

APPRIIL



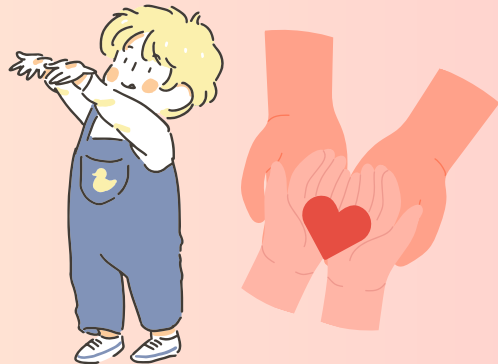
SUMMIT
PARENT NEWS
2024

ACES and Childhood Trauma

Did you know that more than 66% of children have reported at least 1 traumatic event by the time they were 16-years-old? In America, at least 34.8 million children were exposed to Adverse Childhood Experiences which chronically impact their education and health. These numbers are staggering and put in perspective how many children are at risk.

You may ask yourself, what is trauma? Trauma can appear as any number of things including:

- Psychological, physical, or sexual abuse
- Community or school violence
- Bullying
- National Disasters
- Terrorism, war, or refugee experiences
- Abandonment or neglect
- Loss of loved ones
- Serious accidents or illnesses



As a parent, guardian, or community member, it is your responsibility to be aware of possible trauma children may face. In preschool-age children, signs may include:

- Separation anxiety or clinginess
- Regression or delays in learning
- Poor developmental progress
- Crying or screaming
- Insomnia or nightmares
- Headaches, stomachaches, weight loss, or poor appetite
- Sudden anger, detachment, aggression, or withdrawal
- New fears or anxieties
- Curiosity about death or dying
- Bed-wetting
- Refusal to go to school



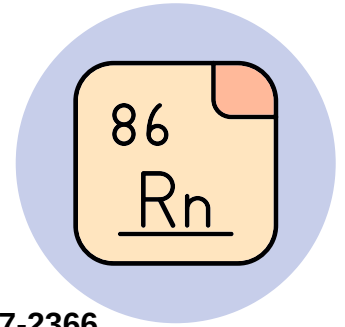
It matters; more than you may think it does. Childhood trauma can lead to chronic learning, education, health, and behavioral problems. Not every child is the same, but they all deserve to be loved equally. If you suspect that a child you know is a victim of trauma, you can [visit this website](#) to receive professional help.

If a child shows signs of trauma; it is important to reassure the child that they are safe. Help them to understand they are not responsible for the traumatic event and be patient. Allow them the space to recover with gentle reminders that you care for them. Recovery will be hard, but it is not impossible.



Environmental Hazards

Radon is a cancer-causing radioactive gas. Radon is a naturally occurring and comes from the natural breakdown (radioactive decay) of uranium. It is usually found in rock and soil, but in some cases, well water may also be a source of radon. You cannot see, smell or taste radon, but it may be a problem in your home. Every home should be tested for radon. You can purchase a test kit at your local hardware store, or Walmart for less than 20 dollars.



Radon Hotline: 800-237-2366

Signs and symptoms of lung cancer from radon exposure can include:

- Persistent cough
- Hoarseness
- Wheezing
- Shortness of breath
- Coughing up blood
- Chest pain
- Frequent infections like bronchitis and pneumonia
- Loss of appetite
- Weight loss
- Fatigue



Second Hand Smoke:

- Causes cancer in those who do not smoke
- Leads to increased risk, acute respiratory infections, ear problems, and more severe asthma
- Exposure during pregnancy causes low birth weight
- Exposure from parents or other caregivers causes respiratory illness in infants and children
- Opening windows or using fans or air conditioners will not stop secondhand smoke exposure.
- Secondhand smoke also can cause heart disease.

Did You Know That:

- The U.S. Surgeon General says that secondhand smoke can cause Sudden Infant Death Syndrome, also known as SIDS.

- The Surgeon General also states exposure to secondhand smoke during pregnancy or after birth may cause leukemia, lymphoma, and/or childhood brain tumors.
- It is not just the pregnant woman who should not smoke! Smoking around a pregnant woman can cause her child to have low birth weight.
- Despite efforts to reduce children's exposure to smoke, children still continue to show toxin levels nearly twice those of adult non-smokers.
- Exposure to secondhand smoke actually slows down the growth of children's lungs.

Health Risks to Children with Asthma exposed to second hand smoke:

Asthma is the most common chronic childhood disease affecting one in 13 school aged children on average. Exposure to secondhand smoke can cause new cases of asthma in children who have not previously shown symptoms. Exposure to secondhand smoke can trigger asthma attacks and make asthma symptoms more severe.

Protect Your Family:

Make your car and home smoke free. Family, friends, or visitors should never smoke inside your home or car.

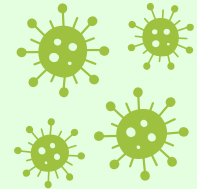




If you have a mold allergy, your immune system overreacts when you breathe in mold spores. A mold allergy can make you cough, make your eyes itch and cause other symptoms that make you miserable. In some people, mold allergy is linked to asthma and exposure causes restricted breathing and other airway symptoms. If you have a mold allergy, the best defense is to reduce your exposure to the types of mold that cause your reaction. Medications can help keep mold allergy reactions under control.

Signs and symptoms of mold allergy can include:

- Sneezing
- Runny or stuffy nose
- Cough and postnasal drip
- Itchy eyes, nose and throat
- Watery eyes
- Dry, scaly skin



Mold allergy symptoms vary from person to person and range from mild to severe. You may have year-round symptoms or symptoms that flare up only during certain times of the year. You may notice symptoms when the weather is damp or when you're in indoor or outdoor spaces that have high concentrations of mold.

If you have a mold allergy and asthma, your asthma symptoms may be triggered by exposure to mold spores.

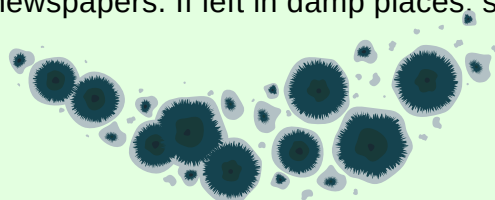
Risk factors

Living in a house with high humidity. If your indoor humidity is higher than 50 percent, you may have increased exposure to mold in your home. Mold can grow virtually anywhere if the conditions are right — in basements, behind walls in framing, on soap-coated grout and other damp surfaces, in carpet pads, and in the carpet itself. Exposure to high levels of household mold may trigger mold allergy symptoms.

- Working or living in a building that's been exposed to excess moisture. Examples include leaky pipes, water seepage during rainstorms and flood damage.
- Living in a house with poor ventilation. Tight window and door seals may trap moisture indoors and prevent proper ventilation, creating ideal conditions for mold growth. Damp areas — such as bathrooms, kitchens and basements — are most vulnerable.

Prevention

- Eliminate sources of dampness in basements, such as pipe leaks or groundwater seepage.
- Use a dehumidifier in any area of your home that smells musty or damp. Keep your humidity levels below 50 percent. Remember to clean the collection bucket and condensation coils regularly.
- Use an air conditioner, and consider installing central air conditioning with a high-efficiency particulate air (HEPA) filter attachment. The HEPA filter can trap mold spores from outdoor air before they're circulated inside your home.
- Change filters on your furnace and air conditioners regularly. Have forced air heating ducts inspected and, if necessary, cleaned.
- Be sure all bathrooms are properly ventilated, and run the ventilation fan during a shower or bath and immediately after to dry the air. If you don't have a ventilation fan, open a window or door while you're showering or bathing.
- Don't carpet bathrooms and basements.
- Promote groundwater drainage away from your house by removing leaves and vegetation from around the foundation and cleaning out rain gutters frequently.
- Toss or recycle old books and newspapers. If left in damp places, such as basements, they can quickly become moldy.



LEAD
poisoning

KNOW THE FACTS

Lead poisoning is caused by swallowing or breathing lead. Children under 6 years old are most at risk. If you are pregnant, lead can harm your baby.

FACT Lead can cause learning and behavior problems.

Lead poisoning hurts the brain and nervous system. Some of the effects of lead poisoning may never go away.

Lead in a child's body can:

- Slow down growth and development
- Damage hearing and speech
- Make it hard to pay attention and learn

FACT Most children get lead poisoning from paint in homes built before 1978.

When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. Most children get lead poisoning when they breathe or swallow the dust on their hands and toys.

FACT A lead test is the only way to know if your child has lead poisoning.

Most children who have lead poisoning do not look or act sick. Ask your doctor to test your child for lead.



PROTECT YOUR FAMILY

1. TEST YOUR HOME FOR LEAD.

- If you live in a home built before 1978, have your home inspected by a licensed lead inspector.
- Contact your local health department for more information.

Sometimes lead comes from things other than paint in your home, such as:

- Candy, toys, glazed pottery, and folk medicine made in other countries
- Work like auto refinishing, construction, and plumbing
- Soil and tap water

2. KEEP CHILDREN AWAY FROM LEAD PAINT AND DUST.

- Use wet paper towels to clean up lead dust. Be sure to clean around windows, play areas, and floors.
- Wash hands and toys often, especially before eating and sleeping. Use soap and water.
- Use contact paper or duct tape to cover chipping or peeling paint.

3. RENOVATE SAFELY.

Home repairs like sanding or scraping paint can make dangerous dust.

- Keep children and pregnant women away from the work area.
- Make sure you and/or any workers are trained in lead-safe work practices.
- Home repairs like sanding or scraping paint can make dangerous dust.

