



June 23, 2020

MINNESOTA CHAPTER NATIONAL ASSOCIATION OF PEDIATRIC NURSE PRACTITIONERS

President's Letter

Over the past few weeks I have been thinking a lot about the children in our community, and how they are being impacted by what is going on in the world right now. First, their norms were completely disrupted with the arrival of COVID and staying at home. This disruption affects children across the lifespan. It affects teenagers who can't see their friends, go to school or participate in normal activities, and it also affects toddlers who just sense that something is wrong in their world. Second, we've had the city streets erupt in protest over the unjust death of George Floyd in the custody of Minneapolis police. Some children have watched familiar places by their homes burn to the ground and had an increased sense of instability with lack of access to food, transportation, medications, and other necessary things. I've also been thinking a lot about what our response to all of this should be as the MN NAPNAP Chapter, and how we can help support the children and families in our community. I put this question to our board, and together we came up with 4 things which you will see laid out in this newsletter. We tried to take a wide approach to give you all different ways of being involved if you choose.

1. Legislative action: Katie Roberts, our legislative chair, drafted a letter that you can use as a template to send to your legislators to alert them to some of the issues we are seeing as pediatric nurse practitioners and changes they can make at the legislative level.
2. How to Talk to Kids About Race Toolkit: Board member, Stephanie Sperl, came up with this fabulous resource for providers and families. There is an introduction to the resource in the newsletter, and the full document is linked with this email as well.
3. Food and Supply Donations: We have listed several places you can donate physical items around the Twin Cities and Fargo areas.
4. Monetary Donation and Matching: We wanted to find a way to make a larger monetary donation to organizations in our community helping to support kids and their families. As the MN NAPNAP Board, we will match donations from our members up to \$750. See below for organizations and details.

We hope you can join us in one of these efforts, and as always, let us know if we can support you in any way or if you have questions or concerns.

I also wanted to point out that the National NAPNAP Office put out a statement on Discrimination and Child Health. If you would like to view that statement you can access it here: <https://www.napnap.org/napnap-statement-discrimination-and-child-health>

Thank you,
Becky Carlson, MAN, APRN, CPNP

USE YOUR VOICE

As Minnesotans take a collective look in the mirror, many of us are coming to terms with the systemic racism that plagues our state. We at NAPNAP recognize that racism in Minnesota is a direct cause of health disparity, and we think it is time to face these issues head-on. Please consider using your voice as a health expert to ask your representatives to make addressing racism a top priority during the legislative special session and beyond. We have drafted a sample template letter, which you will find below. Find your representatives here: <https://www.sos.state.mn.us/elections-voting/get-involved/contact-your-elected-representatives/>

Thank you for your assistance!

Dear XXX,

I am writing as a member of the National Association of Pediatric Nurse Practitioners to voice my concerns over an increasingly evident problem in our community. As a healthcare worker, I am accustomed to researching the facts and using science and data to provide the best care to children at my clinic. The statistics could not be more clear: racism in America is a public health crisis. The National Institute of Health defines health disparities as "differences that exist among specific population groups in the United States in the attainment of full health that can be measured by differences in incidence, prevalence, mortality, burden of disease, and other adverse health outcomes (1)." Despite decades of awareness, racial and ethnic minorities today are actually experiencing an *increase* in health disparities as compared to their white counterparts. Some metrics that support this fact include gestational age; HIV infection rates; life expectancy; and rates of chronic disease including obesity, hypertension, heart disease, and cancer. The global pandemic has served to amplify these disparities even more, as ethnic minorities are statistically more likely to be infected with, experience complications from, and die from COVID-19. As we in Minnesota are now acutely aware following the death of George Floyd, homicide also persists as an all-too common cause of death among Black men in particular. Homicide, including police violence, is one of the leading causes of death among black men in America. Each year, 8 in every 1,000,000 black men in Minnesota die at the hands of police. This is 4 times the rate of their white counterparts (2). Imagine caring for a family with a newborn baby boy who happens to be of African descent. I cannot in good conscience say that I am truly caring for this family unless I do everything in my power to help change these statistics. Fortunately, I work in Pediatrics, where we are constantly working towards a better future for our patients. I now ask you to do everything in YOUR power to finally make the change we so desperately seek in Minnesota and in the United States. I demand an end to policies that cause physiological and psychological harm to specific populations. I demand an end to police violence perpetrated against members of the Black community. I demand an increase in investment in policies that promote racial justice and economic equity. I ask that you support HR 40, a Commission to Study and Develop Reparation Proposals for African Americans Act. Minnesota can do better, and it is time we make this our top priority.

Your Constituent,
XXX

1) NIH (National Institutes of Health). Health disparities. 2014. [November 2, 2016].

2) mappingpoliceviolence.org

Resources in Fargo-Moorhead for Food Insecurity

Dorothy Day West | 2820 Blue Stem Drive | West Fargo | 284-8895 | M or W 3:00 pm - 4:30 pm ~
Days are split by last name: Monday: A-L, Wednesday: M-Z

Emergency Food Pantry | 1101 4th Ave N | Fargo | 237-9337 | M-F 10:00 am - 11:30 am & 1:30 pm - 3:30 pm

Faith4Hope Food Pantry | 1321 19th Ave. N (west side of the building) | Fargo | 793-6001 | Fridays 5:45 pm - 7:45 pm ~Check Faith4Hope Scholarship Fund Facebook page for updates

Faith Food Ministry | 909 19th Ave. N | Fargo | 232-6844 | 1st & 3rd Fridays 2:00 pm - 3:00 pm

McMerty Food Pantry | 630 7th Avenue N | Fargo | 235-4289 | Saturdays 1:30 pm - 3:30 pm

Myrt Armstrong Recover Center | 1419 1st Ave S | Fargo | 478-5200 | M-W-F 2:00 pm - 4:00 pm

New Life Center | 1902 3rd Ave. N. | Fargo | 235-4453 | Daily Breakfast 7:00-8:00, Lunch 12:00-12:30, Dinner 5:00-5:30

Olivet Lutheran Church Food Pantry | 1330 S University Drive | Fargo | 235-6603 | 1st Monday 4:30 pm - 6:30 pm

Peace Lutheran Church Food Pantry | 1001 12th Ave. N | Fargo | 232-7166 | Tuesdays & Thursdays 10:00 am - 12:00 pm

Rural Cass County Emergency Food Pantry | 602 1st St. N | Casselton | 866-7440 | 1st & 3rd Wednesdays 4:00 pm - 6:00 pm

Salvation Army – Fargo | 304 Roberts St. | Fargo | 232-5565 | Monday-Friday Breakfast 8:00-9:00, Lunch 11:30-12:30, Sunday Dinner 5:00-6:00

KIDS Food Pantry | 725 28th St. N | Fargo | 799-3204 | Thursdays 4:30 pm - 6:30 pm

Tri City Haitian Ministry | 1419 17th St. S | Fargo | 200-7168 | Mondays 4:00 pm - 5:00 pm

YWCA Shelter of Cass-Clay | 3000 S. University Dr. | Fargo | 232-3449 | Call 24 hrs in advance - Pick up M-F 2:30 pm - 4:30 pm

Food Donation

Sites: Minneapolis - St. Paul

Dakota Child and Family Clinic in Burnsville. They also have an Amazon wishlist if you prefer to donate virtually <https://www.dakotachildandfamily.org/donate/>

Sheridan Story in Roseville. This is a link to food donations they are looking for <https://www.thesheridanstory.org/get-involved/host-a-food-drive/>

The Sanctuary Covenant Church in North Minneapolis will be collecting food and supplies on an ongoing basis. They can be dropped off on Fridays between 12 and 2.

Christ Presbyterian Church in Edina will be accepting donations every Tuesday between 11am and 1pm through the end of July.

Second Harvest in St. Paul <https://www.2harvest.org/get-involved/ways-to-donate-food/#.Xuf1tfZFyUk>

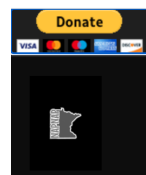
There are many other sites taking volunteers and donations, one resource is the Support the Cities FB page: <https://www.facebook.com/supportthecities>

Monetary Donation Opportunity

As part of MN NAPNAP's response to help our community in the midst of COVID -19 and civil unrest, we would like to donate a sum of money to organizations that are helping to support the basic needs of people in our community. As a board we discussed organizations that are specifically focused on helping children in need, and helping children cope with the current state of community.

As a board we have decided to match all donations given by our members up to a max of \$750.

Click here:



A donation button is also located on the MN NAPNAP website homepage. Or you can send it directly to mnnapnap@gmail.com via PayPal. We will take donations up until July 15th.

The two organizations we have chosen to support are the Friends of the Hennepin County Library: <https://www.supporthclib.org/justice-for-all> and the Midtown YWCA: <https://www.ywcamppls.org/all-our-voices-blog/our-response-justice-for-george-floyd-systems-change/>

The money donated will be split between these two organizations.

How to Talk to Kids about Racism: Books + Beyond

Resources from the Pediatric Nurse Practitioner for

Addressing Issues of Racism at Home

Minnesota Chapter of NAPNAP

Stephanie Sperl, MSN, APRN, CPNP



Talking about racism, bias, and privilege can be uncomfortable. Parents often shy away from having difficult conversations about racism with their children for fear of saying the wrong thing or not knowing what to say. However, avoiding the situation all-together is likely causing more harm than good. Lucy Song (2020) writes in her purposefully “incomplete” guide on *Raising Little Allies-to-Be*, that “silence about race reinforces racism” and that “teachers and families can play a powerful role in helping children of all ages develop positive attitudes about race and diversity and skills to promote a more just future.”

Anderson and Dougé (2019), explain that children learn about racial differences from their parents in their first few months of life.

Kids as young as 2-4 years of age begin to internalize racial bias and may become “set in their beliefs” by age 12 (Anderson & Dougé, 2019).

In the wake of the many changes associated with the COVID-19 pandemic and global unrest in response to the deaths of George Floyd, Ahmaud Arbery, and Breonna Taylor, children are looking to their caregivers and peers - now more than ever - for guidance on navigating our “new normal” and rebuilding a better world (Heard-Garris & Dougé, 2020).

Dr. Navsaria (2020) says that “books are great conversation starters that can give you an opportunity to talk to your children about these issues and help them learn and understand your family's values.” Below, you will find a list of children's books, categorized by age, to begin and encourage conversations around race, bias and diversity. Reading with your child provides a means to connect and learn together.

During this difficult time, it is important to talk to your child frequently about how he or she is feeling, watch for changes in his or her behavior, and seek help from your pediatric provider as needed. It's also important to be mindful of and limit unnecessary media exposure, utilize teachable moments, and remember to check in with and be kind to yourself.

Artwork by Danielle Coke (@ohhappydani)