

Pomperaug High School Capstone Project
Growing Together
2020 ExpoFest Challenge


I. Background Research

DEVELOPMENT

- [Erikson's Stages of Human Development](#)
 - ◆ the eight stages of human development
- [Surprising Benefits for Those Who Had Tough Childhoods](#)
 - ◆ talks about the pros and cons of growing up with hardships — you learn how to be more observant and have “spy like skills”, but a set back is having more setbacks in adulthood
- [Ages and Stages of Development](#)
- [Child Development: Ages and Stages](#)
 - ◆ walks through each stage of life and the different needs each development stage needs and how it'll affect the child.
 - ◆

BOOK WRITING

- [How to write a book in 2019](#)
 - ◆ a very long article (with clickable subpages) to help with all book writing needs from researching the audience to fighting writer's block and marketing the book.
- [How to write a book: everything you need to know in 20 steps](#)
 - ◆ steps to take to being successful writing a book. useful for finding a good writing space, setting deadlines and finding a voice.
- [100 words every fourth grader should know](#)
 - ◆ List of 'complex' words that fourth graders should know by that age, also says they should be able to form simple and complex sentences.



CHILDREN'S BOOK LENGTHS		
0 - 200 Words	Ages 0 - 3	Board Book
200 - 500 words	Ages 2 - 5	Early Picture Book
500 - 800 words	Ages 3 - 7	Picture Book
600 - 1000 words	Ages 4 - 8	Older Picture Book
3k - 10k words	Ages 5 - 10	Chapter Book
10k - 30k words	Ages 7 - 12	Middle Grade

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[How to write a children's book](#)

→ [6 Golden Rules for Writing Middle Grade](#)

- ◆ talks about establishing a book for a middle school audience.. not acting like a parent, and realize that they are just kids like i was once

COMPETITION

- [Coping Skills for Kids - Workbook](#)
- [The Body Keeps the Score](#)
- [A whole bunch of elementary / parenting](#)
- [bookshttps://www.parents.com/parenting/divorce/children/books-that-help-explain-divorce-to-kids/](https://www.parents.com/parenting/divorce/children/books-that-help-explain-divorce-to-kids/)

II. Problem

DIVORCE

Self doubt/ guilt

Inability to express

- [Effects of divorce on kids \(.org\)](#)
- [The impact of Divorce on young children and adolescents \(.com\)](#)
- [Effects of Divorce on Financial Stability](#)
- <https://www.shape.com/lifestyle/sex-and-love/9-divorce-myths-stop-believing>
- <https://www.apa.org/topics/divorce/>

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- “Custody and Family Court.” *Teen Health and Wellness*, Rosen Publishing Group, Inc., June 2015, teenhealthandwellness.com/article/107/custody-and-family-court. Accessed 10 Dec 2019.
- “Divorce.” *Teen Health and Wellness*, Rosen Publishing Group, Inc., October 2016, teenhealthandwellness.com/article/359/divorce. Accessed 10 Dec 2019.
- “Living With a Single Parent.” *Teen Health and Wellness*, Rosen Publishing Group, Inc., March 2019, teenhealthandwellness.com/article/210/living-with-a-single-parent. Accessed 10 Dec 2019.
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DRUG/ALCOHOL ABUSE

- [Children living with parents with a substance abuse problem \(.gov\)](#)
- [The Impact of Substance Use Disorders on Families and Children: From Theory to Practice](#)
- [The Unfortunate Connection Between Childhood Trauma and Addiction in Adulthood](#)
- “Drug and Alcohol Abuse in Your Family .” *Teen Health and Wellness*, Rosen Publishing Group, Inc., March 2019, teenhealthandwellness.com/article/131/drug-and-alcohol-abuse-in-your-family-. Accessed 10 Dec 2019.
- “Alcoholic Parent .” *Teen Health and Wellness*, Rosen Publishing Group, Inc., June 2015, teenhealthandwellness.com/article/37/alcoholic-parent-. Accessed 10 Dec 2019.
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POVERTY

- [5 Ways Poverty Harms Children](#)
- [The Effect of Poverty on Child Development and Educational Outcomes](#)
- [Does money affect children's outcomes?](#)
 - <https://www.census.gov/content/dam/Census/library/publications/2019/de mo/p60-266.pdf>
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CASE STUDIES

- Case study about how children growing up with a divorced family vs with a non broken home differ self-esteem [levels](#).
- Case study on children's susceptibility to retain a mental illness that their parents have, effects on children in these [situations](#).
- Case study of children feeling like they have to grow up early/ did in order to deal with [hardships](#)
- Having friendships during hard times -- focuses on sick kids with [HIV](#)
- Case study about parents dealing with financial hardships who are single -- can be used to share that parents are also struggling with the same [things](#)

III. Solution

DEPRESSION MANAGEMENT / COPING

- "Depression management for adolescents." *CareNotes*, Truven Health Analytics, 2019. *Gale Health and Wellness*, <https://link.gale.com/apps/doc/A587018593/HWRC?u=s2153&sid=HWRC&xid=1357d62d>. Accessed 10 Dec. 2019.
- Schmitt, B.D. "Divorce: helping children cope." *RelayClinical Education*, vol. 2012, RelayHealth, 2012. *Gale Health and Wellness*, <https://link.gale.com/apps/doc/A281569356/HWRC?u=s2153&sid=HWRC&xid=e18ef0c5>. Accessed 10 Dec. 2019.

FRIENDSHIPS

- [Friendships help kids cope with divorce](#)
 - ◆ talks about why kids need friendship go through divorce and how parents need to make sure kids keep old relationships and build new ones