

# TRAUMA INFORMED CARE & COVID-19

## Tips & Resources for Pediatricians

### Quick Links

- Register for our webinar
- Mental health/wellness resources for health care providers (UCSF Psychiatry)
- Additional resources (national)

## Why trauma informed care matters in a pandemic

The COVID-19 pandemic has generated tremendous hardship, fear, and anxiety. As caregivers, we need to manage our own stress while also helping our patients and families. Trauma-informed care can help pediatricians and parents alike in coping with this enormous stress.

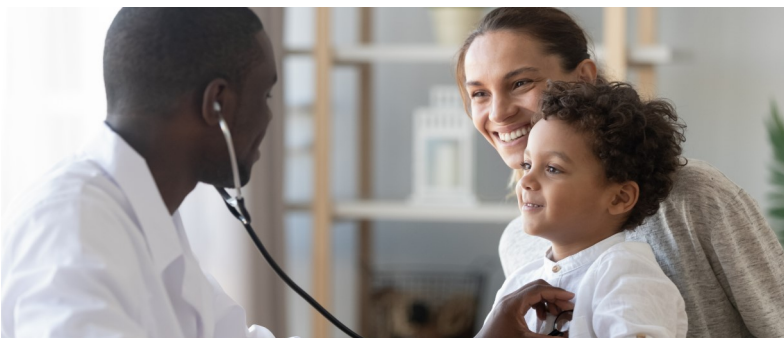
### Helping children to cope

Here are some tips to offer parents on helping children to cope with COVID's disruptions.

- 1: Sleep, nutrition, and exercise** boost immunity and decrease stress. So does **connecting with others**. Try some outdoor time and family meals.
- 2. "Name it to tame it."**<sup>1</sup> Recognize your own anxiety and avoid unintentionally passing it to your child.
- 3. Be gentle with yourself and others.** Young children may have more tantrums, older children may be more whiny, and teens and adults may be more irritable. Have **empathy** for the "why" rather than reacting to the "what".

See [here](#) for more tips for parents by child age, & [SAMHSA's tip sheet for talking with children](#).

*"COVID19 is reawakening traumatic reminders in many of us and in the families we work with...If we listen with compassion to the ACEs in these parents' lives, they gain a new empathy for their young children and they are able to stop the transmission of trauma from one generation to the next." -Alicia Lieberman, Director, UCSF Child Trauma Research Program*



*Find ways to deepen social connection in the face of physical social distancing.*

### Stress reduction & self care for health care providers

Stress prevention and management are critical in disaster response and emergency management. Some tips for healthcare providers on self-care:

1. Work in teams; limit time spent working alone. Stay in contact with family, friends, and teammates and maintain social networks in a safe platform.
2. Limit work hours to 12 hours or less, and take scheduled breaks.
3. Maintain a healthy diet and get adequate sleep and exercise. Continue with normal routines, leisure activities, meditation, spirituality, etc.
4. Ask for help if you need it. It's ok to say no and to set boundaries.

See also [SAMHSA's Tips for Disaster Responders](#) and [UCSF's Department of Psychiatry's collection of valuable resources](#), including mental health and wellness apps, coping, resources for clinical anxiety and mental health issues, and practical resources for low-income and other groups.

<sup>1</sup>Dan Siegel, MD