



## Times to Connect **VIRTUAL**

Out of Care/ Kinship  
Drop In

Tuesday June 3  
10:00 – 11:00AM (PST)  
Zoom ID: 858 3771 6954

ADHD is Awesome: A Guide To  
(Mostly) Thriving With ADHD

Wednesdays  
10am-12Noon (PST) OR  
6:00pm – 8:00pm (PST)  
Zoom ID: 832 4280 1289

## Up Coming Trainings On The Caregiver Learning Network

**POOP TEACHING 101**  
Katie Rinauld

**Tuesday May 27**  
**10:00AM- 12:00PM (PST)**

**DR. CINDY BLACKSTOCK**

**JUNE 16**  
**9:30am - 11:30am (PST)**

**More details coming soon!**

For more  
information  
click the title

## HOW WILDFIRE SMOKE AFFECTS EARLY CHILDHOOD DEVELOPMENT

Exposure to wildfire smoke during pregnancy can have a significant negative impact on healthy birth outcomes. During pregnancy, wildfire smoke can trigger the body's inflammatory response and lead to gestational hypertension as well as adverse pregnancy outcomes such as preeclampsia, low birth weight, and preterm birth. These effects are significant: One California study estimated that nearly 7,000 excess preterm births were attributable solely to wildfire smoke between 2006 and 2012.<sup>6</sup> Preterm births are linked to a greater risk of a range of poor outcomes later in life, including impaired cognition, reduced growth, and chronic health issues such as cardiovascular disease and diabetes in adulthood.

Beyond birth outcomes, studies indicate that children who live in areas with exposure to wildfire smoke have increased rates of emergency room visits for asthma during periods of smoke exposure, as well as increased upper respiratory infections, pneumonia, and bronchitis.<sup>19</sup> Wildfire smoke also affects learning. In a nationwide study, smoke exposure in the year leading up to a test, particularly on school days, significantly decreased student test scores—the more smoke that children were exposed to, the lower the average test scores.

Strategies to Reduce the Impacts of Wildfire Smoke on Children Health & Development

- Support access to air filtration systems and masks
- Create Clean air spaces in the places children spend time
- make sure you receive air quality alerts- [Subscribe here](#)

For more information visit

<https://developingchild.harvard.edu/resources/briefs/wildfire-smoke-early-childhood-development/>

## BOOK CORNER

### TRYING DIFFERENTLY RATHER THAN HARDER: Rethinking Neurodiversity, Transforming Lives

updated & expanded from Diane Malbin's original work

"Have you ever felt like you've tried everything to change behaviors and nothing worked? The harder you tried, the more discouraged, alone, and desperate you felt? There is hope! The FASCETS Neurobehavioral Approach links brain with behaviors, leading to supports that actually make a difference. We pause and ask, "What if the brain has something to do with what I'm seeing?" This allows us to respond to confusing, sometimes challenging, behaviors in new ways. It strengthens relationships and wellbeing. Let's think brain first!

This book includes an introduction to Primary Characteristics commonly associated with neurodiversity and explores the challenges that result from a poor fit between how an individual's brain works and their environment, including an extensive collection of stories showing the power of implementing the NB Approach. It offers a pathway to hope, greater peace and connection. It also specifically addresses FASD, affecting at least one in twenty people in North America."

## ARE YOU PREPARED?

With fire season just around the corner, here is a quick reminder about ensuring that you are prepared this summer holiday. Be sure to pack a grab-and-go bag and have a plan for where you will go and who to notify. (Remember to let your Resource Social Worker and the Child's Social Worker know your plan ahead of time.)

### YOUR GRAB-AND-GO BAG

- Medication (at least a 4 day supply)
- Complete changes of cloths for 4 days. (Include underwear, socks, PJs)
- Security items: favorite toy, book, etc.
- Spare pair of glasses
- Snacks
- Water
- 1 roll of toilet paper for each person
- Some extra cash in small bills
- Flashlight and batteries
- AM/FM Radio
- Blanket
- Cell phone AND charger
- Pen and notepad
- Personal toiletries
- Small first-aid kit
- Pillow and small foldable blanket
- Any valuables you want to take with you.

**Important Documentation:**

- Ensure you have **a copy of your home insurance**. Have copies of any personal info such as care card numbers, birth certificates, social worker names & numbers, etc.
- **If you have animals:**
- Crates, leashes, food, etc. in an easily accessible place. If you have pet insurance, take a copy with you.
- **Consider attaching a tag:**
- e.g. Don't forget: \*Medication in fridge \*Pet food/cage, etc.

## SUPPORT TO FAMILY CARE NETWORK PROGRAM

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Facebook page.