



RAISING HEALTHY CHILDREN

Moorestown Township Public Schools
April 20, 2021





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RAISING HEALTHY CHILDREN DURING CHALLENGING TIMES

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IT'S NOT ABOUT YOUR USE OF...TIME

At 60-100 beats a minute, on the average you and I will use about 4800 of our limited heart beats in the next hour. Let's use them wisely.



I was here with your teachers not so long ago.

THE 3 R'S OF 2020

- Relationships
 - Resiliency
 - Resources



Morrestown Public Schools

May 15, 2020

What has changed?

What has changed?

The basics of what our children need to be healthy haven't changed at all.

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It's been complicated by all that COVID has been.

Our kids have always needed...

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US!!!

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Children's hearts are
won through relationships
not rules. You don't have to
force them to follow you
if you inspire them as you lead.

Leila Schott

THE 3 R'S OF 2020

- **Relationships**
 - Resiliency
 - Resources



Morrestown Public Schools

May 15, 2020

KINDNESS



Why is it that after Kindergarten, we no longer teach KINDNESS?



We can walk together as friends



We can share



We know all living things depend on us for care.



When others are hurt, we offer to help



We are grateful for help and say Thank
You.

KINDNESS is found throughout the
animal kingdom.



When predator meets prey



We have the choice of sitting in peace



We can be curious to know each other better



And the Biblical lion can lay down with the lamb

Let's talk about hugs.



Everyone needs a safe hug once in a while

So we know,
we really do know,
that kindness is possible.

We see it in the HUMAN ANIMAL as
well.



Speed meets Need



The younger assists the elder



Sometimes we have to work together to help



We are capable of HONOR at its best



There is often inconvenience for the helper



An officer purchased shoes for his son...but found someone else who needed them more.



A true example of “lending a hand”.



Being on different sides doesn't mean we have to be enemies



Caring is human, not influenced by color



Positive experiences inform our lives

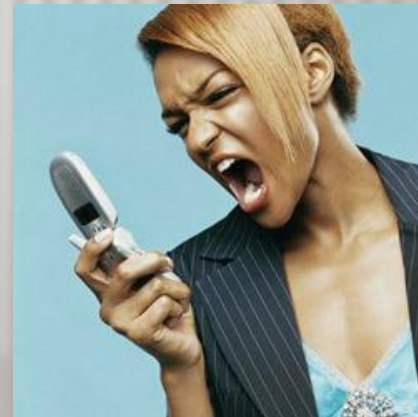
Then how does all of that...
become all of this?



IN OUR LITTLE KIDS...



AND IN OUR BIG KIDS TOO



Adverse Childhood Experiences (ACEs)

When researchers first discovered a link in the late 1990s between **childhood adversity** and chronic health problems later in life, the real revelation was how common those experiences were across all socioeconomic groups.

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

WHAT IMPACT DO ACEs HAVE?

ARE THERE OTHER ACES FACTORS?

- ▶ **the death of a parent**
- ▶ **the death of a sibling**
- ▶ **poverty**
- ▶ **community violence**
- ▶ **Peer rejection and lack of healthy friends;**
- ▶ **Peer victimization**

25% of adults have at least three such experiences in childhood (ACEs), which – according to other research – increases their risk for most common chronic diseases, from heart disease and cancer to depression and substance abuse.

Got an ACE score of 4 or more?

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There is likely to be an increase risk of poor academic performance, violations of classroom rules, increases in discipline including detentions and suspensions, disruptive classroom behaviors.

Got an ACE score of 4 or more?

A child's risk of developing depression is 46 times greater than if there is a score of 0.

Got an ACE score of 4 or more?

A child's risk of suicide increases 1200%

ADVERSE CHILDHOOD EXPERIENCES IMPACT ADULTHOOD

If ACEs could be eliminated...

61↑

Work productivity could increase by 61%.

67↓

Suicide & life dissatisfaction could decrease by 67%.

56↓

Anxiety could be reduced by 56%.

Source: <http://www.aceinterface.com>

CHILD ABUSE & NEGLECT ARE PREVENTABLE ACEs.

HOW DO YOU KNOW YOUR CHILDREN MAY BE SUFFERING?

- Unable to sleep
- Isolating from family and friends
- Showing more irritability, more worry, more tears
- Using self injury to calm the feeling in the body
- Vaping, smoking, using alcohol to numb the pain
- Using Social Media to avoid this reality

ALL OF THESE ARE WARNING SIGNS



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hard things,

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In order for children to learn how to do hard things, you have to let them go through hard times. There is no way to truly master something without experiencing it.

-Sara Bean

ALL CHILDREN NEED 3 THINGS

- 1 An atmosphere that creates a fundamental and pervasive sense of *safety*.
- 2 A home (nest) where all children can enjoy a sense of *belonging*.
- 3 Circumstances that provide frequent and expanding opportunities to demonstrate competency.

Beyond Time Out, John Stewart, PhD

DISCIPLINE DONE RIGHT

The term "discipline" comes from the Latin word "disciplinare," which means "**to teach.**".

Discipline, properly practiced, uses a multifaceted approach, including models, rewards and responses that teach and reinforce desired behavior.

DISCIPLINE DONE RIGHT

Effective discipline depends on a loving, respectful relationship between adult and child;

The goal of discipline is to teach (NOT PUNISH)

The first step is to pay attention to kids' emotions; be attentive to the emotion behind the behavior before addressing the behavior;

STOP LABELING YOUR KIDS

Lazy

Bi-polar

Attention-seeking

ADHD

Needy

Loser

Manipulative

Crazy

Loser

Weird

When and where between Kindergarten and
now have we lost our way?

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Why do our early experiences not remain?

HOW DOES THIS....



BECOME THIS.....



WHEN YOU MAKE A CHILD FEEL ANXIOUS..

- You steal their ability to think...

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- You steal their ability to think...

When we are anxious, the prefrontal cortex of the brain (decision making), tells the amygdala (emergency response) that the person is in danger. It forces us to get to safety. We are prone to fight, flight, freeze.

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We do not need to point out their poor choices in front of others.

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We do not need to use a voice tone we'd be ashamed to use in front of other adults.

We don't need to yell, scream, push, move, or punish kids.

We don't need to do any of those things at all
BECAUSE, our children are quite capable of
moving toward what feels right, instead of
running away from what feels horrible to them.

WHAT DO OUR CHILDREN NEED?

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WHAT DO OUR CHILDREN NEED?

- ❑ Limited exposure to media news
- ❑ Limited exposure to adult opinions
- ❑ Routines and predictability
- ❑ Assurance and reassurance that the adults will look out for them
- ❑ Opportunity to express their worries and fears
- ❑ Opportunity for fun, play and laughter
- ❑ A home environment free of hurt and chaos

KINDNESS NURTURES

- HOPE

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- HOPE helps alleviate self-doubt, anxiety, fear and stress.

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- HOPE
- HOPE helps alleviate self-doubt, anxiety, fear and stress.
- HOPE leads to Self Compassion

IT IS OUR JOB...

To encourage our kids;

To lift them up;

To boost their confidence;

To help them feel competent and
independent

AS ADULTS WE ARE ALL
RESPONSIBLE:



For all of the children!

~~SAFETY FOR OUR CHILDREN MEANS~~

1. Creating safe classrooms, physically and emotionally
2. Nurturing attachments
3. Avoiding shame and embarrassment
4. Avoiding negative judgment and harsh language
5. Being predictable
6. Affirming the value of the children
7. Never giving up
8. Always believing change is possible

AND THEN THERE IS YOU...

PRACTICE AND ROLE MODEL

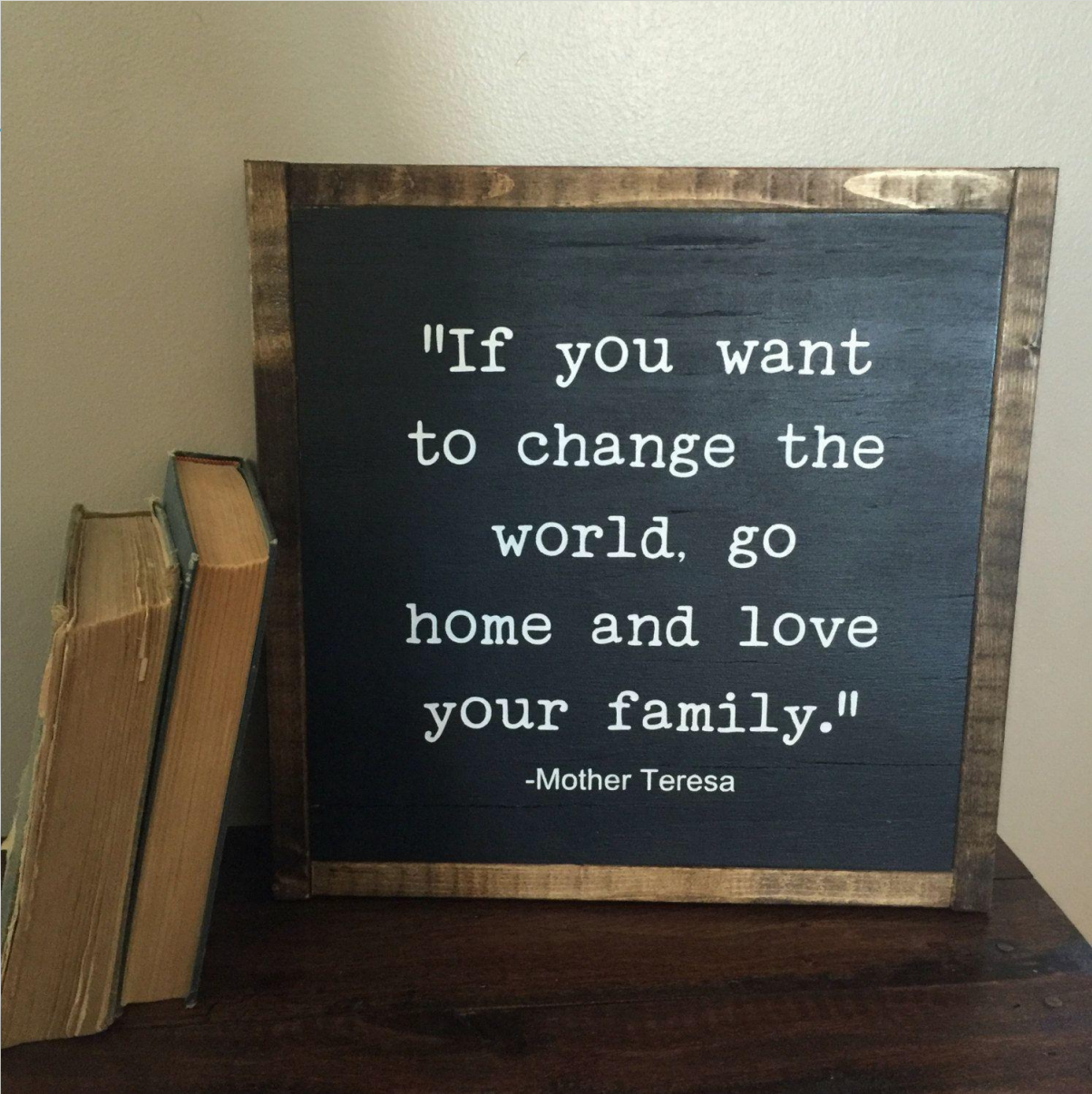
~~SELF-CARE~~

- Get plenty of rest.
- Maintain proper diet and nutrition.
- Drink plenty of water.
- Exercise.
- Use spiritual practices and/or relaxation skills.
- Seek out supportive people.
- Avoid use of alcohol, caffeine, and other substances.
- Ask for help.

Bring KINDNESS back into your family.



kindness
IS FREE ←→
sprinkle
THAT STUFF
EVERYWHERE

A photograph of a dark blue wooden sign with a rustic, weathered frame. The sign is placed on a dark wooden surface against a light-colored wall. To the left of the sign, two old, thick books with worn spines are stacked. The sign contains a quote in white, typewriter-style font.

"If you want
to change the
world, go
home and love
your family."

-Mother Teresa

Shall we work to get back to NORMAL?



Nothing should go back to normal.

Normal wasn't working.

If we go back to the way things were,
we will have lost the lesson.

May we rise up and do better.

George Scott, EdS, LMFT
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and
The Traumatic Loss Coalition

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