

News & Resources

November 2023

For parents of children with special health care needs

November 2023 Table Talk: Preparing your child (& YOU!) for family and holiday events



Worried that your child may not be fully included in upcoming holiday events or family gatherings? Do family members make judgements about your child or parenting?

Join us to hear from other parents, and learn what works for them. Together we will discuss:

- **Preparing** your child for large family events
- **Strategies** for dealing with extended family and friends
- Strategies for helping your child **manage** stressful family gatherings

WED, Nov 15, 2023 | 12:00-1:00pm

[Register here](#)

<https://tinyurl.com/TT-1023>

You will receive a zoom link via email.

Cost: **FREE**

The first 10 Oregon families to register and participate will receive a \$10.00 gift card.



Visit our [Facebook](#) page and [website](#). [Speak with a Parent Partner](#): 855-323-6744 or [Refer a parent](#) to Speak with one of our Parent Partners. For more information, to schedule a free training, or to be added to our mailing list: contact@oregonfamilytofamily.org

Parent Spotlight: Laurie Erickson



Q: What is a lesson your child has taught you?
A: To trust his limits. I frequently tried to push my son to do more, but I did not always ask him what he wanted to do, or what he was comfortable with. My son has medical, learning, and mental health needs. I like to say "he is busy just being here on planet earth". I've learned to listen to him, not my ego or the world's demands for him.

Q: What is one thing you have learned that you would share with a new parent?

A: Love is not just a feel-good experience. Love is also an action word, like run or stand. Sometimes loving a child means years of self-sacrifice, little sleep and lots of advocacy. This kind of love is where we become deeply connected and build our resilience. Becoming a parent is a lot like running a marathon, don't burn up all your energy in the beginning. Take care of yourself, stay humble, and learn to forgive yourself. Take lots of slow, deep breaths and drink plenty of water; this is good for running marathons and for taking care of ourselves.

Q: If you could fix one thing about the services your child receives, what would it be?

A: Increased financial support for special education. Up to the early 2000's schools got more money for each child that had an IEP. Now schools are expected to provide the same level of services, but without the extra funding. I would like to see that funding returned to schools.

Laurie is a Community Health Worker in Eugene, where she supports families in navigating health and community services.

OREGON FAMILY TO FAMILY HEALTH INFORMATION CENTER

November is National Adoption Month



The [Oregon Post Adoption Resource Center](#) provides many resources for families and professionals navigating the adoption process.

Use their website to find a [support group](#) or [therapist](#), or to view their large [library](#) of books and articles. Also, check out the beautiful and unique “Short Support” [videos](#) on topics around child trauma, safety, grief, and much more.

Child Safety Around Gas Fireplaces

3rd degree burns are serious and can happen in less than 1 second from contact with the glass on the front of a gas fireplace.







Every day, **3 children** under age 6 go to the ER for burns related to fireplaces, including gas fireplaces.

Young children can be **unsteady** as they learn to walk, often using surfaces within their reach to pull themselves up.

Little ones have **slower reflexes** and may not be able to move their hands away quickly when they touch something hot.

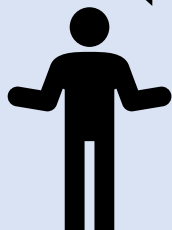
Young kids have **thinner skin** on their palms than adults, which can lead to more serious burn injuries.

How hot are they?

-  **212°F** boiling water
-  **350°F** baking a cake
-  **400°F** hair iron
-  **500°F** glass on a gas fireplace

Tips for Parents and Caregivers

- Watch children around fireplaces. When a gas fireplace is turned on, the glass is extremely hot and can take more than an hour to cool down after it is turned off. Keep children away from the fireplace to prevent burns from the hot glass.
- Keep fireplace remote controls out of children's reach and sight. Make sure children also stay away from on and off switches for gas fireplaces.
- If there is an emergency, call the doctor or 9-1-1 immediately. Physicians can give you information on how to treat a burn correctly.
- Make sure your gas fireplace has a safety screen or safety gate. These barriers help keep children away from the hot glass on fireplaces. If you need a safety screen, contact the fireplace retailer or manufacturer for the best option for your fireplace.
- Think about places outside of your home with fireplaces. When traveling to other homes, restaurants, hotels or resorts, there may not be a safety screen or safety gate installed. Keep children away from the fireplace and teach them not to touch the glass.

- Nov 13 [Health Emergency Preparedness & Hero Kids \(in Spanish\)](#) 6:00pm-7:30pm | Online training | [Unete](#)
- Nov 15 [November Table Talk](#) 12:00pm – 1:00pm | Online event | [Prepare for holiday events](#)
- Nov 15 [Charla de Mesa de Noviembre](#) (Table Talk - in Spanish) 6:00pm-7:00pm | Online event [OR F2F HIC](#)
- Nov 20 [Transicion a la Atencion Medica](#) (Transition to Adult Healthcare- in Spanish) 6:00pm-7:00pm | Online training | [Swindells Resource Center](#)
- Nov 27 [Perfiles de Una Pagina para el ambiente Medico](#) (One page profile for the medical setting, in Spanish) 6:00pm-7:00pm | Online training | [Swindells Resource Center](#)
- Nov 28 [One Page Profiles for the Medical Setting](#) 6:00pm – 7:00pm | Online training | [Swindells Resource Center](#)

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.