

Medical Traumatic Stress:

SUGGESTED RESOURCES FOR PARENTS

Selected Books & Articles:

Children and Trauma: A Guide For Parents and Professionals

Cynthia Monahan, Jossey-Bass Publishers; San Francisco; 1997.

An informative book for parents and professionals about the impact of traumatic events on children, warning signs for ongoing problems, and ways of helping children cope with the experience.

Your Child in the Hospital: A Practical Guide for Parents

Nancy Keene, Rachel Prentice, & Linda Lamb, O'Reilly & Associates, Inc.; Cambridge, MA; 1999.

A pocket-sized guide describing what it is like for parents and children to go through a hospitalization from the point of view of those who've already been through the experience.

People like that are the only people here. (short story)

Lorrie Moore, *The New Yorker*, Jan 27, 1997; Volume 72, Number 44, Page 58 (14).

A first-person account of one family's experience of having their child diagnosed with cancer, subsequent treatment, and their interactions with the healthcare environment.

It won't hurt forever: Guiding your child through trauma.

Peter Levine, *Mothering*, January / February 2002.

Describes the experiences of children going through trauma and ways of helping them and their parents cope with their thoughts and feelings.

Childhood cancer survivorship: Posttraumatic stress can affect both children and parents.

Anne E. Kazak, *Coping*, January / February 2002.

Contains information on post-traumatic stress research and symptoms that parents and children may experience after cancer diagnosis and treatment.

Selected Internet (web) Resources:

Information for parents on traumatic stress during cancer treatment:

<http://www.pbtfus.org/InformedParent7.html>

Helping kids prepare for and cope with medical tests or procedures:

<http://www.vh.org/pediatric/patient/pediatrics/cqqa/procedure.html>

http://www.chop.edu/childlife/stress_coping.shtml

Helping brothers and sisters of an ill or injured child:

http://www.chop.edu/childlife/sibs_cando.shtml

Traumatic Stress Resources for Parents and Professionals:

The National Child Traumatic Stress Network: <http://www.NCTSN.net>

Contact your local librarian (or the social worker from your child's hospital) for storybooks on illness and injury appropriate for your child's age and medical condition.