

APRIL 30, 2019

**TEACHING KIDS TO RECOGNIZE  
AND RESPOND TO POTENTIALLY  
DANGEROUS  
SITUATIONS**



## **PERSONAL SAFETY TIPS FOR PARENTS AND KIDS**

KidSmartz is a child safety program that educates families about preventing abduction and empowers kids in grades K-5 to practice safer behaviors. Here you'll find helpful information about abduction, common tricks, and empowering messaging to share with your kids. Download the tip sheets and a going out checklist to role-play and practice safety.

## **GET STARTED WITH THESE TIPS AND ACTIVITIES**

### **STRUGGLING WITH ANY OF THE FOLLOWING ISSUES IN YOUR HOME?**

Cyberbullying | Internet Safety | Sexting | Gaming | Chat Rooms

## **GET TWEEN AND TEEN PARENTING TIPS**

A Guide for Youth

## **Understanding Trauma**

When youth witness or experience a horrible event, they often do not have words to help make sense of what is happening and do not realize the potential for long lasting effects. It can be challenging to ask for help. As a result, youth often work to make sense of it alone. Managing these challenging emotions and stressful events by themselves can often lead to additional struggles such as unhealthy habits like smoking or drinking, hanging out with the wrong group of friends, acting out or internalizing their feelings and isolating themselves as a way to be safe.

This guide is designed to help youth make a connection between stressful events and the potential lasting impacts. Understanding trauma and having a framework to talk about past experiences can help in processing and asking for help. This understanding supports healing.

## **VIEW YOUTH GUIDE**

# **Sensory Processing Disorder: Symptoms in Children**

By: ADDitude Magazine

Sensory processing disorder makes it difficult for the brain to receive messages from the senses. It may manifest as meltdowns from sensory overload, or stimulation-seeking behavior, or confusion and clumsiness in everyday tasks. Could SPD be causing your child's challenging behavior? Take this symptom test and share the results with your doctor.

It's not uncommon to feel occasional sensory overload — that is, to feel overwhelmed by distracting noises or crowded spaces or strong odors once in a while — but for children with Sensory Processing Disorder (SPD), these sensations disrupt and overwhelm everyday life. SPD is a neurological condition that interferes with the body's ability to interpret sensory messages from the brain and convert those messages into appropriate motor and behavioral responses.

[Click to Read More](#)

# Helping Babies Learn to Fall Asleep On Their Own: What Research Says

By Rebecca Parlakian, ZerotoThree.org

Parents get advice (and judgment!) from all sides, especially when the topic of sleep comes up. Everyone has something to say. But what do we actually know, based on the research? Let's start at the beginning.



## Baby Sleep Patterns: Just the Facts

Babies don't begin showing a regular "day-waking, night-sleeping" pattern until about 4 months of age.<sup>[1]</sup> This is why we recommend that you **wait until your baby is at least 4 months old before you begin sleep training of any kind.**

Talk to your child's health care provider before starting sleep training. Always check with your health care provider before sleep training if your child has special health care needs.

## Grown-Ups Need Sleep Too

Most new parents are tired. **Parents who lack good sleep for weeks and months are more likely to report feeling stressed, anxious, or depressed.**<sup>[2]</sup> A lack of sleep can also make it harder to cope with everyday feelings and challenges,<sup>[3]</sup> like soothing babies when they fuss.

## To Cry, or Not To Cry (That Is the Question)

**For babies, crying is a normal response to settling down at bedtime.** There are many ways to help babies learn how to self-soothe and fall asleep. It's up to parents to choose what sleep method works best for their babies and their families. Because babies learn through routines, it's important that parents pick a method that they can use consistently, one that won't wear them out.

[Click](#) to read more

## WHAT IS POLYVICTIMIZATION?

Polyvictimization refers to having experienced multiple victimizations such as sexual abuse, physical abuse, bullying, and exposure to family violence. The definition emphasizes experiencing different kinds of victimization, rather than multiple episodes of the same kind of victimization.

Polyvictimization usually occurs during transitions when children are most vulnerable, such as the beginning of grade school and/or high school. It is often associated with children experiencing a cluster of adverse life circumstances such as living in a family with domestic violence, growing up in a distressed and chaotic family, living in a violent neighborhood, or experiencing mental health problems.

## [VIEW TIP SHEET](#)

