### Table Talk
**Pediatric Medical Traumatic Stress: Helping our children have less fear in the medical setting**

The [National Child Stress Network](https://www.childstressnetwork.org/) 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.

### 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](https://www.oregonfamilytofamily.org), as a Parent Partner.
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-5pm | 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

The Oregon Family to Family Health Information Center is affiliated with the Oregon Center for Children and Youth with Special Health Needs, Oregon Health & Science University, and supported by the Health Resources and Services Administration (HRSA) of the US Department of Health and Human Services (HHS). (Grant #H84MC21658/Family Professional Partnership/$95,700). This information, content and conclusions are those of the author(s) and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS, the US Government, or OHSU.

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