



# From the Executive Editor

**By: Morgan Morgan, MS, CCLS**

As a child life specialist, I find optimism in knowing that I am part of a community that is working to create spaces where every person, regardless of race, gender, ability or any other identity, feels included and valued. Despite the overwhelming sense of divisiveness I feel following the recent elections, I hold fast to the idea that there are people working to build these ideals in themselves and the children we work with every day.

As healthcare workers and advocates for children, we realize that political changes will have massive impact on our lives and the lives of those we serve. Regardless of the outcome of these elections, our work represents a desire for

progress, inclusivity, and the commitment to nurturing our shared future. Just as we advocate for children's emotional and developmental needs, so too must we advocate for a society that values care, kindness, and justice. Together, we can create a world where every child is supported, heard, and given the tools to thrive. As child life specialists, we must navigate the delicate intersection of theory, practice, and advocacy, knowing that the work that we do is making a difference in the future of our world.

This issue brings together a variety of articles that reflect the breadth and depth of our profession, reminding us that every action, every voice, and every story has the power to make a difference. Each of these articles challenges us to think critically, creatively, and compassionately about the children and families we serve.

Angeles Nunez, MS, CCLS, CPMT introduces milk therapy as innovative ways to use breastmilk for non-nutritive purposes, exploring how this familiar yet often misunderstood resource can support infant well-being beyond nutrition. Understanding the therapeutic and emotional benefits of breastmilk reminds us that even the smallest acts of care have profound effects on health outcomes.

In "Fear to Familiar" Maryam AlBahar, MS, CCLS describes her experience publishing children's books and sparking a health literacy program in the Middle East, speaking to the importance of representation, storytelling, and cultural sensitivity. Sharing the healthcare journeys of children in their native language with familiar cultural markers opens doors to broader conversations about access, equity, and how we can ensure that all children, regardless of their background, feel seen and understood.

An anonymous author reminds us of the importance of using our advocacy skills for our own needs in the workplace in "Do I Get to Have Sensory Needs as a CCLS?" As child life professionals, we know the power of a sensory-friendly space or the calming effect of a sensory

tool in reducing anxiety and increasing a child's sense of control. Advocating for the needs of ourselves and our colleagues requires us to push for thoughtful accommodations.

In their article "Defining Your Theoretical Orientation", Kathryn Cantrell, PhD, CCLS and Ashley Blondino remind us of the importance of expanding the theoretical framework of our profession. As we grow as a profession, an evolving and maturing understanding of theory helps us elevate the impact we have on the emotional, developmental, and psychological well-

being of the children in our care.

Let this issue remind us that our work, while focused on individual care, is part of a larger movement toward systemic change. Let us continue to advocate, support, and nurture—because in doing so, we are shaping the future, one child at a time.

With hope and optimism,  
Morgan Morgan, MS, CCLS

