



# Butler Kids

## Children in Pain

By: Angela Pulaski, PT - Bright Beginnings Physical Therapist

When I was a fresh out of physical therapy school, I worked on a skilled nursing unit which serviced a lot of post surgical patients. Pain management was a big part of getting these patients up and going. We would encourage our patients to stay on top of the pain and to take their meds before coming down to physical therapy, and, yes I was called a physical terrorist and the department was described as the pain and torture department. However, that is a story for another day.

In 1997, I was lucky enough to become the physical therapist for the Early Intervention team in Butler County. It became clear that children who had painful conditions or underwent surgery were not treated for pain. I discussed this with my father, a registered pharmacist, and he stated the research demonstrated that children were under treated for pain on a consistent basis.

As service providers in the community for children, it is always good to be up on children's health concerns. An article by Jen Christensen called "Mom, It Hurts" in pain resource magazine (fall 2012 issue), states that slow progress is being made in this area.

A 2009 report by the MayDay Fund noted that about 20% of children suffer from untreated chronic pain. A few of these conditions include fibromyalgia, migraines, digestive problems and rheumatoid arthritis.

Part of the issue is that doctors and parents alike tend not to believe a child if nothing obvious can be found as the source of pain. We all know that young children are still learning reality from fiction and that story telling is a part of childhood so disregarding pain is easy when you think about how resilient children are.

The opposite concern is called enmeshment. This is when a parent becomes too involved and actually keeps the pain in the forefront of the child's life. The child learns to have low self-esteem as they are not allowed to learn coping skills. As with most things in life, balance is the key.

There are things that we can do to help a child in pain. **Remember we are not experts on medications so, if pain management is needed, a physician must be involved. Inappropriate use of meds in children, especially, is dangerous.** Medication is not always the answer anyway; yoga, coping skills and counseling are all good activities that can aid a child's chronic pain.

So what can we do? First, if you are seeing lingering or chronic pain in a child, act quickly, but do not panic. Involve the parent and encourage them to speak to the child's physician. Do not allow yourself to become enmeshed in the child's pain. Pain is not the sum total of the child or the child's needs. Encourage the good days and keep them involved with their world and with their friends. School and daycare are important activities that must be maintained.

Many children hide their pain so look for the signs such as distraction, exhaustion, or excuse making for avoiding interaction with activities and friends. If a child will be undergoing surgery, encourage the parents to plan ahead with the doctors about pain management. Do you have a plan in place for once the child returns to school or daycare?

Pain of a chronic nature or post-surgical is a real issue for children, as well as adults. Awareness of that, will help us work with children in a proactive manner and make their world a better place.

## A Community-Based Newsletter

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### Smart Start Mental Health Specialists

Do you have questions about your child's social/emotional development, behaviors, or social skills? For more information about how to address concerns about your child's social and emotional development, Smart Start is here to help you. Mental Health Specialists, Kathy and Tamara, are available to answer your questions, direct you to resources in our lending library or offer a screening. Because the holiday season is approaching, we encourage you to call before the holidays hit if you have concerns about your child. **Call the Smart Start office at 320.1342 or email [akenneson@rui.org](mailto:akenneson@rui.org).**



About the Author:  
Angela Pulaski has been serving Bright Beginnings' families since 1997. She enjoys watching the seasons change as she drives miles and miles throughout the county. Her lifelong ambition is to listen to all the audio books available from the El Dorado and Andover libraries. She is married and has 3 children.

# Training Information

During 2012, the Smart Start program worked hard to bring trainings to Butler County providers of child care in an effort to help them meet the requirements of Lexi's Law. Over the past eleven months, we have been pleased to offer the following KDHE required classes:

- 4 CPR/AED with Pediatric Components trainings
- 4 Pediatric First Aid trainings
- 4 Safe Slumber
- 6 Recognizing and Reporting Abuse/Neglect and the Prevention of Head Trauma
- 1 Basic Child Development

We have also offered trainings that are not specifically required by KDHE and have been well attended:

- 2 NAEYC Code of Ethical Conduct
- 1 Team Building in the Child Care Setting
- 1 Six Core Strengths to Healthy Child Development

There are no more trainings scheduled for 2012. The 2013 training calendar has not yet been set.



If you have not yet met your training requirements, there are multiple ways in which you can obtain your training hours.



## Child Start

Our local friends at Child Start continue to offer various trainings for child care providers in locations around the Wichita area. For the training calendar, check the website at [www.ChildStart.org](http://www.ChildStart.org).



## Kansas Children's Service League

KCSL offers a variety of instructor-led eLearning courses which may be accessed 24/7 during the period they are offered. Each course is KDHE-approved for child care licensing in-service hours.

A full description of each course, a complete course schedule and registration information can be found at KCSL's eLearning website at:

<http://elearning.kcsl.org>.

## KCCTO: Kansas Child Care Training Opportunities

The mission of KCCTO is to assure quality child care throughout Kansas by providing training for child care professionals which is Comprehensive, Low-cost, and Accessible. Classes offered include "Child Abuse and Neglect: Prevention and Reporting," "Child Development," "Healthy Routines," "Signs and Symptoms of Childhood Illness," "Play: Problems and Interventions," and others. You can register and pay online for these classes at [www.kccto.org](http://www.kccto.org).



## Kansas Train

Kansas Train is the state run training opportunity for many fields. You can "Browse by Audience" and select "Child Care" to get a list of trainings available for child care providers. TRAIN is a free resource for professionals and is a service of the Public Health foundation. For more information and to sign up for classes go to <https://ks.train.org>.



# Toys and Activities to Nurture Children's Cognitive Development

## Make a Mobile: Ages Birth - 6 months

Moving objects attract a young child's attention and stimulate interaction. Attach colorful and SAFE objects to a string and hang the mobile so that a child, when laying on her back or sitting up, can watch it move and also reach out and pull or bat at items.

## Bottle with Floating Objects: Ages 6 to 9 months

Infants need toys that show cause and effect. Fill a small, clear, plastic bottle with water and add shells, pebbles, glitter, or any object that captures your baby's interest. Make sure that the lid is attached securely with an all purpose nontoxic glue. Babies can shake the bottle and hear it and see items move inside. You can roll it, and encourage crawlers to chase after it!

## Knock-Knock: 9 to 12 months

Any item that can be uncovered provides opportunities for children to discover and

name. On a large piece of paper, draw or glue pictures. For each item, cut out rectangles of different colors of paper that are large enough to hide the pictures. Attach these by glue or tape on one long side so that they can be "opened" like doors. Have children knock on the doors and open them to reveal the hidden items.

## Make a Book: Ages 12 to 18 months

Early books are an excellent and fun way for children to discover and name objects and learn that pictures represent real things. Thin paper books can be difficult for young children to manipulate. To make your own picture book, search for pictures of animals, people, and everyday objects and print them. Then glue them, photos of family, or drawings onto pieces of thick cardstock or cardboard and bind the pages with yarn. For more interactive experience, glue pictures on fabric or papers of different textures.

## I Spy Telescope: Ages 18 to 24 months

Almost anything that is open on two ends can become a child's telescope. Use paper towel tubes, empty cracker boxes, or roll paper into a tube. Your child can look through them in the yard or the room. Offer suggestions for items that can be seen through the tube. "What do you see that is green?" "What animals do you see?"

## Puppets: Ages 2 to 3 years

Kids can use puppets to tell stories and act out ideas. Make hand puppets from materials like paper socks, cloth, yarn, and markers. Decoration brings the puppet to life! For example, draw a face with markers, glue on pictures from a magazine, or adorn puppets with string or yarn.

Above all, these activities are intended to increase the time you spend and the amount of words you share with your child. They will learn concepts and develop language that will encourage learning!

# Smart Start Lending Library

The following items are NEW selections available from the Smart Start Library. To borrow an item, contact Audra at 320.1342 or akenneson@rui.org.

## **Baby Gym: Wiggle & Move (a book for children AND parents)**



Touch is a baby's first language. This book is designed to stimulate the senses, and based on research into the benefits of baby exercise and massage, these books encourage interaction

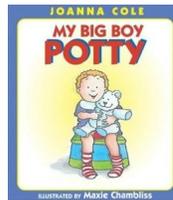
## **Day Care Orientation Training**

Information about KDHE licensing regulations and what you need to do to become a licensed child care provider will be given at these free trainings held by the Butler County Health Department. For more information contact Jamie Downs at 320.0365. Upcoming dates of Orientation are: November 16 and December 21.

between parent and baby. Devoting time to special activities with your baby plays a crucial part in the bonding process. Singing together promotes language development, and encouraging physical movement at an early age aids muscle development, hand-eye coordination and motor skills. This book includes instructions to parents about the actions of the words/songs they will read to the baby.

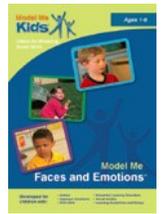
## **My Big Boy Potty (Children's Book):**

"What a big boy you are!" Potty training can be fun. With warmth and sensitivity, this book guides young boys through the challenges and rewards potty training—from the first steps to the joy of graduating to big boy underpants! The drawings in this book show a big boy (not a baby) as he masters potty training. A helpful "Note to parents" is included. With the help of understanding parents, a young boy learns how to use his potty so he does not have to wear diapers any longer.



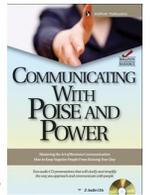
## **Model Me: Faces and Emotions**

**(DVD):** This DVD features children, ages 2 to 8, as they demonstrate emotions in a range of situations. Topics include: Happy, sad, afraid, tired, angry, excited, surprised, bored, calm, proud, love, and shy. The video is narrated with original songs by music therapist Rachel Rambach.



## **Communicating with Poise and Power (CD):**

In these two audio CDs, communication consultants share their insight into the skills and strategies you need to become both poised and powerful in your communications. Each of us has certain strengths and unique communication characteristics. Learn how to project your strengths and minimize your weaknesses and improve on the job communications. Learn to recognize negativity before it creeps in and starts to damage your communication with others. Keep your attitude altimeter soaring!



## Meet a Member of the Butler County Child and Family Development Task Force

Miles Harvey is currently serving as a Special Education Coordinator with the Butler County Special Education Cooperative. He has been with the Special Education Cooperative for the last two years.

Miles is a graduate of Newton High School, and then earned his undergraduate and graduate degrees from Emporia State University. His is currently taking classes for his district level endorsement through Wichita State University.

During his career, he has served as an elementary school teacher, elementary principal, and district curriculum director. He has also coached football and track at the high school level. Prior to his current position, he served as Principal at Lincoln Elementary in El Dorado.

One of his duties as a Special Education Coordinator is to work with the Early Childhood Part B programs in Butler County. Projects that the Early Childhood Department is currently working on are to provide a transition process into the program that is a benefit for the families involved. The

"Children learn as they play. Most importantly, in play children learn how to learn."

~ O. Fred Donaldson  
(martial arts master)

Early Childhood teachers are also hard at work on curriculum revisions to enhance the learning experience for the students.

Miles currently serves on the El Dorado Parks and Recreation Advisory Board and as a member on the Butler County Child and Family Development Task Force. He is also a former board member for Big Brothers Big Sisters and the Salvation Army.

Miles and his wife, Christy, have been married for 22 years and have two children, Matt and Brock, who attend El Dorado Public Schools.



Miles Harvey, Special Education Coordinator for the Butler County Special Education Cooperative, and his sons, Brock and Matt.