

## Poverty/ACEs 1 Page reflection

After watching the assigned videos, the way I will approach nursing in the pediatric world will be a lot more attentive to the child's situations outside the hospital. The way that poverty in families and homelessness is only getting worse over time, means when I am a nurse it will be even more normalized to live in those conditions. Knowing that and that living in conditions like this can literally alter the way DNA is read in a child's body, I will make sure to give the child I am caring for the absolute most loving care. I will ask the hard questions and do everything I can to make sure that child gets the type of care that will improve their quality of life.

I found the TED talk video the most interesting of them all. The fact that neglect, abuse, poverty, can completely change the behavior and development of children, while upsetting, so fascinating. I had no idea about the mental toll it can take on a child in early development, so I can only imagine that other people in the nursing field don't know either. In the other video of the children living in the truck with their dad, they had to grow up so fast. Even the way they talk to the interviewer was so adult. That isn't fair to them at all. They should've been able to be a kid, feel safe. If I am ever made aware that a patient of mine that is a child is in the exact situation, I will do everything in my power to make sure that child feels safe and like they can be a kid in my care.

These videos make you think about your own childhood and growing up. How much, I for one, took for granted. I had both my parents, a house, money. I cannot imagine being in the shoes of the children that were in these videos. I will do everything in my power to make sure that these kinds of kids get to feel completely taken care of and comfortable to talk and tell me things. I want to listen and I want to help. I am becoming a nurse because of the compassion I have for all people, especially the little ones. These videos made me realize how much I want to help them grow and know their worth, so they can become the best version of themselves regardless of their situations.