

# Federation Friday

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**GFWC-NC is calling and I must go**

## ***Friday's Focus: Thriving Children***

### **2018-2020 Director of Junior Clubs' Special Project**

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#### **Thriving Children**

"It is easier to build strong children than to repair broken men." (Frederick Douglass). Could you imagine where your life would be if things had been better (or worse) in your household? Many children today face challenges they are not equipped to handle. Parents (or guardians) are supposed to be the "buffer" and the protector, but sometimes those very same adults are battling their own issues which prevent them from being present for their children. Research has shown us that when a child has a meaningful and supportive relationship with an adult it can counteract adverse childhood experiences and cause more positive health and social outcomes.

As volunteers with GFWC-NC we have a unique opportunity to change the course of the future by being champions for children. By collectively focusing on the wellness of children, we can reverse social determinants and help our most vulnerable population have skills they need to tackle the problems of tomorrow. Our key areas of focus will be Healthy Living, Early Childhood Development and Well Being.

***"It is easier to build strong children than to repair broken men." Frederick Douglass***



**Healthy Children,  
Successful Learners,  
Strong Leaders &  
Societies**

**Healthy Living:** Programs that support child development by ensuring that all children have access to regular healthy meals are a critical component in raising healthy, strong and smart children. Stressors such as hunger negatively impact children on many levels. These early stressors become permanently built into a child's immune system, cardiovascular system and brain.

**Early Childhood Development:** When children are well - equipped they contribute to the prosperity and sustainability of society. Supportive and nurturing environments are the architecture for strong brains, which is why Interaction between the ages 0-5 is critical in the beginning of a child's development.

**Well Being:** A child's mental health affects how they socialize, learn and meet their potential. Imagine a table in your living room that is a bit wobbly. It's unable to fully execute its purpose because it is off balance. If that table were level, it's purpose is be better served. A child's mental health is the same. Without supportive relationships, good nutrition and health care, children cannot reach their full potential.

Our work in these areas should not be about "charity", rather as advocates, conveners and educators to help our communities understand these key factors for optimal growth and the development of children.