



# Action 4 Child Protection

Making **Quality** Child Welfare  
Practice **Possible**

## MICROLEARNING TITLE:

Navigating Uncertainty and Supporting Our Children  
Through the COVID-19 Crisis:  
Communication and Connectivity

## DESCRIPTION:

The COVID-19 pandemic has touched all of our lives. But, imagine the impact of this uncertain world on the life of a child – a child who has already experienced abuse and neglect and/or other trauma. Child welfare agency frontline workers, parents/caregivers, educators, and many others involved with critical social safety systems interact with children and must be able to deliver honest, developmentally appropriate, and transparent communication about the COVID-19 crisis, while maintaining awareness of the impact of the child's previous traumas.

This micro-learning will address the delicate balance in our communications with children – how to inform them of the current local and global situation, and how to balance their needs for safety and comfort. Delivered by a child and adolescent psychiatrist, this session will address the baseline impacts of trauma on information processing, will discuss ways children may perceive the information you share, and will describe best practice recommendations for addressing fears, concerns and questions children may have.

## RESOURCES:

- Navigating Uncertainty and Supporting Our Children Through the COVID-19 Crisis: Information and Practical Application

### Contact Us:



704.845.2121



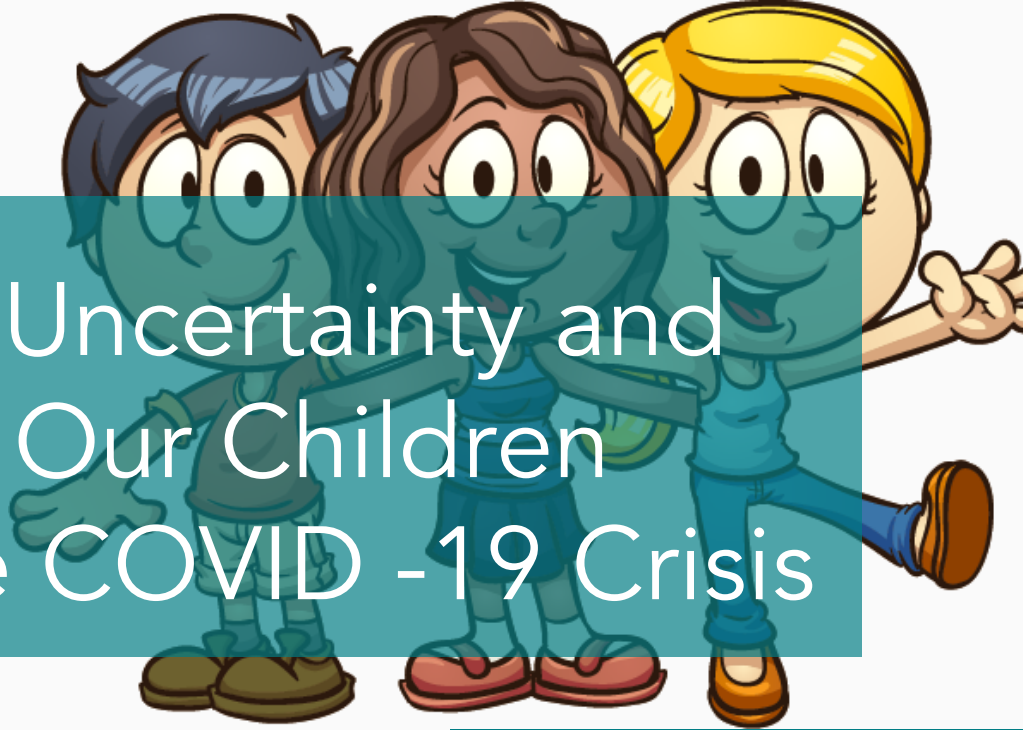
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[www.action4cp.org](http://www.action4cp.org)

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# Navigating Uncertainty and Supporting Our Children through the COVID -19 Crisis



The COVID-19 pandemic has touched all of our lives. But, imagine the impact of this uncertain world on the life of a child – a child who has already experienced abuse and neglect and/or other trauma.

Child welfare agency frontline workers, parents/caregivers, educators, and many others involved with critical social safety systems interact with children and must be able to deliver honest, developmentally appropriate, and transparent communication about the COVID-19 crisis, while maintaining awareness of the impact of the child's previous trauma

Through a series of micro-learnings and webinars, we partner to share information that is both relevant and helpful to all those caring adults doing the best they can to support and strengthen the children and young people in their lives.

To discuss these materials or any of our learning sessions, please contact:

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## BASIC DEFINITIONS

**Childhood Resilience:** The ability to "bounce back" from stress, adversity, failure, challenges, or even trauma.

**Emotional Dysregulation:** Inability to control or regulate emotional responses to provocative stimuli.

**Felt Safety:** Arranging the environment and adjusting behaviors so children can feel they are safe in their home.

**Hypervigilance:** Continuously scanning the environment, searching for anything that could mean danger or pose a threat.

**Stress:** A status of mental or emotional strain or tension resulting from adverse or demanding circumstances.

**Trauma Response:** The response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope.

# Communication and Connectivity: Tips for Parents and Caseworkers



## RELIABLE INFORMATION SOURCES



AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRISTS

General Website: [www.aacap.org](http://www.aacap.org)

Resource Materials for Supporting Children During COVID-19:  
<https://www.aacap.org/coronavirus>



CENTER FOR DISEASE CONTROL

General Website: <https://www.cdc.gov>

Resource Materials for COVID-19:  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



WORLD HEALTH ORGANIZATION

General Website: <https://www.who.int>

Resource Materials for COVID-19:  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



THE NATIONAL TRAUMATIC STRESS NETWORK

General Website: <https://www.nctsn.org>

Resource Materials for Supporting Children During COVID-19:  
<https://www.nctsn.org/resources/supporting-children-during-coronavirus-covid19>



THE CENTER FOR THE STUDY OF TRAUMATIC STRESS

General Website: <https://www.cstsonline.org>

Resource Materials for COVID-19:  
<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>