



## Lenawee Great Start Parent Coalition Meeting Minutes

November 1, 2010 St. Joseph Academy Cafeteria 6:30 pm - 8:00 pm

19 Parents in attendance

- The meeting this month started with a presentation by Kristan Freitag & Diane Setlock from the University of Michigan Hospital's Child and Family Life Services Department. Kristan & Diane talked to the parents and children about strategies for dealing with the pokes necessary for immunizations and other medical procedures (see attached). They brought bubbles, glitter wands & stress ball stars and demonstrated how these items can be used as a distraction during the procedure. They also provided each child with a play doll dressed in a hospital gown. The children had an opportunity to draw faces on their doll and apply bandages to their "boo-boo's" after dinner.
- Dinner- provided by LGS (Pizza through our partnership with Domino's Pizza of Adrian.)
- Parent Meeting-
  - Introductions – Parent Liaisons and all meeting attendees introduced themselves.
  - Lisa Eack & Kay Barber, Parent Liaisons, gave the group a review of the Great Start Collaborative, the Parent Coalition and a brief overview of the objectives of the group for the many new attendees.
  - Lisa Eack and Kay Barber reminded parents that the following day was Election day. The group passed around a sample ballot provided by LGSC. The parents were also given an

opportunity to see and take the candidates responses to Early Childhood questions from the Education Forum in September.

- Lisa Eack provided information to the group regarding the Steering Committee now in place and how that information is going to be included in future PC meetings.
- Kay Barber gave the group an overview of the Bill Millett presentation that was held at the Lenawee County Country Club on October 21<sup>st</sup>. Bill Millett emphasized the importance of creativity in educating our future workforce.
- “Parent Voice” What places and activities in Lenawee County they have found that can offer creative experiences? The group came up with a diverse list:
  1. Parks
  2. Libraries
  3. Playgoups
  4. Church
  5. The Planetarium at Adrian College
  6. The Children’s productions put on by Siena Heights Theater Department
  7. The ASO’s Family Symphony Series
  8. The Croswell Opera House
  9. The Lenawee County Library’s Prime Time series, also offered in Morenci
  10. Blissfield Library’s Free Movie Nite
  11. Adrian Parks & Rec. programs
  12. Lenawee’s Heart and Soul Music program
  13. The Stubnitz Center (and the animal guy)
  14. Free Skate at Adrian College

There were also mention of several places and events that are outside of Lenawee County:

1. The Toledo Art Museum
2. The Ann Arbor Hands On Museum
3. The U of M Museum

Lisa Eack asked the group for ideas of what they thought was missing or would be an asset for providing Lenawee County children with creative opportunities. The group conversation focused on having a local children's museum and all the creative opportunities that would provide.

The Parent Coalition meeting schedule was also discussed. There will not be a PC meeting in the month of December and starting in January the meetings for 2011 will be held on the first Thursday of the month starting at 6pm in the cafeteria at St. Joseph Academy on Siena Heights Drive in Adrian.

## Family Caregiver Tips for Needle Pokes

Be sure to talk to your nurse about your child's preferences:

- Have only one person talking to the child so they aren't overwhelmed, either the nurse or the parent.
- Good comfort hold positions
- Distractions, breathing techniques, guided imagery

General tips for every child:

- Be calm, confident, and honest.
- Do not tell your child it will not hurt. Remind them it is a short poke and may hurt a little.

- Let your child be part of the decision making process- how/if they want to be held, distraction, counting, etc.



- If you aren't able to be with your child, make sure the person giving the poke knows what makes your child feel better.

- Bring a comfort item from home: favorite stuffed animal, blanket, music, movie; picture from home, a tape of your voice or favorite music

- Encourage the nurse to talk directly to your teen.

## TEENS:

Teens are striving for independence. Encourage this by allowing your teen to make as many choices as possible. This is also an age where privacy becomes an important part of care.

Help by interacting, distracting and supporting your child.

## INTERACTING:

- Teens are taking on more of their individual care and may want more detailed information about what the poke is for, what is going to happen and what to expect afterwards.
- Teens are more aware of what their individual needs are and when asked can often tell you how they would like things to happen. Encourage as much participation and give them as much freedom and input about how the poke should go.
- Ask about privacy and if they would prefer to get the poke alone or with you in the room.

## DISTRACT:

- Tailor distraction items to your teen's interest, favorite music, movie, book.
- Stress balls can be helpful.
- Deep breathing.

## SUPPORT

- Close the curtain for privacy.
- Point out positive behavior during the procedure.
- Give praise and positive feedback following the procedure
- Go back to the activity before the poke or suggest something new and fun to play to refocus your child after the poke.

# Child Life

The Child Life Staff strive to support the comfort needs of hospitalized children and their families. Here's how a child life staff member could help:

- Providing developmentally appropriate play opportunities for pediatric patients and their families.
- Support the family-centered care approach.
- Help children gain skills to cope with their medical experiences.
- Use teaching aides and medical play to help pediatric patients & families learn more about their medical environment and reduce their feelings of anxiety.
- Comfort care support through coaching parents/caregivers & patients through pain management strategies tailored to the specific needs of the patient.

To contact Child Life at the University of Michigan Health System C.S. Mott Children's Hospital, call:  
**Child and Family Life Services**  
**936-6519**

## Helpful Distraction Activities for Parents & Children

### Infants:

- Holding, Speaking in a soft voice, Music & singing

### Toddlers:

- Holding, Pop-up books, Bubbles, Music & singing

### Preschoolers:

- Counting, Bubbles, Talking about favorite things and places, & Pop-up books

### School-Age:

- Talking about a favorite place-TV show-or cartoon character, Music, Magic Wand, Breathing slow-deep breaths, & Squeezing a ball

### Teens:

- Talking about or imagining a favorite place, Music, Hand held games, Squeezing a ball & Breathing slow, deep breaths