

News and Resources

May 2023

For Families of Children and Youth with Special Health Needs

Table Talk

Pediatric Medical Traumatic Stress: Helping our children have less fear in the medical setting

The [National Child Stress Network](#) defines Pediatric medical traumatic stress as responses children and families have to pain, injury, serious illness, medical procedures, or invasive or frightening treatment experiences.

Come join parents of children with special health needs to discuss:

- How do you help your child manage fears or stress around medical procedures and appointments
- How to communicate with providers about your child's fear or trauma

You will hear from other parents, learn what works for them, and share ideas. Resources provided.

Wed, May 31, 2024 | 11:30-12:30pm | [Register here](#)

You will receive a zoom link via email.

Cost: **FREE**

The first 10 Oregon families to register and participate will receive a \$25.00 Amazon or Starbucks gift card.



Visit our [Facebook](#) page and [website](#).

[Speak with a Parent Partner:](#) **855-323-6744**

For more information, to schedule a free training, or to be added to our mailing

list: contact@oregonfamilytofamily.org

Parent

Spotlight:

Beth

This month we are pleased to introduce you to our new parent partner- Beth Leverich



Q: What is something you would like to share with a parent starting their journey?

Look for the people, spaces and organizations that remind you you're not alone in raising your child with special health needs. My daughter has a very rare syndrome, I'm a solo parent and I live in a rural area - at times I felt so isolated on my parenting journey. It helped so much to find an online support group for my daughter's syndrome.

Q: Something to know about my child

Anna has Russell Silver syndrome, a growth disorder that makes her small for her age. She is a tiny seven year old, but her personality is huge. Recently she told me that when she is eight she is getting her own place and will live by herself so she can have candy whenever she wants. I told her I would miss her and she responded that I can come visit her at her new house.

Q: A lesson I learned from my child

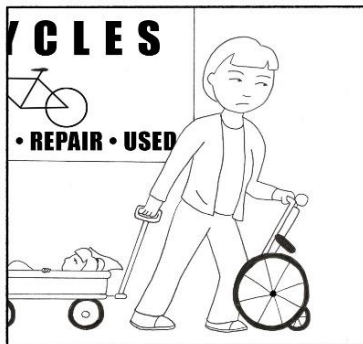
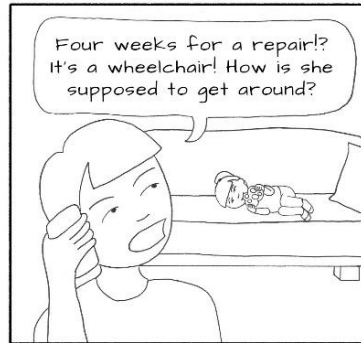
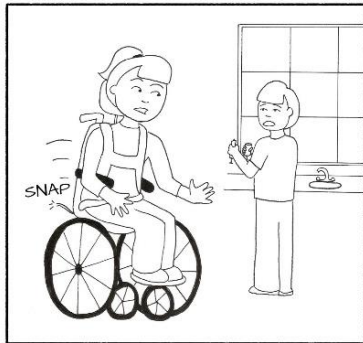
Anna is delighted by nearly everything. She is full of joy and it spills over to those around her. Her smiles and giggles and silliness remind me that sometimes it's important to press pause on all the seriousness and adulting that's required and find that joy and that delight.

Beth Leverich is a mother of two and lives in Yamhill County. She works for the *Oregon Family to Family Health Information Center*, as a Parent Partner.

OREGON FAMILY TO FAMILY HEALTH INFORMATION CENTER

WHERE IS THE MANUAL FOR THIS!?

Lenore Eklund



We are pleased to showcase the wonderful talent of Oregon mom Lenore Eklund. Her cartoon, Where is the Manual for This!?, is inspired by her own life and experiences. Lenore is the author of Release: A NICU Fairytale. Her work can also be seen in Medical Motherhood. www.medicalmotherhood.com.

Read more about Lenore at <https://thisasthat.wixsite.com/thisasthat>.

Pool Safety Facts

for Parents and Kids



Did you know?



Drowning is silent. There can be very little splashing, waving or screaming.



Watching your child in the water is your responsibility. A lifeguard's job is to enforce rules, scan, rescue and resuscitate.

Drowning is quick. Once a child begins to struggle, you may have less than a minute to react.



Swim lessons are essential, but skill level varies. Many children who drowned in pools reportedly knew how to swim.



Make sure kids learn how to swim and develop these 5 water survival skills.



1 Step or jump into water over his/her head and return to the surface.



2 Float or tread water for one minute.



3 Turn around in a full circle and find an exit from the water.



4 Swim 25 yards to the exit.



5 Exit from the water without using the ladder.

Watch your kids when they are in and around water, without distraction.



SAFE
KIDS
WORLDWIDE

Learn more at safekids.org.

Look for us at the following events:

- [Best Buddies in Oregon Friendship Walk](#)
Sun, May 7 10am-1pm
Hillsboro Sports Complex
- [Squires Young Parent Fair](#)
Tues, May 9 11am-2pm | King Pins Family Entertainment Center Portland
Young Parents 26 and under
- [Celebration for Oregon Students Receiving Vision Services Fair \(Blind/Visually Impaired\)](#)
Sat, May 20 11am-3pm | South Meadows Middle School
- [Autism Walk Salem](#)
Sun, May 21 9am-12pm | Salem Riverfront Park
- [Discover & Thrive 2023](#)
Thurs, May 25 1:30pm-6:00pm | Embassy Suites at the Airport

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