

**At Children's:**

For support counseling:

- Psychosocial specialists (8:30a-5:00p M-F)..... 206-987-2760
- Weekends call (social worker available 11:30a-8p)... 206-987-2131

For spiritual support:

- Chaplain: Pastoral Care Office.....206-987-2273
- or paging operator.....206-987-2131

For Family Support resources:

- Family Resource Center (open daily, call for hours)  
..... 206-987-2500
- Massage, literature, information (located on fifth floor near train elevator)
- Children's Resource Line (7:00a-11p 7 days/week) .. 206-987-2500
- or toll-free ..... 1-866-987-2500

Volunteers for short periods of filling in for a parent:

- Recreation Therapy office ..... 987-2100x4433
- (Mon-Thurs 10-12, 2-4, 6-8 and Fri-Sun 10-12, 2-4)

**In the Community:**

- 1) Crisis Line - 24 hours for immediate need ..... 1-800-244-5767
- 2) Community Information Line - to locate resources. 1-800-621-4636
- 3) The Family Help Line:  
support, information ..... 1-800-932-HOPE  
and parenting referrals..... 206-233-0139
- 4) Parent to Parent Support program ..... 206-364-1613
- 5) WA State Psychological Association  
Psychologist Referral Service ..... 206-363-9772  
or toll-free..... 1-800-275-9772
- 6) WA State Domestic Violence Hotline – 24/hr statewide  
..... 1-800-562-6025
- 7) Alcohol/Drug 24 hour Help Line ..... 1-800-562-1240
- 8) Teen Link - a help line for and by teens (6-10 p.m.)  
..... 1-888-431-8336

**On-line:** [www.stressless.com/](http://www.stressless.com/)  
[www.crisisclinic.org](http://www.crisisclinic.org)  
[www.teachhealth.com/](http://www.teachhealth.com/) (in Spanish)

**Before It Gets To Be  
Too Much  
Stress Management Tips**



When your child has a health problem it's easy to get stressed. You may feel helpless, tired, anxious and angry when your child needs you the most. Here are some tips about how to manage stress and get help, if you need it.

**Children's**

Hospital & Regional Medical Center  
4800 Sand Point Way N.E.  
Seattle, Washington 98105-0371  
206-987-2000 (Voice)  
206-987-2280 (TTY)  
866-987-2700 (Toll-free)  
[www.seattlechildrens.org](http://www.seattlechildrens.org)

**Children's**

Hospital & Regional Medical Center  
Seattle, Washington

## What are signs of stress?

- Muscle tension
- Faster heart beat
- A “knot” in your stomach
- Talking louder or faster
- Loss or gain of appetite
- Headaches
- Inability to sleep
- Frequent crying
- Frequent forgetting
- Loss of sense of humor

My signs of stress are:

- \_\_\_\_\_
- \_\_\_\_\_

## Ways to manage stress

Say one or more of these:

- It is normal to feel overwhelmed in the hospital, or at long clinic appointments.
- It is normal to be afraid of what is, or may soon be happening to my child.
- It is normal to be confused about why this is happening to my child, my family, and me.
- It is normal to feel on the edge and emotionally the smallest things can set me off.
- I know I need to take care of myself to be able to care for my child.
- It is okay if I take a break from being at my child’s bedside. I can ask for someone to stay with my child.
- If it does not seem like the right time to leave my child’s bedside I can ask not to be disturbed by phone calls or visits.
- It is normal to wonder whether I could have done something different for my child.
- I will tell my child’s doctor what I’m worried about.
- If I don’t understand what is being said, I will ask for clarification.

Do one or more of these:

- Go for a walk or step outside for some fresh air
- Take a coffee/snack break
- Take deep breaths
- Talk to a friend, or someone who is caring
- Write down your thoughts and feelings
- Listen to music you enjoy
- Get a free neck/shoulder massage in the Family Resource Center
- Visit the Family Resource Center; a quiet place
- Take a long, hot shower
- Bring something for you and your child to do or read

## What to do if you find yourself in the middle of a stressful interaction

- State your needs. Avoid using insults or blaming someone. Keep a notebook by your child’s bed to write down questions, tasks, and ideas.
- If you feel yourself reacting give yourself permission to take a break.
- Try to listen to what is being said, instead of thinking about what you’re going to say next.
- Compare what you’re saying with what you really mean.
- Think about lots of ways to solve the problem.
- Decide who will take what actions after reaching agreement.
- It is okay if you make mistakes. Be kind to yourself.
- If you can’t work things out, seek out a person who you respect to help bring about a solution.
- Talk to one of the staff listed or call one of the numbers on the back of this brochure.

## Getting Help

For concerns about your child’s care talk to your child’s nurse first. If you need further help, ask for the charge nurse or department Manager. The nurse may direct you to other resources, or get you immediate help if necessary. There are more resources on the next page should you want to contact them directly.