

WHAT IS STRESS?

STRESS= DEMANDS > RESOURCES

RESOURCES



"THE HARDEST JOB YOU'LL EVER LOVE..."



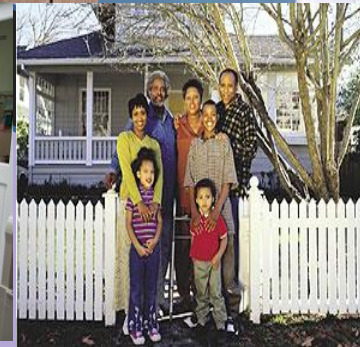
“POSITIVE/TOLERABLE STRESS”



Demands



**WE ARE MORE
THAN JUST A GYM**



“TOXIC STRESS”

“The excessive or prolonged activation of the physiologic stress response systems in the absence of the buffering protection afforded by stable, responsive relationships.”

--THE AMERICAN ACADEMY OF PEDIATRICS

“TOXIC STRESS”



OCTOBER 25, 2006
ISSUE #45

OK! WEEKLY

TEEN MOM
AMBER'S NIGHTMARE

LOSING HER BABY

ONLY IN OK! — FIRST PHOTOS!
MARIO LOPEZ'S BABY GIRL

COURTNEY & DAVID
WHY THEY SPLIT

BACHELORETTE
DIET SPECIAL



- Assaulted her boyfriend
 - Dated a criminal
 - New details on child sex shocking investigation
- PLUS: 16 and Pregnant pr**

MINERS' CRISIS: THE AMERICAN I



THE 3 R'S YOU NEVER LEARNED IN SCHOOL...

- Regulate
- Relate
- Reason

“Feeling physically and emotionally settled and safe”*

*<http://www.thinkkids.org>



Bruce Perry, Child Psychiatrist, Author of
“Born for Love”


REIMAGINING THE TIME-OUT



© Where Imagination Grows



I Need to Get Calm 

1. Get a comfy seat 
2. Choose a calm down tool:
   
3. Set the timer  
4. Back to work! 



THE 3 R'S YOU NEVER LEARNED IN SCHOOL...

- Regulate
- Relate
- Reason



SUMMER CAMP SURVEY OF 6- AND 7-YEAR-OLDS:

Name something you'd like your parents to start doing with you:

"Talk to me during dinner"

"Play more games with me"

"Read me stories"



nickmom
Every night at 10pm ET



Corbis.com

Western University website.

THE 3 R'S YOU NEVER LEARNED IN SCHOOL...



If you ever want to call a family meeting, just turn off the WiFi router and wait in the room where it's located.



SNAPKARDS



for every parent

ADOPTION OF A POSITIVE FRAME...

- Non-judgemental about the parent
- Looking to build on parent and child strengths
- Emphasis on expanding positive child behaviors to displace problematic ones
- Optimistic, encouraging, patience in the delivery of programs



5 steps to positive parenting

Here is one of the 5 steps to positive parenting. You will get more good ideas when you do the Triple P – Positive Parenting Program.



Step 1: Make life safe and fun for your child

- ♦ A bored child may get into trouble.
- ♦ Have lots of fun things to keep them busy.
- ♦ Make sure your home is safe for play.

Triple P can help make your family life better.

To find out more go to www.triplep-parenting.net



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Step 2: Help your child learn

- ◆ When your child comes to you they are ready to learn.
- ◆ Give them your attention, even for a minute or two.
- ◆ Listen to your child's question.
- ◆ Ask a question to help them solve the problem on their own.

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Step 3: Set clear rules and back them up

- ♥ Have rules that tell your child what to do.
- ♥ Use lots of praise when they do things you like.
- ♥ Stay calm and deal with problems quickly

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Step 4: Be realistic about your child

- ♥ Children are not perfect.
- ♥ Not all children can do the same things at the same age.
- ♥ Be realistic about what your child can do.
- ♥ Be realistic about what they cannot do.

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Step 5: Take care of yourself

- 💡 When you look after your own needs, you will be calmer.
- 💡 Do something you enjoy sometimes.
- 💡 Ask for help if you need it.

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WHAT I LEARNED...

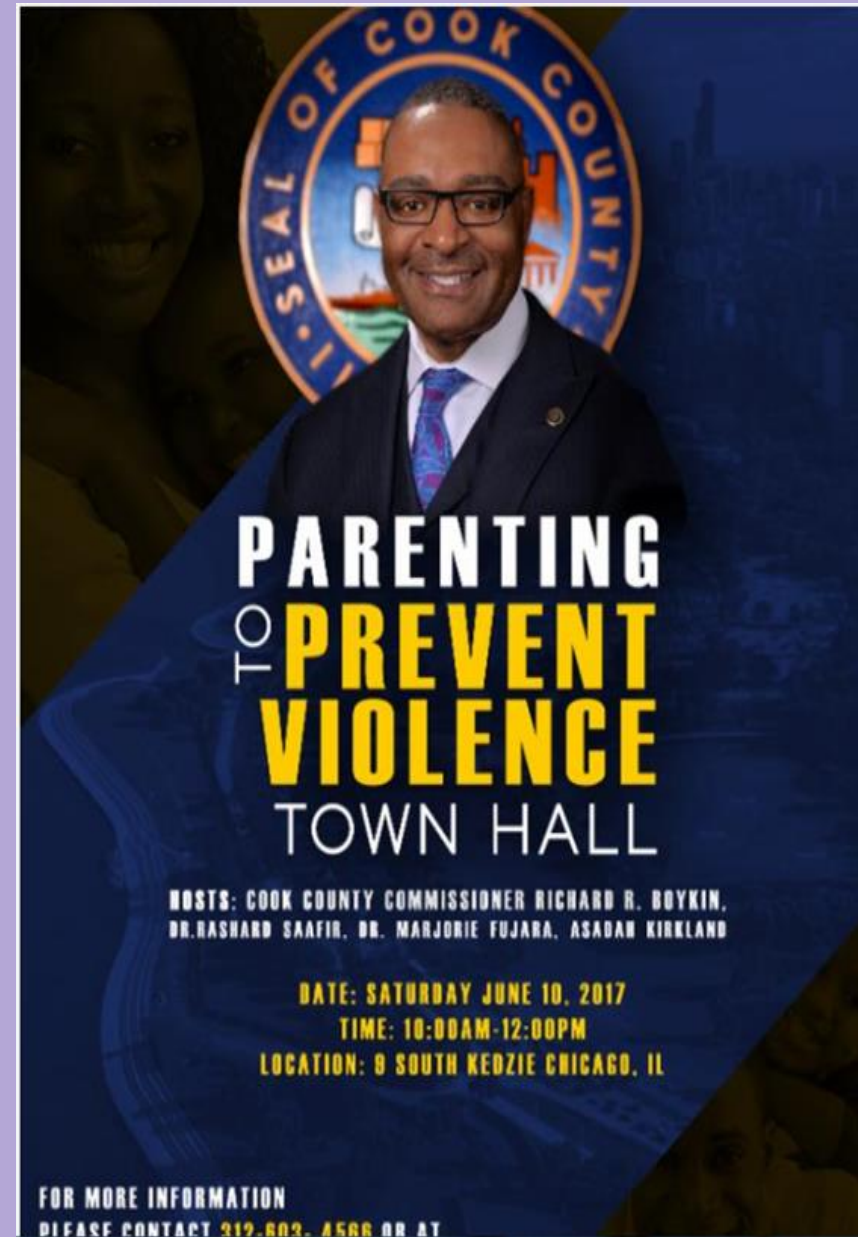
Help needed from people that
resemble the community

Young parents need help

Austin has people that have
expertise with mentoring
young people

Mental health services remain
very stigmatizing

The need to feel safe is
paramount



THE NO HIT ZONE...

PURPOSE

The purpose of this policy is to create and reinforce an environment of comfort and safety for patients, families, and staff working in our facility.

DEFINITION

An environment in which no adult shall hit another adult, no adult shall hit a child, no child shall hit an adult, and no child shall hit another child.

A TYPICAL "NO HIT ZONE" POLICY

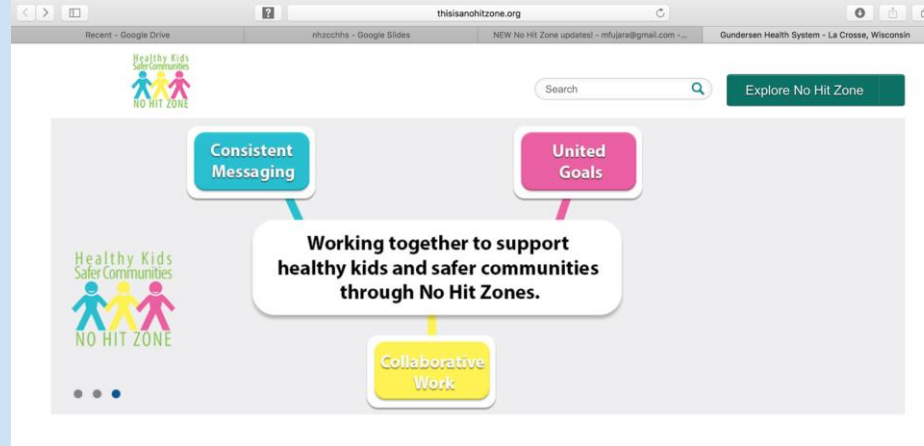
POLICY STATEMENTS

When hitting is observed, **it is everyone's responsibility** to interrupt the behavior as well as communicate hospital policy.

PROCEDURE

All staff will be made aware of the clinic policy that is in place to ensure and reinforce an environment of comfort and safety. Staff will identify and respond to situations that compromise the safe environment utilizing the education they are provided. If appropriate, additional intervention will be provided by appropriate staff dependent on the level of severity.

Slide content courtesy of the University of
Louisville Medical School & Kosair Children's
Hospital



www.thisisanohitzone.org

Recent - Google Drive

Healthy Kids Safer Communities NO HIT ZONE

About the No Hit Zone

About the No Hit Zone
No Hit Zone Policy

Family Pledge

Join our Email list

A branch of the Gundersen National Child Protection Training Center.

thisisanohitzone.org

Microsoft Office Home Mail - Marjorie Fujara - Outlook NEW No Hit Zone updates! - mfuja@gmail.com Gundersen Health System - La Crosse, Wisconsin

Search Explore No Hit Zone

Check out our program materials

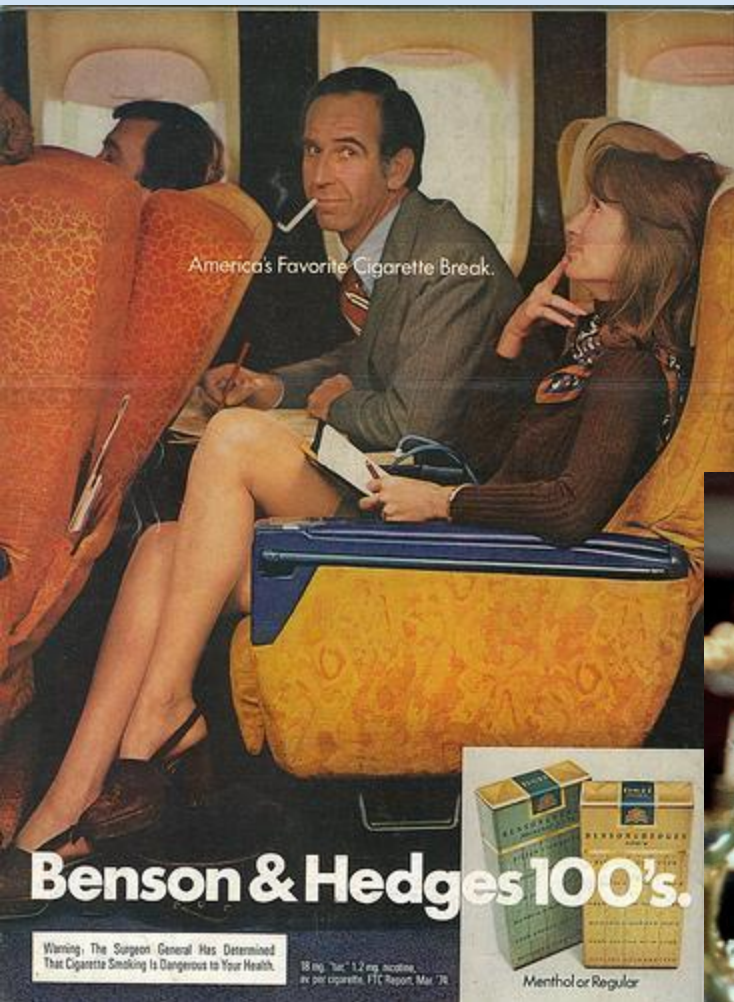
Home / Program Materials

Program Materials

Sign Up to receive access to the No Hit Zone program materials below and a training presentation with included presenter notes. The available training includes two handouts to guide group discussion and optional learning activities:

- Strategies for Change
- Scenarios & Discussion

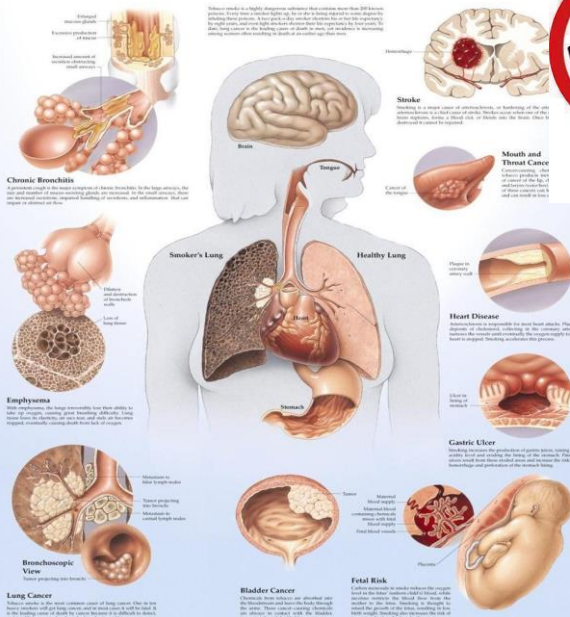
A LOOK AT OTHER PUBLIC HEALTH SUCCESSSES...





Aden, Age 7.
Jessica, His mother.

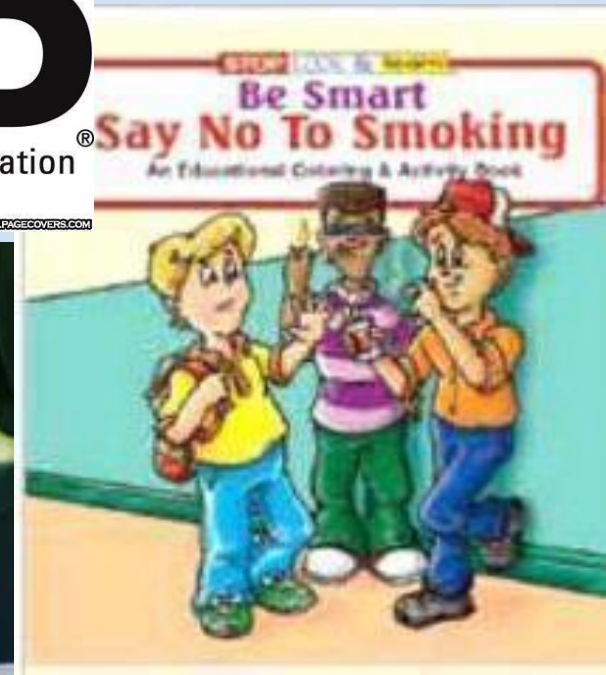
DANGERS OF SMOKING



MADD

Activism | Victim Services | Education[®]

WWW.PAGECOVERS.COM



PUBLIC HEALTH PROHIBITIONS



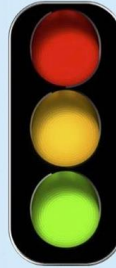
HOW I KNOW THIS IS A REALLY, REALLY GOOD IDEA...



POSTER #1
Intended for staff “eyes”

You can make a difference in the **NO HIT ZONE**

If you see a situation that may escalate,
here are **THREE** simple steps you can take:



1. STOP... and recognize that this might be a situation where you can be of help. Is the parent overwhelmed? Preoccupied? Or angry? If the situation that you are observing makes you stop and notice, chances are, you can help.

2. TAKE A MOMENT... and get ready to step in. Stay calm, take a deep breath, smile...think about what you might say or do. If you don't feel up to it, ask a co-worker or supervisor.

3. TRY "ONE KIND WORD"... by **CONNECTING** with, **DISTRACTING**, or **ASSISTING** the parent or child. Your words and actions can be all that's needed to help a parent through a difficult situation.

What is a No Hit Zone?

It is our policy to keep everyone safe by not allowing children to hit other children,
not allowing adults to hit children, and not allowing adults to hit other adults.

For the safety of you, your loved ones, and the public.



No smoking



No hitting



No guns

Another public health protection brought to you by Cook County Health and Hospital Systems

COOK COUNTY HEALTH
& HOSPITAL SYSTEMS
CCHHS

POSTER #2

Intended for ALL
patients/families

You have entered a **NO HIT ZONE**

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CC-HHS

POSTER #3
Intended for ALL
patients/families

You can make a difference in the **NO HIT ZONE**

Parenting is hard.

Did you know children are more likely to misbehave when they are...

HUNGRY?

Try packing a healthy snack if you'll be away from home for a while.



TIRED?

Kids need a total of 12 hours of sleep a day.



BORED?

Bring a favorite toy, or ask staff for paper and crayons.



If a kid needs attention, here are some games you can try to catch it!

Someone starts by describing something they see. 1-SPY with my little eye something that starts with the letter B." Or, "1-SPY with my little eye something that is red," and the other players have to try and guess what it is.



Someone describes one feature of the animal they are thinking of, like "I'm thinking of an animal with a tail." The other players have to guess what animal it is, one clue at a time.



Here are some ideas to get you started:
1. What superpower would you like and why?
2. What do you want to be when you grow up?
3. What animal would you like to be and why?
4. What is the nicest thing that anyone has ever said to you?



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Can Social Norms be Changed About Spanking?

New York Daily Mirror, 1950's

If a Woman Needs It, Should She Be Spanked?

[Today's question by Herman Martin, 125 Broad St., New York 4, N. Y.]



MIGUEL MATOS, Brooklyn, counterman: "Why not? If they don't know how to behave by the time they're adults, they should be treated like children and spanked. That ought to make them grow up in a hurry. If it doesn't at first, they'll soon get the idea."

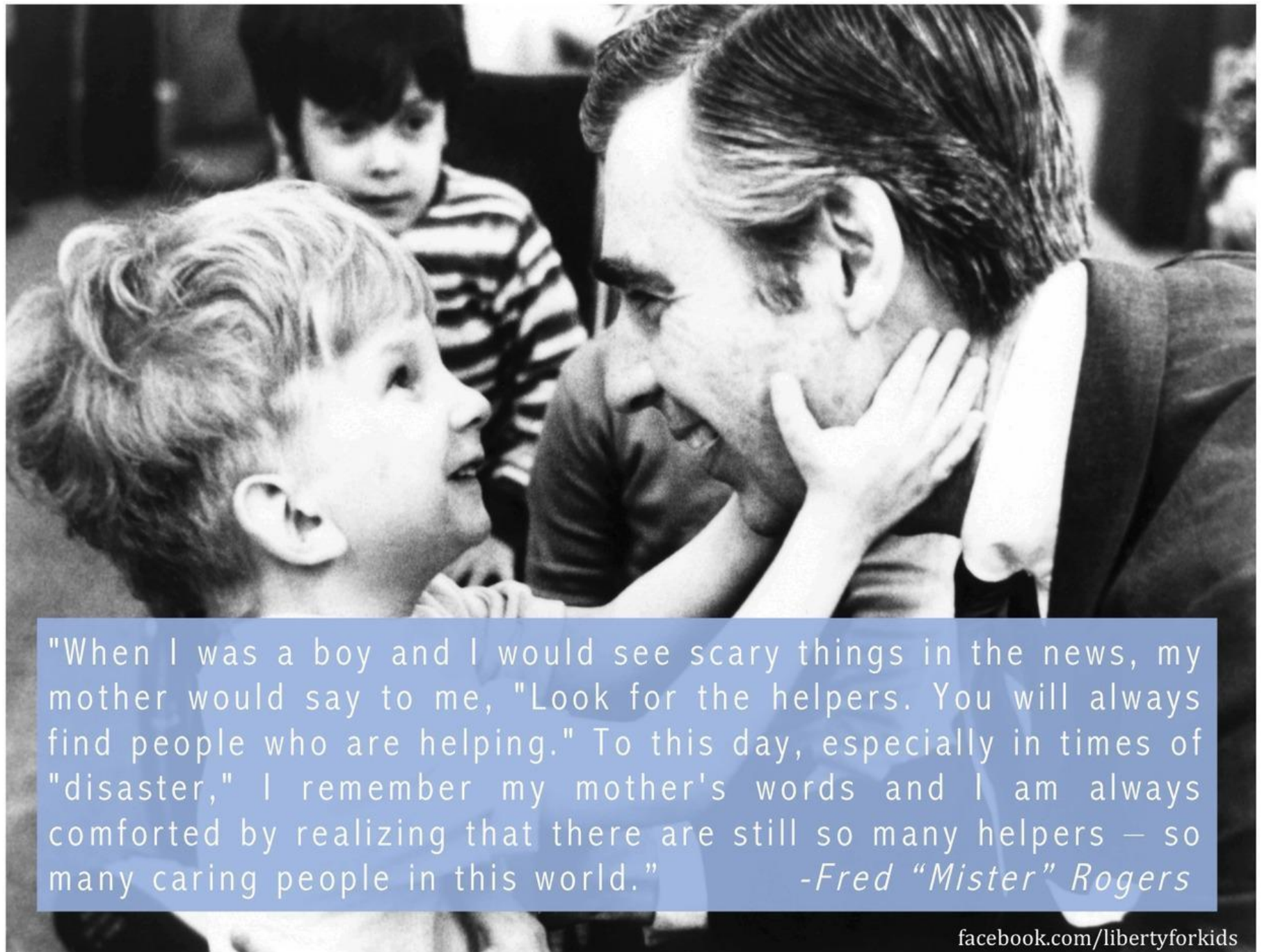
FRANK DESIDERIO, Brooklyn, barber: "Yes, when they deserve it. As a barber, I've got a lot of faith in the hairbrush. I think there are certain cases when it is advisable. When it is, there's no reason why you shouldn't go right ahead and do it. I can't knock the idea. In my business, a man sets a lot of store by the results he can get with a hairbrush properly applied."



TEDDY GALLEL, Brooklyn, parking lot attendant: "You bet. It teaches them who's boss. A lot of women tend to forget this is a man's world and a lot of men who stepped down as boss of a family wish they hadn't. Spanking might help get back some of the respect they lost."

WILLIAM DAVIS, Brooklyn, toy factory owner: "Yes. Most of them have it coming to them anyway. If they don't, it will remind them how well off they are. I subscribe to the theory that an ounce of prevention is worth a pound of cure."





"When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." To this day, especially in times of "disaster," I remember my mother's words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world."

-Fred "Mister" Rogers

REFERENCES

- Perry, Bruce. **Born for Love**. 2015
- Van Der Kolk, Bessel. **The Body Keeps the Score**.^{*} 2014
- Prinz, R & Sanders, M., et al. “The Population-Based Prevention of Child Maltreatment: The US Triple P Population Trial”, Prevention Science 2009, 10; 1-12.
- Frazier ER, et al. “Creating a Safe Place for Pediatric Care: A No Hit Zone” Hospital Pediatrics 2014 July:4(4): 247-50.
- www.triplep.net
- <https://www.cdc.gov/violenceprevention/acestudy/index.html>
^{*} A must read!! Now available in paperback.
- www.thisisanohitzone.org