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Family

How to Assess: Family

TRAUMATIC STRESS IN ILL OR INJURED CHILDREN



Assess Parents' or Siblings' and Others' Distress

- “Have you or other family members been very upset since this happened?”
- “Who is having an especially difficult time?”

Gauge Family Stressors & Resources

- “Are there other stresses for your family right now?”
- “Have you been able to get some sleep?
To eat regularly?”

Address Other Needs (Beyond Medical)

- “Are there other worries (money, housing, etc.) that make it especially hard to deal with this right now?”

NCTSN

The National Child
Traumatic Stress Network

www.NCTSN.net

How to help: Family

Tips to help families of injured or ill children

1

Encourage parents' basic self-care.

- Encourage parents to take care of themselves. They need sleep, nutrition, and breaks from the hospital.

2

Remember family members' emotional needs.

- Help them to enlist support systems (friends, family, faith community)
- If parents or other family members are having difficulty coping,
 - use hospital services (chaplain, family support services)
 - consider referral of parent to mental health professional.

3

Be sensitive to resource needs of the family.

- These issues can significantly interfere with the child's recovery. If problems are identified, utilize psychosocial resources (e.g., social work services) to address them.
- Housing
- Finances
- Insurance
- Language/Translation
- Immigration
- Care of other children