



Research Updates

Health emergencies bring many changes and much uncertainty for young children and their families. However, there are things we can do to face each day: We can offer comfort. We can connect with and care for others' safety. And we can keep learning and growing at home, through every-day routines and simple activities. Sesame Street is offering some resources to help families cope during challenging times. See <https://sesamestreetincommunities.org/topics/health-emergencies/>



Three Secrets for Over-Coming Coronavirus Stress: 1. Move the finish line, when you feel powerless. 2. Take action. 3. When you feel, alone assist someone else. Article by Andrew Huberman, professor of neurobiology at Stanford University School of Medicine, and Pat Dossett former Navy SEAL, cofounder and CEO. (<https://www.fastcompany.com/.../im-a-former-navy-seal-and-the-...>)



Age Specific Tips For Helping Children during Stressful Times: First remember your own self-care! Breathe, walk outside, talk with friends and other parents. When kids aren't in school:



- Keep a scheduled routine, as much as possible.
- Read books with your child.
- Make time for active play: Bring out the blocks, balls, jump ropes and buckets and let creativity soar. Play games, go outside, garden. Encourage kids to make up a game, workout or dance to keep them moving or go outside for a walk.
- Media time: Limit news and virus coverage. Play video games or go on-line with your child to keep time structured. Try video chats with friends, family and people from school.

Infants to 2-year-olds may become crankier, cry more than usual or want to be held and cuddled more.

Three to 6-year-olds may return to behaviors they have outgrown. Toileting accidents, bed-wetting, or being frightened about being separated from their parents/caregivers. They may also have tantrums or a hard time sleeping.

Seven to 10-year-olds may feel sad, mad, or afraid that the event will happen again. Friends may share false information.

Older children may focus on details of the event and want to talk about it all the time or not want to talk about it at all. They may have trouble concentrating.

Preteens and teenagers may respond by acting out, including reckless driving and alcohol or drug use. Others may become afraid to leave the home. They can feel overwhelmed by their intense emotions and feel unable to talk about them which may lead to increased arguing and fighting with siblings, parents/caregivers or other adults.

(Source: ACEs Connection 3/25/20: Helping Children in Emergencies: Keep Your Child's Developmental Stage and Temperament in Mind by Jim Hickman & Karissa Luckett, RN, BSN, MSW.)

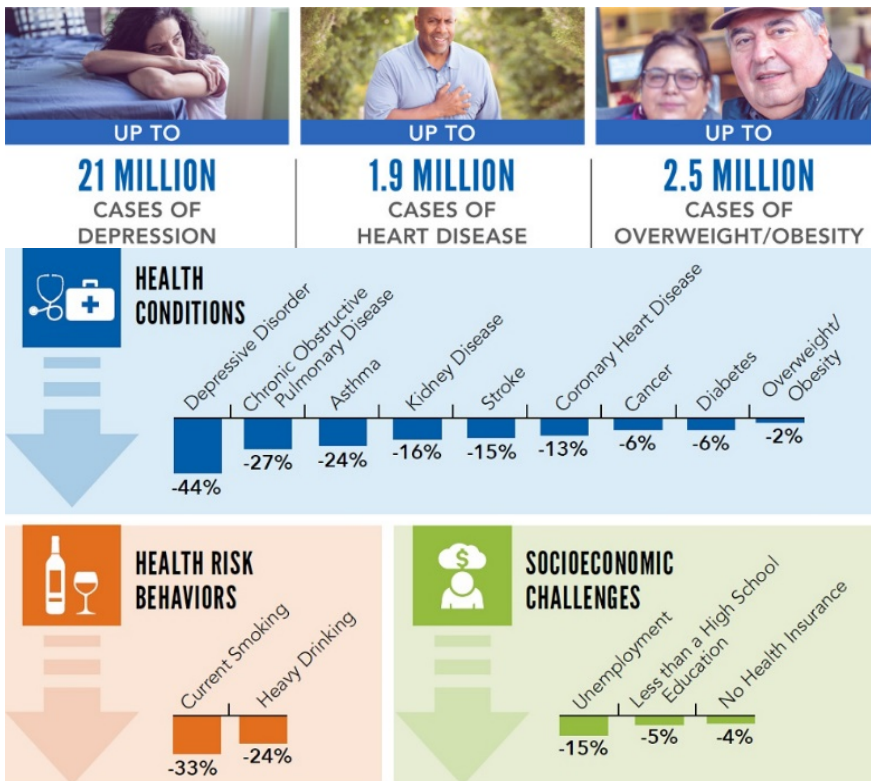
Alcoholics Anonymous: An updated systematic review by Cochrane Collaboration found A.A. leads to increased rates and lengths of abstinence, compared with other common treatments. This review is based on analysis of 27 studies involving 10,565 participants which showed that other treatments might result in about 15-25% of people who remain abstinent. With A.A., it's between 22-37% (specific findings vary by study). Although A.A. may be better for many people, other approaches can work, too. And, as with any treatment, it doesn't work perfectly all the time. (Source: Austin Frakt and Aaron E. Carroll March 11, 2020, New York Times.)

Good update on **Drug Abuse, Dopamine, and the Brain's Reward System:**

<https://www.hazeldenbettyford.org/education/bcr/addiction-research/drug-abuse-brain-ru-915>

Alcohol Deaths Have Risen Sharply, Particularly Among Women: NIAAA study found that death rates due to alcohol (acute overdose, chronic use or combination with other drugs) increased 85% among women from 1999-2017. Aaron White, NIAAA, said that a growing body of research shows that alcohol tends to harm women more than it does men. NY Times 1/10/20 <https://www.nytimes.com/2020/01/10/health/alcohol-deaths-women.html>

Adverse Childhood Experiences (ACEs) : Preventing early trauma improves adult health



According to the Center Disease Control & Prevention (CDCP) millions of cases of depression, heart disease and obesity are due to childhood trauma. By preventing or addressing trauma in the US we could reduce other health conditions such as chronic obstructive pulmonary disease, asthma, kidney disease, strokes, cancer, and diabetes; health risk behaviors (smoking and heavy drinking); and socioeconomic challenges of unemployment and school drop-outs. ***“Skill-based parenting and family relationship approaches can reduce known risk factors for child abuse and neglect and protecting children and youth from multiple forms of violence and other health compromising behaviors.”*** (Source: CDCP: BRFSS 2015-2017, 25 states, CDC Vital Signs, November 2019.)



Why ‘Mommy Juice’ is Total BS: The alcohol industry has marketed directly to women popularizing drinking as a form of self-care for exhausted parents. The problem is, *it is not.* “*There were playdates with wine. Every mommy get-together had wine,*” Emily Lynn Paulson. *Alcoholism: Clinical and Experimental Research* found the largest increase alcohol-related deaths between 1999-2007 was among non-Hispanic white women. *JAMA Psychiatry* reported that problem drinking jumped by more than 80% among American women between 2002 and 2013. “*Drinking is a problem if it causes trouble in your relationships, in school, in social activities, or in how you think and feel,*” Center Disease Control. (Source: https://www.huffpost.com/entry/mommy-wine-culture-drinking-self-care_I_5e3475e9c5b6f2623328fc0d)

14 Ways to Show Your Child Love: “As parents, the unconditional love and support is one of the most powerful ways we can help children thrive. Building strong bonds and a positive relationship with your child has a nurturing effect on their physical, emotional, and social development,” Jennifer Shu, MD, FAAP, American Academy of Pediatrics (AAP).

1. Choose words with care.
2. Hold time together dear.
3. Have heart-to-heart conversations.
4. Hug first.
5. Let them know you’re listening.
6. Discipline with love.
7. Forgive mistakes, including your own.
8. Share the love of reading.
9. Cook & eat together.
10. Foster friendships.
11. Care for a pet.
12. Embrace health & safety.
13. Continue to show affection & attention.
14. Don't forget to say "I love you" many more times for the rest of their lives. Share these three words without limit.

(Source: <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/14-Ways-to-Show-Your-Child-Love-Valentines-Day-Every-Day.aspx>)

Developed by Prevention Partnership International, *Celebrating Families!*™ and *iCelebrando Familias!* are programs of NACoA (National Association for Children of Addiction) which offers curriculum materials, technical assistance and training services. For more information contact
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