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?”
Encourage parents’ basic self-care.

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

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.

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