



Office Hour #1 Parental Self-Care Resources

Part of the prevention and response to ACEs and Trauma is caregiver self-care.

What happens when parents are engaging in self-care?

- The behavioral problems (or perceived problems) with the children decrease.
- Caregivers are able to see strength and positives in their children and enjoy them.
- Caregivers can make space for shared moments and play.
- Caregivers can be calm and responsive to their children's needs.

How can you start the conversation with caregivers about self-care?

Q: What helps you or who helps you take care of your own needs? Physical, emotional, deal with stress, recover from a day of work and taking care of your children?

If they don't report anything:

Q: What did you do before you had children to rest, relax and take care of yourself?

Q: What or who helped you?

Q: What would it look like if you... (insert what every activity or person that they used before to help)?

If they report strategies: Affirm and amplify

Q: Is that working for you? Is there anything else that you would like to add to your current plan?

COVID Modifications

Many previous self-care activities are not accessible or have to be done in a different way because of COVID. Acknowledge this and coach on plan for a modification or alternative activity.

Strategies

Mindfulness:

Mindfulness is paying attention to the present moment. It is the process of being aware of the thoughts, feelings, and sensations happening inside you, and tuning in to what is happening around you.

- Mindfulness Tips for Children ([English Version](#) and [Spanish Version](#))
- [UCLA Mindful App](#)
- Breathe, Think, Do with Sesame – Mindfulness App for Children ([App Store](#) or [Android Version](#))

Gratitude Practice

People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for benefit from positive emotions.

- Simple gratitude practice - teach patients "today I am grateful for..."
- HALT (Hungry, Angry, Lonely, or Tired) - T. This handy acronym reminds us to take a moment (HALT) and ask ourselves if we are feeling Hungry, Angry, Lonely, or Tired. It seems simple enough, but we are susceptible to self-destructive behaviors when these basic needs are not met, including relapse. Fortunately, hunger, anger, loneliness, and tiredness are easy to address and serve as a warning system before things reach a breaking point. (<https://bradfordhealth.com/halt-hunger-anger-loneliness-tiredness/>)

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Resources

SmartCare BHCS (Behavioral Health Consultation Services)

SmartCare BHCS works with primary health care providers to screen for and identify any behavioral health issues. SmartCare BHCS connects families to community resources that can help. Vista Hill SmartCare is made up of Psychiatrists, Nurse Practitioners, Licensed Therapists, Behavioral Health Educators, and Family Partners. Vista Hill SmartCare connects families to the support needed to feel better, improve communication, and set positive goals.

Contact Information: [Website](#)

Provider Line: Phone: (858) 956-5900, Email: BHCS.provider@vistahill.org

Parent Line: Phone: (858) 956-5901, Email: BHCS.parent@vistahill.org

Sesame Street in Communities

Sesame Street in Communities provides multi-media tools in both English and Spanish designed for children from birth to six. Videos, activities, printable handouts, and digital interactives feature Sesame Street Muppets and help parents meaningfully engage with kids during everyday moments. Sesame Street in Communities covers a wide range of topics, from school readiness to building healthy habits to tough issues such as divorce and hunger.

- Sesame Street in the Communities - Activities ([English Version](#) and [Spanish Version](#))
- Sesame Street in the Communities – Self Care for Parents Handout ([English Version](#))

7 Item Stress-Busting Wheel

What are the 7 Stress-Busting Strategies?

Whether promoting health or protecting during traumatic episodes – the goal is to promote safe, stable, and nurturing relationships and environments where children feel safe emotionally and physically. This can protect children’s brains and bodies from the harmful effects of stress.

The 7 highlighted areas can help promote wellness and manage stress response. Families can thrive by parents managing their own stress response and helping their child do the same. By looking at the 7 domains – providers can help families create new goals and affirm current stress reduction practices.



Source: CA-OSG (California – Office of the Surgeon General)