

# Invest Time in a Child's Mind



AN EDUCATIONAL RESOURCE FOR PARENTS AND EARLY YEARS EDUCATORS



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INTERNATIONAL SCHOOL PUBLICATION

## 'Pokes and Procedures' *continued*..

Children listen best when they are comfortable. Using comfort positions and best words together is most effective, even when things are not going well you can simply approach the child with a whisper, crouched at child's level.

Telling a child how it will feel often results in a negative outcome. Kids generally are altruistic so when I am asked the question, "How will it feel?" I usually tell kids that sharing their experience can help others and what would be helpful to them also may be helpful to someone else. "So...some kids say it feels like a poke, pressure...I would

like to know what it feels like for you and what is best for you".

We have found valuable lessons learned for patients and families and staff when we involve the child and parent in the evaluation of the comfort / poke plan's effectiveness.

Our goal needs to be: How can we learn from this time and help each child and family make improvements for the next time?

*A Certified Child Life Specialist for over 25 years serving both pediatric inpatients and outpatients in a large university teaching hospital, Julie Piazza has collaborated with multidisciplinary teams to facilitate patient and family centered initiatives*



By Julie Piazza, MS, BS, CCLS

*many of these have been related to reducing pain and anxiety with needlesticks and procedures. An educator for medical and nursing students, Julie is a professor for the child life degree program at Michigan University.*

## Upcoming Workshops

We have designed a series of FREE educational and healthcare workshops to help our community learn, thrive and flourish! Held at the Nursery School ISTCI. Call or email to reserve your place: 946-5523 or ebarber@internationalschooltci.com

🌿 **Maternity and Infant Massage Workshop**  
Tuesday 9 February, 6pm  
Lisa Wamsley - Certified Massage Therapist

🌿 **Child Life Workshop: Reducing a child's stress and anxiety**  
Tuesday 23 February, 6pm  
Evieann Barber - Child Life Specialist

🌿 **Pre-Natal Yoga Workshop**  
Wednesday 9 March, 6 - 7:15pm  
Presenter: Marisa Shearer



**PLUS! Moms and Tots Club** - Every Saturday - 9:30-11am Join us for a casual, drop-in at the Nursery School. Only \$5.00 for non-enrolled children.

## About Our Nursery School

Our Nursery School provides high quality developmentally appropriate educational experiences for children 9 months to 2 years old, while advocating for children, parents and families. Our ratios are 1 adult to 3 children and no more than 12 per day. We adhere to the British National Curriculum and Early Foundation Stage.

We believe in play and relationship based learning. Our children experience a lightly structured day allowing them to feel safe and supported while enjoying a wide variety of developmental opportunities.

The four guiding principles that shape our work are:

1. every child is unique, who is constantly learning and can be resilient, capable, confident and self-assured
2. children learn to be strong and independent through positive relationships
3. children learn and develop well in enabling environments and if there is a strong partnership between carers and parents
4. children develop and learn in different ways and rates, our framework enables all to flourish

### About Evieann Barber

*Originally from Michigan USA, I have a MA in Human Development Specializing in Leadership in Education, College Teaching and a BA in Early Childhood Education with a minor in Anthropology. I hold a 5yr Child Life Specialist Certification and am a Certified Bereavement Facilitator.*

*I am so happy to be part of the team at the International School. Together we have a strong and meaningful partnership which provides children with wonderful learning experiences that will enrich and support their growth and development.*

## Promoting Positive Experiences for Families

Welcome to Issue 1 of The Nursery News, a free and informative and educational paper for parents and early years educators. We aim to provide research-driven, school success tips with easy reach of parents.

These quarterly publications will include dates and times for our Workshop Series, and professional articles to help and support parents and early childhood educators on a variety of topics.

It is so important to work together and offer ourselves and our children opportunities that enhance our roles as parents and or educators. We care for our children and so "Together We Invest Our Time in Their Minds."

Evieann Barber  
Nursery School Manager



**"EXTRAORDINARY DEDICATION & EXPERTISE GUIDING THE HEALTHY DEVELOPMENT OF CHILDREN."**



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## Child Life - Reducing a Child's Stress and Anxiety

### WHAT IS CHILD LIFE?

A child life specialist is someone who helps reduce the stress and anxiety of children and their families while implementing coping skills. A CCLS supports children and families for medical and non-medical related conditions in the following ways:

- Support the growth and development of children
- Use play to facilitate self-expression and creativity
- Provide education to help families understand their anxiety or medical condition
- Provide comfort and activities to normalize a child's play
- Offer distraction, coping strategies, and medical play
- Reduce stress and anxiety
- To embrace family-centered care

### HOW CAN CHILD LIFE SERVICES SUPPORT YOUR CHILD ACADEMICALLY?

As we all know, life can be stressful for all ages. Allow your child to be more prepared by utilizing healthy skills on their journey. Your child will learn to develop coping tools that help reduce everyday stress and anxiety through fun games and activities. Your child will use their creativity to learn about the nature of their "worry dragons".

*Do you want your child to increase their ability to focus and concentrate; develop mindfulness, and self-relaxation techniques?* Child Life Services offers fun and innovative ways to help your child develop coping skills for life, such as dealing with separation anxiety at school.

My love and dedication for working with children and families extends over 25 years and I am dedicated to supporting and advocating for them, respecting their diversity and unique needs.

By Evieann Barber MA. BA. CCLS, Certified Child Life Specialist & Nursery School Manager



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# Importance of Pre-natal Massage

By Lisa Wamsley

Touch is powerful. When we bang our knees, we rub them. When our kids fall down, we hold them. Our hands tend to go to where it hurts, of their own volition.

So when you are pregnant, and your hips are aching and your feet are swelling, it only makes sense to go to someone whose profession is touch.

Massage Therapy can make a difference in how you experience your pregnancy.

**MASSAGE CAN REDUCE STRESS, RELIEVE MUSCLE TENSION, REDUCE SWELLING, DECREASE ANXIETY & SYMPTOMS OF DEPRESSION AND IMPROVE LABOR OUTCOMES.**



*Massage Therapy can make a difference in how you experience your pregnancy.*

## How can massage help my baby and I?

Studies show that hormone levels associated with relaxation and stress are often significantly altered when a pregnant woman receives massage therapy. These changes have also led to fewer complications during birth, including low birth weight.

Massage can address issues such as sciatica, headaches, sleeplessness, and carpal tunnel. It brings blood and oxygen to your cells, muscles and organs, and helps eliminate pre-natal waste.

## Find a trained therapist

It is important that you receive massage from someone who is properly trained, both in massage therapy and in pre-natal physiology.

Your therapist should have the knowledge and experience to address needs specific to pregnancy.

They will know how to position you safely and comfortably to prevent strain to the uterine ligaments, and are able to watch for symptoms of blood clots.

**Is it safe?** Yes of course in general terms, massage is safe at any point in your pregnancy, including through labor and delivery.

But, if you have experienced recent bleeding, pre-term contractions, severe swelling, high blood pressure or headaches, or if you have a high risk pregnancy, you should consult your doctor before having a massage.

*Lisa Wamsley is a certified & licensed massage therapist practicing in Michigan. She has been a massage therapist for 18 years, and is also a trained doula. Lisa has won several local awards for her work, and next years will train in Cranial-Sacral therapy.*

## JOIN US FOR A FREE WORKSHOP

### MATERNITY & INFANT MASSAGE

TUESDAY 9TH FEBRUARY - 6PM - NURSERY SCHOOL ISTCI

LISA WAMSLEY, CERTIFIED MASSAGE THERAPIST

JOIN US FOR A CASUAL SETTING FOR QUESTIONS, DISCUSSION & DEMONSTRATIONS

CALL 946-5523 TO RESERVE PLACE



# Working Together to Achieve Comfort and Coping with Children Undergoing “Pokes and Procedures”

By Julie Piazza, MS, BS, CCLS

Preparation is a two-way street! Healthcare providers need to tailor our preparation for medical procedures on our experience and learning from each child what works best for him/her. Procedures built upon building a relationship with the child will help us to build trust and support better coping skills for children and their parents.

In my experience, as a child life specialist working for many years in hospitals and outpatient healthcare settings, I have found “best words” help to alleviate misconceptions. ‘Needlesticks’ happen to be one of the most remembered healthcare experiences, so this was something our hospital chose to focus on with our preparation and teaching children coping for comfort. As one hospital patient said, “call the needle what it is: the world’s tiniest straw to bring me my medicine to stay healthy!” Seeking to understand from the patient’s experience has helped our hospital team to achieve successful outcomes.

“Complete preparation includes: the words, review of the process and allows the child to practice coping skills which help them in the moment and become skills for a lifetime.”

Try explaining deep breathing...it is possible but so much more successful to “practice blowing some bubbles for me please...” wow - “I’m deep breathing right now!” Imagine that and it has become not only a skills practice but a just in time intervention to help with transitions and building trust between families and clinicians.

Parents help us to achieve success. One parent wisely shared with me: “This (pointing to their child) is my expertise arena...and I am entrusting the medical staff to care for my child in their expertise arena!” The research tells us that reassurance isn’t effective if the parents are struggling with their own anxiety related to pain/procedures.

## Comfort Positions

Reducing stress & anxiety for children during medical procedures



**“Parents can be very effective coaches and provide comfort when they know what to expect and can then comfort and support their child.”**

Positions of comfort were pioneered in Cleveland, Ohio at *Rainbow Babies & Children’s Hospital* by Mary Barkey, a child life specialist and multidisciplinary collaboration.

Advocating for comfort positions helps to reframe the experience for families and creates the ideal patient and family experience with pokes and procedures.

The hospital phlebotomy staff were at first skeptical about implementing comfort positions but then they realized that it was true: **kids do better and have less anxiety, distress, and pain when comfort positions are facilitated for needlesticks.**

Parent partnership and involvement with comfort positions is cited over and over again to be one of the most effective means of retaining coping skills over time and increasing comfort care for kids.

When parents are engaged in training and know what to do...the research states they are less intimidated and more empowered to help their child and foster improved outcomes!

*Continued over...*