize that in every situation there is a bright side to look at and that a positive attitude can do so much for a person. These videos reiterate just how important it is to be understanding and kind when caring for patients in the hospital.

Adverse Childhood Experiences, ACE, is something that I have never heard of but I have heard of the nature vs. nurture debate which is very interesting to me. I definitely agree that the environment that children grow up in and the actions of those around them affect the way their brain grows and develops. In a perfect world every parent would be well rounded and demonstrate a proper way to deal with stress and all other emotions that life can bring along but, as we all know, that is not the case. However, I believe that even when someone grows up in a stressful situation, they can find their way out of it with help. Therapy would be a great resource if it was more attainable.

According to "TEDmed," childhood trauma such as abuse or neglect can lead to slower brain development. I knew that the way you grew up could largely impact your personality and your ability to handle daily situations but I had no idea that it actually affected your physiology. I was also shocked to learn that one in eight people experience at least 4 ACE's. Learning this information makes me want to be a positive light in every patient's day and do as much as I can

to make sure I am a positive in their lives. Getting to work with children this module is going to be challenging but it is such a blessing to get experience with these clinicals.