

Learning about the “Hard Times Generation: families living in their cars”, was eye opening to learned about the insight on what the children are thinking, feeling and how they are coping with it. The parents play a huge role on how to hide their struggles and strong emotions to the situation to help decrease their children’s stress and fear. I learned how important it was for these families to know about all resources available to them for free to help them in every aspect of surviving each day. They were getting creative on how and where to shower or brush their teeth and sleep. It was still fighting battle each day for these families having to worry about their next meal or snack and safety while sleeping in their car or families without vehicles. In a nurse’s standpoint it is important to dig deeper with each interaction with the children and family present in the room to hear any cue that may mean they are needing help outside of the hospital. Knowing about many resources in the community is beneficial to share that information with the community to make it known for families in need to be able to reach out too. I learned that families may hide their situations in fear of the state taking away their children causing it to be more difficult to detect a family in need. I believe to help this situation is providing more awareness out to the community about all the resources available and who can help without having to fear about having their children taken away. Learning about how ACE impacts the children on creating emotional distress, poor emotional regulation, having greater impulsivity, and learning difficulties can lead the child’s well being into struggling with their over all health. The children carrying heavy stress in these situations is creating a high risk of diseases and infections to their health. The children are being positive on trying to stay strong outside of school and in school not understand the level of fighter flight mode they are constantly on is creating serve harm to their body. I feel that

more awareness of this type should be talked about more in our communities and trying to get resources more promotional for these families to reach too.

Understanding this helps me as a future nurse to be more active in educating to families how heavy stress on our children can cause them to be more ill and can impact the healing process as well.