

# October 2009



## Toxic Stress and its Impact on Children

**Stress is an inevitable part of life.** It helps children develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life. However, the beneficial aspects of stress diminish when it is severe enough to overwhelm a child's ability to cope effectively.

**Toxic stress** results from intense adverse experiences that may be sustained over a long period of time—weeks, months or even years. Examples of toxic stress are extreme poverty, abuse and neglect, or exposure to violence. (Even the brains of newborns are adversely effected by hearing or seeing violence.)

Intensive and prolonged stress can lead to a variety of short and long-term negative health effects. It can disrupt early brain development and compromise functioning of the nervous and immune systems. In addition, childhood stress can lead to health problems later in life including alcoholism, depression, eating disorders, heart disease, cancer, and other chronic diseases.

Stable, caring relationships with family members, extended family members, early care and education providers, and members of the community can prevent or reverse the damaging effects of toxic stress.



Whether you are a caring professional who works with children, or simply a next-door neighbor, it is vital that you recognize the impact you can have on the children around you.

**To make a difference in the life of a child does not require a super-human effort.** A chance encounter can be an opportunity to provide a simple, positive experience for a child. Frequently, the difference between a child who succeeds and one who fails is a caring adult who took the time to be supportive.

### Imagination Library: Offering Free Books to Amador County Children!

This new program provides books for FREE to all Amador County children, ages 0-4. Registered children are eligible to receive a new, carefully selected book, mailed to their home, each month from birth until he/she turns five.

For more information call 257-1092 or 223-1624 or visit:

<http://www.first5amador.com/il.html>.

To register online: <http://www.imaginationlibrary.com>

### October is Domestic Violence Awareness Month

Operation Care provides free domestic violence and sexual assault services for women, men and teens and children. Please call 223-2897 for more information.

#### October 8th Family Storytelling Night

Jackson Head Start  
Call Melisa at 223-7333  
ext. 2 for information.

#### Saturday, October 17 First 5 Dad & Me: Fun at the Flower Farm!

For children ages 0-5  
and the men in their  
lives. Call 257-1092 to  
register.

#### ACAPC Meetings

**October 19, 2009**  
Committee Meeting  
10:00 at H & HS Building

**November 16, 2009**  
Council Meeting  
10:00 at the GSA Building

#### Amador Child Abuse Prevention Council

Offering free prevention  
educations programs.  
505-1 State Hwy. 49 #183  
Jackson, CA 95642  
209-223-5921  
info@amadorcapc.org  
www.amadorcapc.org