



## March 2018 School Newsletter

Compiled by Beth Green BSN, RN

### When Disaster Strikes: Talking to Your Children about Traumatic Events

Traumatic events are so common in the news recently and children process these events differently than adults. Below are some tips from [Centerforparentingeducation.org](http://Centerforparentingeducation.org) on how you can help your children weather these events and grow more resilient.

1. **Love and nurture your children** – Express your love for them, be there with them – stay off your phone, listen to their concerns without judgement or too many suggestions.
2. **Reassure your children** – Maintain your normal routines, reassure them they are safe, talk about safety measures in place, encourage discussion of feelings or reactions.
3. **Teach your children** – Interpret events for them age appropriately, talk about heroes, teach them that violence is never a way to react, teach coping skills (drawing, journaling), find ways to help people affected by the tragedies
4. **Be a good role model** – Children adopt the reactions of those around them, share your concerns but don't overwhelm them
5. **Involve your family in helping activities** – Do something that lessens the feeling of isolation – write letters, join efforts of religious or helping organizations who are helping
6. **Limit exposure to media images** – Media covers events 24/7, do not expose children graphic pictures or videos, explain it is not a new event, sit with them and talk about it
7. **Encourage discussion or expression of feelings** – Children need adults who they trust to listen, don't worry about knowing exactly what to say, let them know it is normal to feel upset or worried, ask them their ideas so that you can address their particular thoughts.

**How children see the world** – Children are self-centered and when stressful times happen, they focus on how it affects them. When they feel safe, children can reach out to help others. Children may react to events through behavior changes, sudden emotional changes, fighting, sleep disturbances, acting out, irritability, and feeling helpless.

**Responses by age** – **Preschoolers** depend on those around them to interpret events.

**Elementary school children** think it is their fault, limit exposure to media, be a good role model. **Preadolescents and adolescents**, make sure they know that you are available to talk. From [Centerforparentingeducation.org/whendisasterstrikestalkingtochildren](http://Centerforparentingeducation.org/whendisasterstrikestalkingtochildren)

## Spring is Almost Here – Information on Insects and Their Bites

Kid's Health is an informational treasure trove on Akron Children's websites - <https://www.akronchildrens.org/pages/Kidshealth.html> Information about insect bites and their care is taken from the alphabetical catalogue.

**Bee or Wasp Stings** – Wash area with soap and water and apply a cold washcloth or ice for a few minutes. Give acetaminophen or ibuprofen for pain if needed. For pain or itching, an over the counter oral antihistamine can be given if OK'd by their doctor, follow instructions for child's height and weight. **If any symptoms of a life-threatening allergic reaction happen, call 911. These include: tightness in chest, swelling in mouth, face or throat, dizziness or fainting, or nausea and vomiting.**

**Spider bites** – Wash area with soap and water and do so 2-3 times a day. Apply a cool compress. Apply an antibiotic ointment to avoid infection and make sure kids keep their hands washed. If you suspect a Black Widow or Brown Recluse Spider, wash area with soap and water, apply a cool compress and take child to the ER. Spiders like to be in areas such as log piles, behind furniture, places that are not frequently visited, so be cautious when approaching these areas.

**Tick bites** – Check your children for ticks whenever they come in from a grassy or wooded area. Ticks that are taken off within 24-48 hours are not as likely to transmit Lyme's disease. If you do find a tick, you may want to call your medical provider as they may want the tick saved in a sealed container or bag for identification. Using tweezers, grab the tick around the head or mouth, which is right by the skin. Pull the tick steadily off (do not jerk or twist) and wipe with some alcohol. Do not use a match or Vaseline to get tick off – this may cause them to leave more saliva in the bite site.

**Mosquito Bites** – Keep standing water away from areas where children will play or family congregates – mosquitoes breed in open containers and stagnant water. Keep children in when mosquitoes are most active, dawn and dusk. Use a 10-30% DEET repellent that covers mosquitoes, ticks, and other insects. Repellents that contain oil of lemon or picaridin are effective as well. Follow application instructions carefully for the age and size of person being applied to.

All this sounds scary, but the outside is a wonderful place to encourage outdoor fun and exploration. Please check out the Kids Health section of the Akron Children's Hospital website to find out more information about this subject and many others.

# NEW CLINIC DATE & TIME



**WHEN:** Every Monday

**TIME:** 4:00 PM - 7:00 PM

**\*NO APPOINTMENT NECESSARY\*  
(BRING SHOT RECORDS)**

**\*\* ATTENTION \*\***

PCHD will no longer have a child shot clinic  
on the 4th Tuesday of every month.

**Come see us at our NEW DAY & TIME!**



Portage County Health District  
705 Oakwood Street, 2nd Floor  
330-296-9919

[www.portagehealth.net](http://www.portagehealth.net)



## Have you heard about the **FREE** urgent health care clinic located right here in Windham?



# Faithful Servants

## CARE CENTER

### What is Faithful Servants?

Faithful Servants Mission is a Christian-based health care organization with a commitment to providing quality urgent health care services to the uninsured and those who meet specific eligibility requirements (see below).

### Will I see a real doctor?

Yes. Our services are provided by professional, licensed physicians and certified nurse practitioners who volunteer their time.

### Who is eligible for free care?

Adults and children with family income at or below 200 percent of the federal poverty guidelines and either of the following:

- Without medical insurance
- With Medicare or Medicaid but lacking a primary care provider

Must sign an affidavit confirming the above. May require documentation.

### Is the care really free?

Yes. We work closely with community agencies, churches, and other available resources to provide services at no cost to the patient.

### Do I need an appointment or referral?

No. The care center operates on a walk-in basis. No appointments or referrals are needed. All paperwork is filled out on site.

### Treatment Services

- Sudden illness (cough or cold, sore throat, stomach pain, rash, headache, ear ache, etc.).
- Cuts, sprains, back pain, possible broken bones.
- Blood pressure and diabetes checks.
- Initial treatment for tooth or eye injury or infection.
- Referrals for emergency or follow-up care, including mental health care.
- Spiritual and emotional support.
- Free or discounted prescriptions.

The care center does not prescribe or have on site any controlled substances or narcotics.

### Patient Eligibility

- Must bring photo ID. Patients under 18 must be accompanied by a parent/guardian with a valid photo ID.
- Annual income at or below 200% of poverty level.
- Must bring Medicaid or Medicare card.

### Care Center Location and Hours:



9005 Wilverme Drive, Windham OH 44288

330-326-3003

#### HOURS:

Mondays 4:00-7:00 pm  
1st Weds 9:00-11:30 am  
2nd Weds 1:30-4:00 pm  
3rd Weds 4:00-7:00 pm  
4th Weds 9:00-11:30 am

Walk-ins only



**Faithful Servants**  
CARE CENTER

For more information, call  
(330) 633-3680

[www.faithfulservantscarecenter.org](http://www.faithfulservantscarecenter.org)