

Portland

- 5/2 Dress like / wear your favorite zoo animal attire
- 5/3 Tacky Tourist Tuesday
- 5/4 Star Wars Day
- 5/5 Jersey Day
- 5/6 Derby Hat Day
- 5/16 Dress in all one color: Brown Bear, Brown Bear activity
- 5/27 Summer Kickoff LUAU!!

Reminders

Summer is almost here!



We have all the fun activities planned for summer break!

ADVERSE CHILDHOOD EXPERIENCES



Some stress is normal, but too much can become toxic.

ACEs are potentially traumatic events that occur in childhood (0-17 years)

The presence of caring adults can help shift the narrative in a positive manner.



May

Cystic Fibrosis Awareness

Cystic Fibrosis (CF) is a disease that affects the cells that produce mucus, sweat, and digestive juices. There are approximately 30,000 children and adults living with CF in the United States.

CF is a genetic defect that causes the body to create thick, sticky mucus which clogs the lungs and blocks the pancreas from breaking down and using food properly.

Signs and symptoms are a chronic cough, frequent lung infections, wheezing/shortness of breath, poor weight gain and frequent greasy, bulky bowel movements.

Therapy Spotlight



Did you know?!



Pediatric speech therapists can help your child learn to talk, but they also address other skills like following directions, playing appropriately with toys, and non-verbal communication such as pointing and high-fives. They can also help your child learn how to chew and swallow their food or drink from a cup! **We love our SLPs!**

ADVERSE CHILDHOOD EXPERIENCES

ACEs are potentially traumatic events that occur in childhood (0-17 years)

SCAN QR Code to learn more



Examples of an ACE event:

- Experiencing violence, abuse, or neglect
- Witnessing violence in the home or community
- Having a family member attempt or die by suicide
- Home environments with substance use and mental health problems
- Instability due to parental separation or household member incarceration

Some stress is normal, but too much can become toxic.

Children growing up with toxic stress may have difficulty forming healthy and stable relationships and it can also affect brain development.

A child who has experienced ACEs is more likely to have learning and behavioral issues. Attention deficits, emotional dysregulation, and oppositional behaviors may have their roots in early abuse or neglect. Things that happen to children during different stages of life will influence their health over the life span.

The presence of caring adults can help shift the narrative in a positive manner.

Think of a child's behaviors as a set of clues to help you understand the child better. Adverse experiences are counterbalanced with protective factors. Research of resilience in children is ongoing, but we do know that several factors are positively related to this protection, including cognitive capacity, healthy relationships with parents and caregivers and supportive environmental systems. Providing safe, secure, and nurturing relationships can help reset the body's stress system. Children learn from every personal encounter, especially primary caregivers. High-quality childcare can help to ensure a strong start for children.

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EC


The Kidz Club
Prescribed Pediatric Extended Care

Adverse Childhood Experiences. (2020, April 30). Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/violenceprevention/aces/index.html>