

MFRB Newsletter

Fall/Winter 2013

STORY OF THE MONTH

Our first member of the Maxillofacial Review Board to tell their story is, [Caitlyn, age 7](#). Caitlyn has been in the MFRB since her birth. She has had over 11 surgeries, and she is scheduled for another surgery this fall.



Caitlyn said that when she attends the Review Board, she feels like a princess when she sits up in the big dental chair! The best part of the meeting she said is getting something special she can take home, and she also enjoys the cookies. Caitlyn had fun at a weeklong camp for Craniofacial Differences at Camp Corey in Carnation, WA this summer, and

is looking forward to going back next summer.



Her mother Christina said, "The Review Board has helped my daughter and me so much. There has never been any surprises, I have always known step by step what to expect. The doctors and providers come together and work towards the same goal. There is so much support and understanding and love in the room. The Review Board has allowed Caitlyn to trust that everything will be okay because of the supportive team behind us,

and everyone working together."

If you would like to be featured in the story of the month, please submit a story, and include photos that you think that would be of interest to others, for example, before and after surgery photos. You can submit the story and photos online at mreemts@multicare.org, or mail them at the address below. Other stories not featured in the newsletter will be online on the MFRB website.

Margie Reemts, RN, BSN
Coordinator, SWWA Maxillofacial Review Board
PO Box 5299 MS: 316L-1-CHN 311 South L Street
Tacoma, WA 98415



Beads of Courage

The MFRB was recently invited to participate in the Beads of Courage program at Mary Bridge Hospital and Health Center. Beads of Courage are a method to remember and tell your journey and unique story of courage. Every bead on the necklace signifies a treatment or procedure. This necklace tells a story of how you handled your situation.

We are implementing the program at this month's Review Board, and I will also begin distributing necklaces at Craniofacial Clinic appointments.

When you receive your necklace, the program will be reviewed with your family, and a Bead Journal will also be given to track your journey.

For more information about the program, go to:
<http://beadsofcourage.org/>

MultiCare 

Mary Bridge Children's Hospital & Health Center

BetterConnected

multicare.org

Bullying Prevention Awareness Month

(October 2013)

In support of Bullying Prevention Awareness Month, the MFRB recommends the following resources to educate your children and family about bullying. Bullying can be verbal, physical, or via the Internet. It can severely affect the victim's self-image, social interactions, and school performance, which may lead to insecurity, lack of self-esteem, and perhaps depression.

Cleft Palate Foundation Publications
The School-Aged Child
Preparing Your Child for Social Situations
Letter to a Teacher
As You Get Older (for teens)

Other Resources and Materials
Stop Bullying Now!
<http://www.stopbullying.gov/>

Understanding Bullying Factsheet
<http://www.cdc.gov/violenceprevention/pdf/bullyingfactsheet2012-a.pdf>

Self Esteem: A Guide for Parents of Children with Facial Differences
<http://nffr.org/uploads/Self-Esteem-Guide.pdf>

Operation Respect
<http://www.operationrespect.org/index2.php>

Children's Books
<http://www.cleftline.org/parents-individuals/books/>

Facial Difference: Confronting the Challenges of Bullying

<http://www.aboutkidshealth.ca/En/HealthAZ/FamilyandPeerRelations/PeerRelations/Pages/Facial-Difference-Confronting-the-Challenges-of-Bullying.aspx>

The Cyberbullying Research Center

<http://www.cyberbullying.us/aboutus.php>



Enjoy the Holidays!