

Parent cards

Helping Your Child Cope After the Hospital

Go back to everyday routines.

- Normal routines help children feel safe.
- Help your child go back to usual activities as much as s/he can.

Set normal limits on behavior.

- Keep most of your family rules and expectations.

Encourage your child to spend time with his/her friends.

- Some children will worry about how their friends will react.
- Help your child answer friends' questions: Is it contagious? Does it hurt?

Follow up with the doctor or clinic.

Where to Get Additional Help

Sidran Institute Help Line help@sidran.org, 410-825-8888 (9-5 EST)
Idaho State University Institute of Rural Health www.isu.edu/irh



www.NCTSN.org

Dealing With Your Child's Medical Emergency

You are the best person to help your child.

- Be calm, reassuring, hold his/her hand, use distractions like a story or game.
- If needed, set rules and limits like you would at home.

Help your child understand what is happening.

- Help the healthcare team explain things so your child can understand.
- Encourage your child to ask them questions.
- Be honest, but reassuring, about what will happen. ("This will hurt now, but it will help you get better.")

Allow your child to talk about worries or feelings.

Take care of yourself.

- Get support when you are worried/upset.
- Remember to eat and sleep!
- Ask for help from family and friends.

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Aid Worker

CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

Our work can be overwhelming. Our challenge is to maintain our resilience so that we can keep doing the work with care, energy, and compassion.

10 things to do each day

1. Get enough sleep.
2. Get enough to eat.
3. Vary the work that you do.
4. Do some light exercise.
5. Do something pleasurable.
6. Focus on what you did well.
7. Learn from your mistakes.
8. Share a private joke.
9. Pray, meditate or relax.
10. Support a colleague.



For more information see your supervisor or visit www.psychosocial.org or childtts.isu.edu

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SWITCHING ON AND OFF

Your empathy for others helps you do your job. It is important to take good care of your feelings by monitoring how you use them. The most resilient workers are those that know how to turn their feelings off when they go on duty, but on again when they go off duty. This is not denial; it is a coping strategy. It is a way they get maximum protection while working (feelings switched off) and maximum support while resting (feelings switched on).

How to become better at switching on and off

1. Make this a conscious process. Talk to yourself as you switch.
2. Use images that make you feel safe and protected (switch off) or connected and cared for (switch on) to help you switch.
3. Develop rituals that help you switch as you start and stop work.
4. Breathe slowly and deeply to calm yourself when starting a tough job.