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Nursing Dept., Mental Health Contribution to ECASD Newsletter for Students/Families
S.K. Kewin, BSN, RN
School Nurse
MSN - PMHNP Student

UNICEF - The United Nations' organization that exists to protect children, assist in emergencies, to research, educate and create social change and equality on behalf of children in 190+ countries for over 70 years. The organization offers UNICEF Parenting as an online resource dedicated to providing insight and inspiration to parents and caregivers.

Takeaways from video interviews with experts on childhood love, adversity, and mental health...

- Love is a vital force to life and child development per Dr. Daniel Siegel, Child Psychiatrist...kids need to be safe, seen and soothed. Where is your attention, intention?
- Examples of childhood adversity and exposures to stress: conflict, incarceration, substance abuse, poverty, violence and death. The more childhood adversity experienced, the higher the impact of consequences such as teenage pregnancy, illness/medical conditions such as high blood pressure, diabetes, depression and some cancers, according to Dr. Bernadette Madrid in Episode 3.
- "Know that your relationship can still provide the resilience your child needs despite the adversities" (Dr. Daniel Siegel, Episode 5).
- Focus on secure, responsive, available parenting and being a "buffer" of love for kids – this makes a difference!
- Think about where and with whom your child has meaningful connections in his/her life and strengthen families even with dysfunction because the "system" is not a substitute, Mr. Aaron Greenberg, Senior Regional Advisor encourages (Episode 4).
- Emotional management is not automatic, it needs to be taught and practiced.
- Common theme: Investment in childhood love turns into economic productivity such as good citizenship and human capital.
- Successful interventions include parenting skills, mental health for the young populations, safe schools, social emotional learning (SEL), early learning opportunities to enhance language development, reading literacy and numeric skill.

If you are interested in exploring a wonderful resource and listening to powerful commentary from leading experts on ways to tune-in to children's needs and life improvement, please listen to the following video series:

Episode 1 <https://youtu.be/kt4KHvR39Yc>
Episode 2 https://youtu.be/AEPoW3mf_u4
Episode 3 <https://youtu.be/ayCjvLv9nig>
Episode 4 <https://youtu.be/WlgEzWr2XLo>
Episode 5 <https://youtu.be/Ox58VDUTGVo>

Reference:

United Nations International Children's Emergency Fund (UNICEF) (2021). The science of love in childhood, conversations with leading experts in childhood love, adversity and mental health. <https://www.unicef.org/stories/science-of-love-in-childhood>