Pediatricians & COVID-19: A Path Forward

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Impact of COVID-19 on Children and Families

STRESS
COVID-19 Lays Bare Disparities & Inequities

- Bias and discrimination
- Poverty
- Crowded housing
- More violent, polluted neighborhoods
- Poorer quality schools, childcare, recreation, food
- Likely to be in front-line high-risk jobs
Multiple Impacts of COVID on Children

Vulnerable Children

- Mental health issues
- Developmental Disabilities
- Chronic illness, complex illness
- Foster and kinship care
- Juvenile justice and group care
- Unaccompanied refugee minors
- Immigrants
Family-Centered Pediatric Medical Home

FCPMH Care & Trauma-Informed Care
• Curiosity
• Attuned listening
• Respectful
• Empathy
It’s all about RELATIONSHIPS: Affiliate Response
THREADS

• Thinking & learning brain
• Hope
• Regulation
• Efficacy
• Attachment
• Developmental mastery
• Social Networks
Trauma and Stress without Buffering: Threads are FRAYED

FRAYED (and at the end of your rope)

- Fits, Frets and Fear
- Regulation disorders
- Attachment disorders, attention
- Yelling and yawning
- Educational delays
- Defeated, depressed
Elements of Trauma-Informed Care

- Engage parents as partners
- Attuned attentive reflective listening
- Safety
- Identify needs
- Strengths-based
What can we do and say in the office?

You are safe.
What do the following have to do with what we can do and say in the office?

You are safe.
Parenting Pyramid

Time Out
Rewards
Collaborate
Problem Solve
Educate
Distract or Ignore
Attuned Listening
Positive Specific Praise
Be a Role Model
Routines + Rituals
Time In
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We provide empathy for each other and hold each others mind in mind.
Pediatricians’ Personal Responses Evolved

Affiliate Response

• Problem-solving
• Educated & inform each other
• Support each other
• Adaptable and flexible
• Compassion
• Creativity
• Advocating for patients and profession
THREADS

- Thinking & learning brain
- Hope
- Regulation
- Efficacy
- Attachment
- Developmental mastery
- Social Networks
Advocacy

It’s all about RELATIONSHIPS: Affiliate Response

https://www.drmoira4kids.com
Resources

• Sesame Street in Communities
• CDC Parent Information
• National Child Traumatic Stress Network
• AAP HealthyChildren.org
• AAP Parenting the Traumatized Child
• https://www.drmoir4kids.com