

Ongoing Impacts of COVID-19 on the Child Life Community

Data Collection Window
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www.childlife.org

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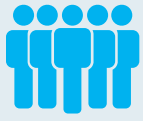
How the return of children to school (in-person, virtual, or hybrid) is impacting members of the child life community with children



Takeaways

Takeaways from these survey results

Survey Participants



5250

Number of ACLP members that were sent the survey



1045

Number survey responses (complete & partial responses)



985

Responses from CCLSs in the USA



44

Responses from CCLSs in Canada



11

Responses from CCLSs in other countries



30

Responses from academic professionals



45

Responses from community-based child life specialists

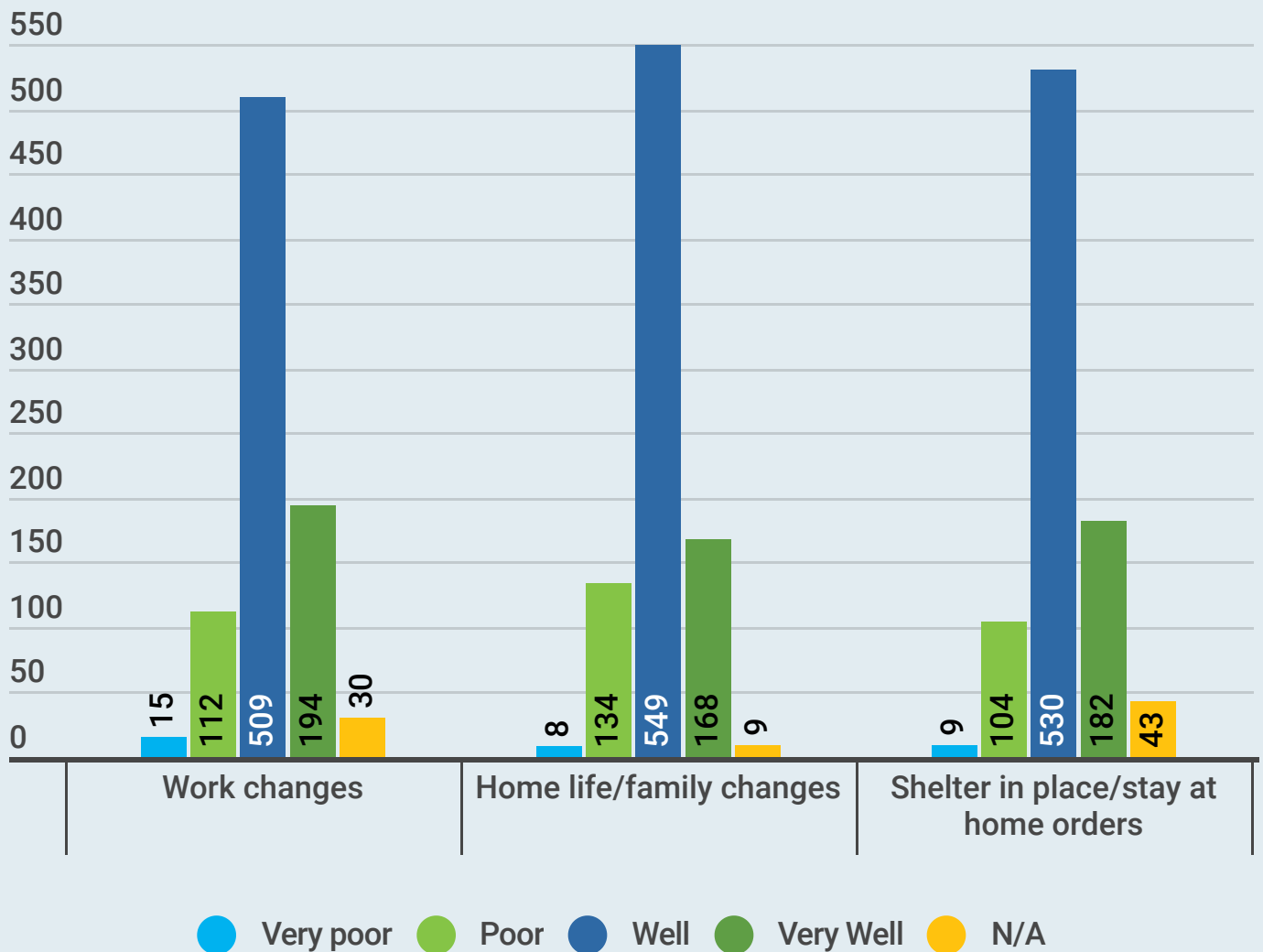


84

Responses from students

How Child Life Copes

How would you assess your ability to cope with changes brought by the pandemic in July, August, and September?



Note: This is a similar response distribution to response for April, May, and June.

How Child Life Copes

What one thing is most helping you cope effectively with the changes brought by the pandemic?

strong activities Zoom gardening online friendships child life reading Yoga
connections walks support coworkers Spending time social media
routine able go work husband people
coworkers & colleagues Running
Consistency & routine therapist home possible
Social support together faith close friends
Going outside focusing time communicate work
spouse family prayer support opportunities
family & friends work team
Self-care practices gratitude friends Living
Exercise Netflix supportive children team
Connecting friends family life Video chats job loved ones flexibility
parents Therapy maintain Talking love changes group facetime partner
technology school dog help

What one thing is most detrimental to your ability to cope effectively with the changes brought by the pandemic?

communication information staff demands schedule workload future
socialization leadership spouse travel Social Media loss isolated
constant changes at work Challenges time team job
support system children worry fear of unknown
news Lack of support situation
Inability to see friends & family control
work child care changes sick school missing stress
kids hospital management Isolation social distancing Fear
community child life normal lack social struggling Anxiety risk
patients internship stay home orders

How Child Life Copes

What is one thing that brings you joy right now?

gardening baking patients smiles Connecting help Walking sleep
job Focusing home personal life kids Still able work **time**
internship **children** crafts **time with pets** activities
time with family and friends zoom
time outside ability **work** Spending quality time
transition to fall talking **Spending time** Sports
exercise church **Reading** music **Playing** Cooking **food** interactions
healthy hobbies

What is one worry keeping you up at night?

child life team hospital safe **fear** leadership home love **internship**
winter **Worry** opportunities **unknown future** staff
financial security stability
work & job security needs
family & loved ones hours
COVID-19 pandemic everything
return to school students **health** support **sick** time
election move **change** volunteer **stress** concern **patient**

How Child Life Copes

What self-care activity is most effective right now?

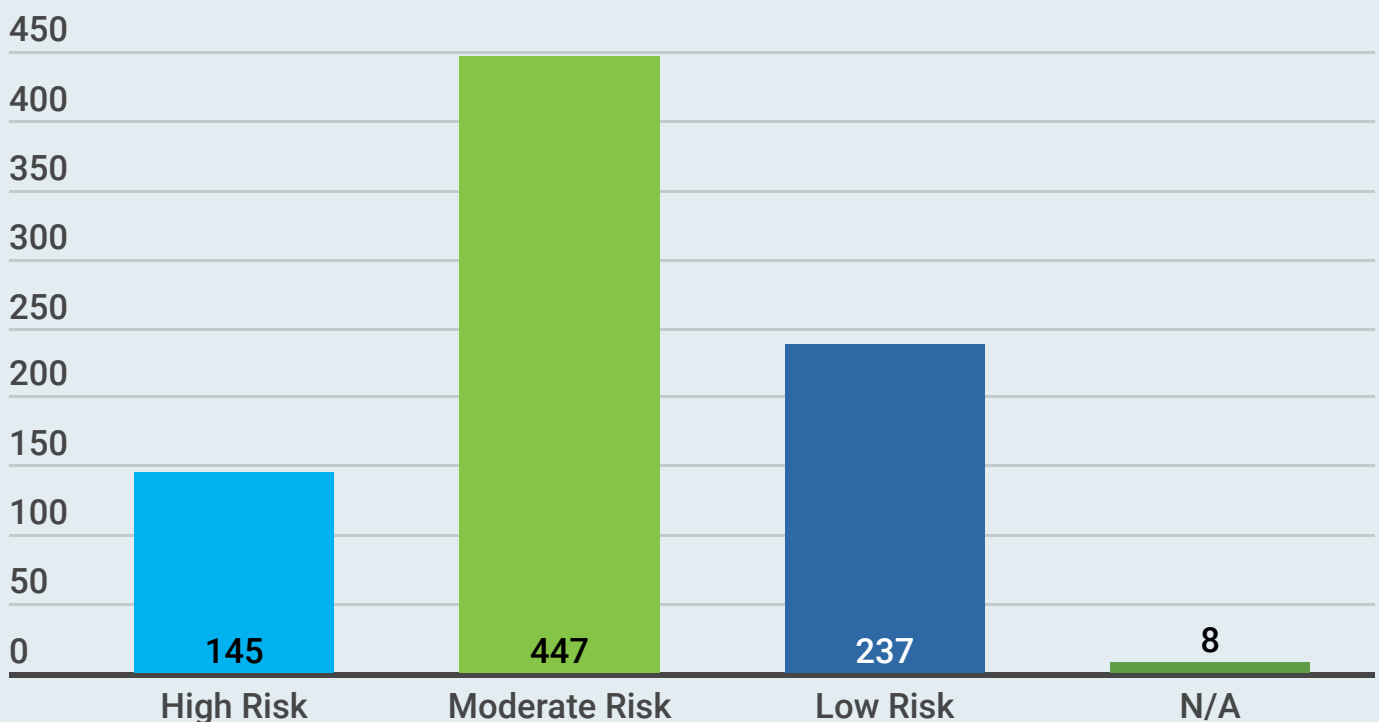
tv organizing books baking Naps massage listening music beach therapy
taking baths watching tv Quality time Talking Time away work
music spent Cooking quiet home house time creative
sleep podcasts reading deep breathing
time with friends & family enough sleep
exercise & fitness Drawing
spending time outside Playing work Art pets
activities meditation eating Journaling good Rest
Reading Bible prayer Watching movies relax distraction painting morning
mindfulness Prioritizing alone time kids crafting Finding gardening

Burnout

“ A state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. Symptoms of burnout include:

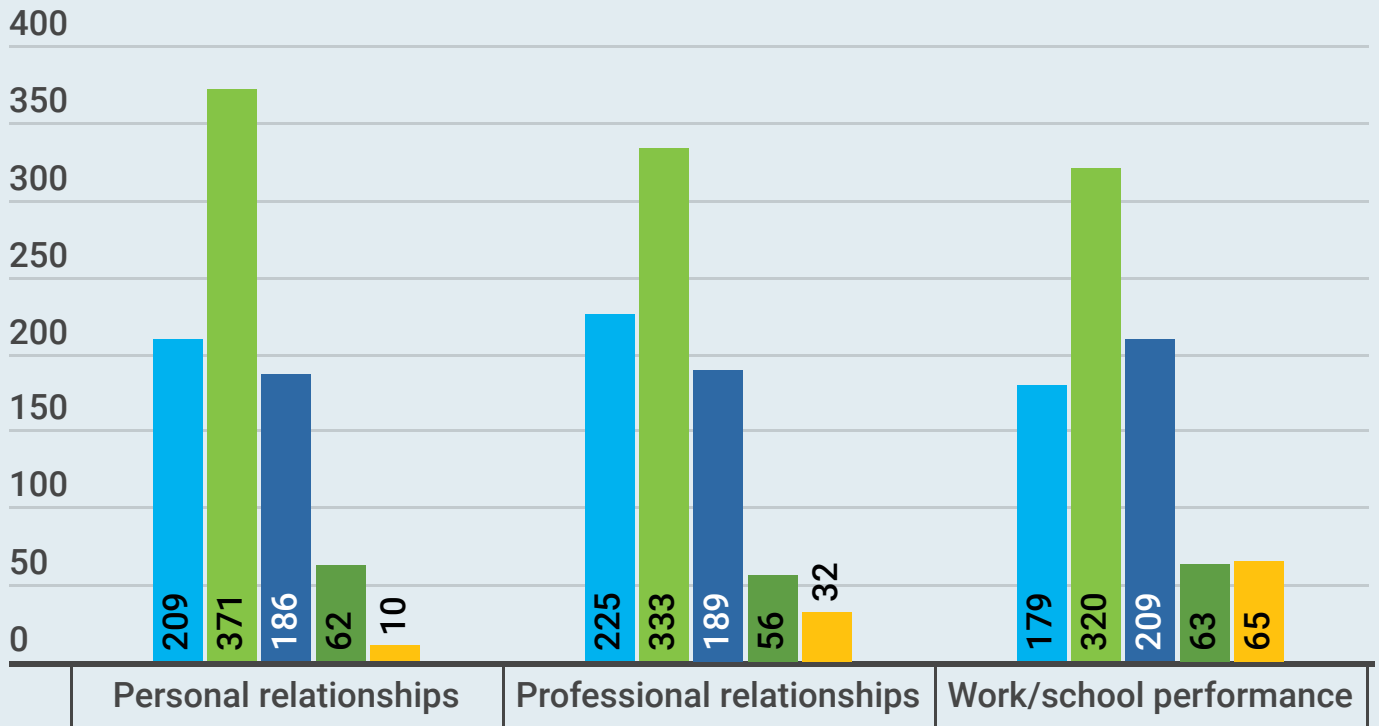
- demotivation and detachment from your work
 - depleted energy levels
 - detachment in personal relationships
 - lower productivity
 - lower resistance to illness
 - pessimistic outlook on work or life
 - physical, mental, and emotional exhaustion
 - time away from work
- ”

Based on this definition, how would you rate your personal risk of burnout?

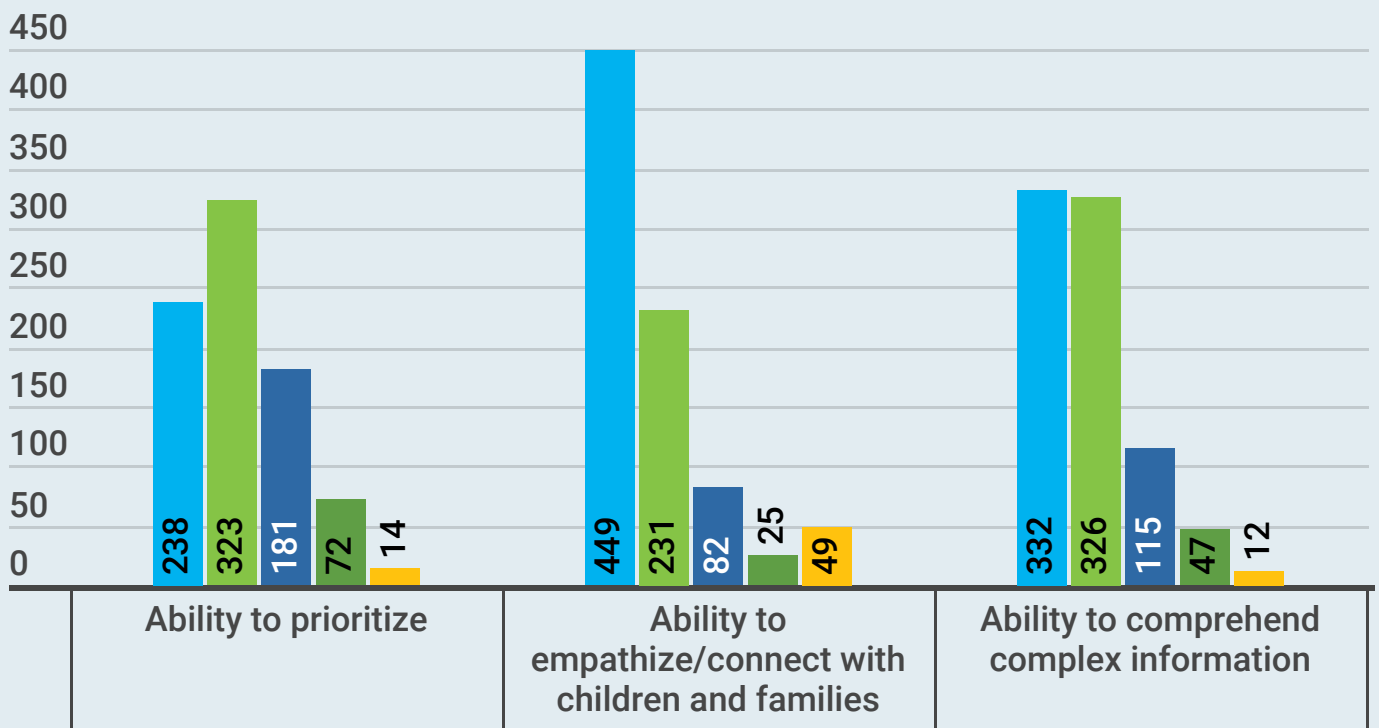


Burnout

How is your burnout risk affecting the following areas of your life?



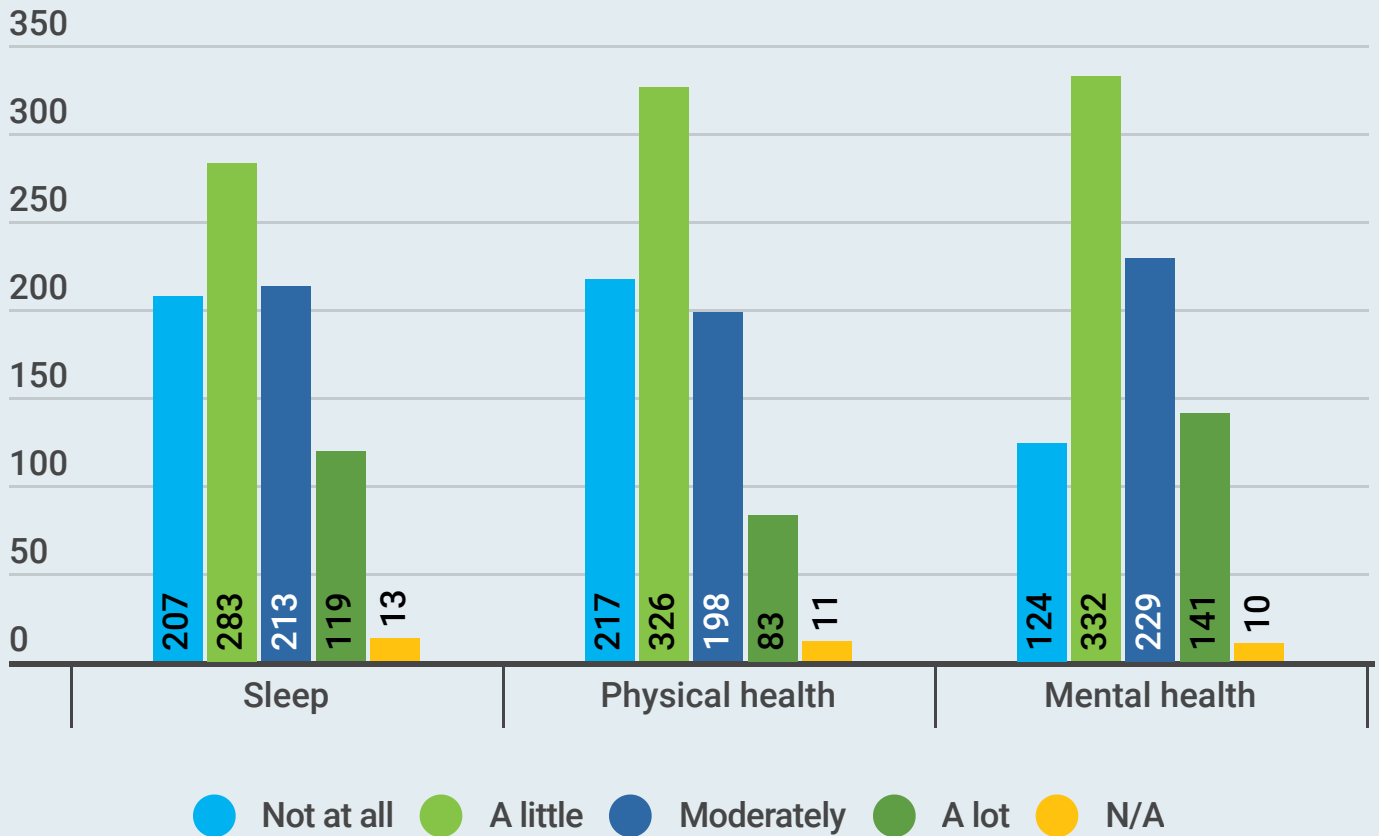
● Not at all ● A little ● Moderately ● A lot ● N/A



● Not at all ● A little ● Moderately ● A lot ● N/A

Burnout

How is your burnout risk affecting the following areas of your life?



"Outside of work it takes extra time for me to find motivation to do basic tasks like grocery shopping, cooking, and cleaning. It is nearly impossible to perform tasks outside of the daily necessities. There are many home projects that have been put on hold indefinitely due to lack of energy, motivation, and head space."

"Mother died in another state in March. No funeral, dad is now declining & can't visit him unless I use all my vacation due to quarantine restrictions..."

"The stress of feeling like I may get sick at work and pass on to family"

Burnout

How is your burnout risk affecting the following areas of your life?

"Struggling to empathize with adults making unsafe choices at the moment. Taking extra vacation days right now to allow more recharge time at home and to increase my performance while at work. Difficulty identifying first priority tasks and forgetfulness regarding passwords/passcodes."

"Making big life decisions outside of my work."

"My mental health is stable, but I cry more easily and more often."

"I don't have much empathy for family/friends complaining that they have to work from home. We hospital workers don't have that luxury."

"I find that I am more negative than I have been in the past. I am seeing things with more of a skeptical outlook right now."

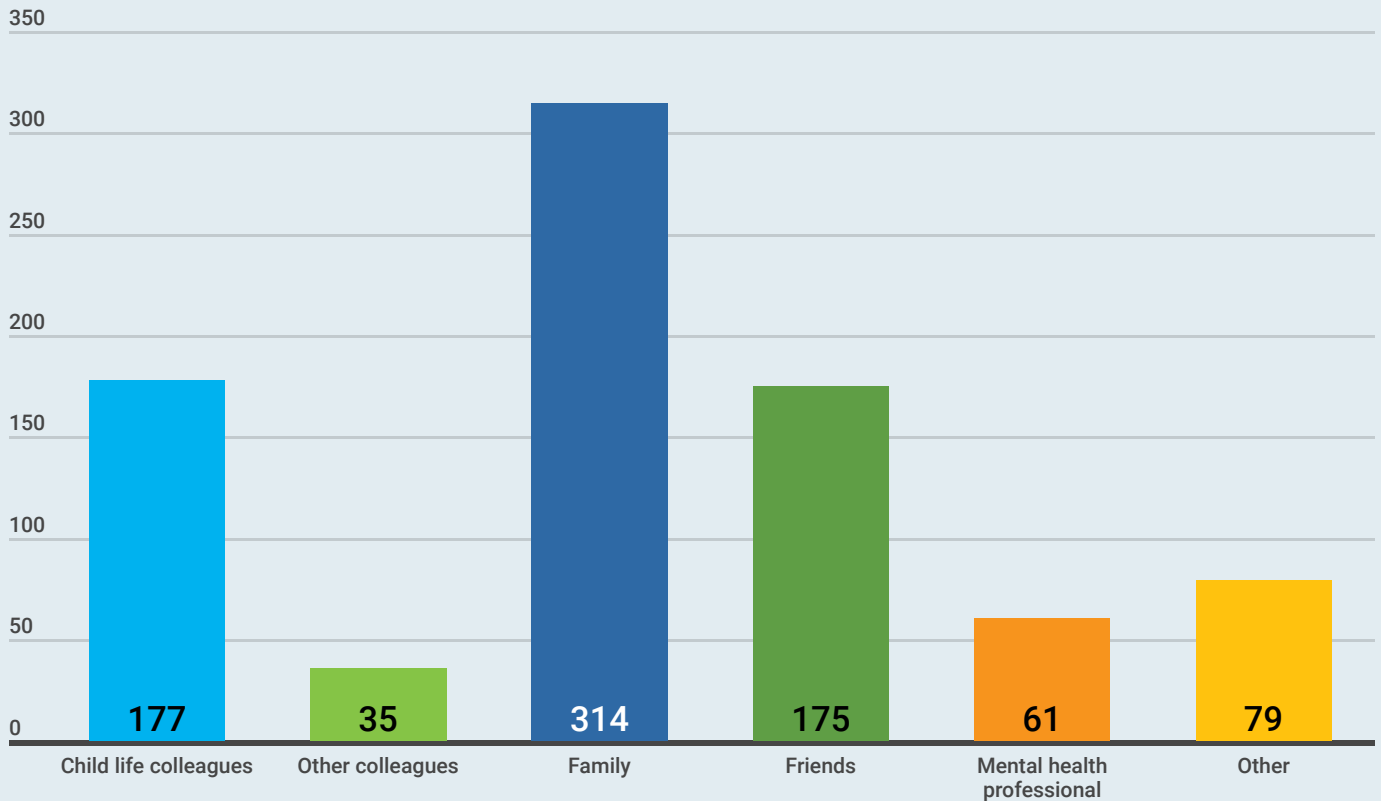
"I think my level of burnout is different in my home life and my work life. At home I'm high burn out and work I'm low. Work at times feels like a vacation..."

"My ability to be present with my son. I find myself often wanting to disconnect and "turn off" both at work and home."

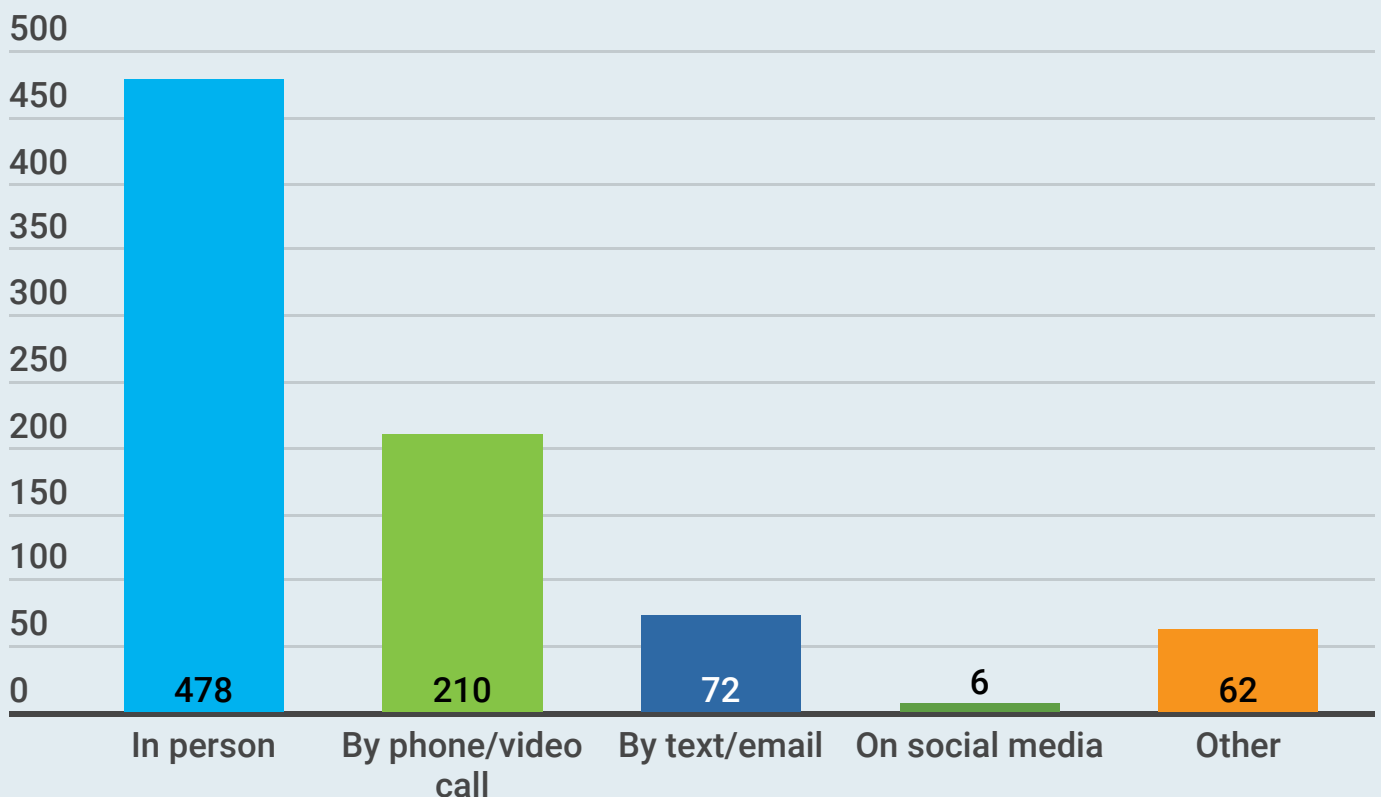
"Managing my staff's burnout and mental health."

Burnout

Who do you turn to when you're feeling symptoms of burnout?

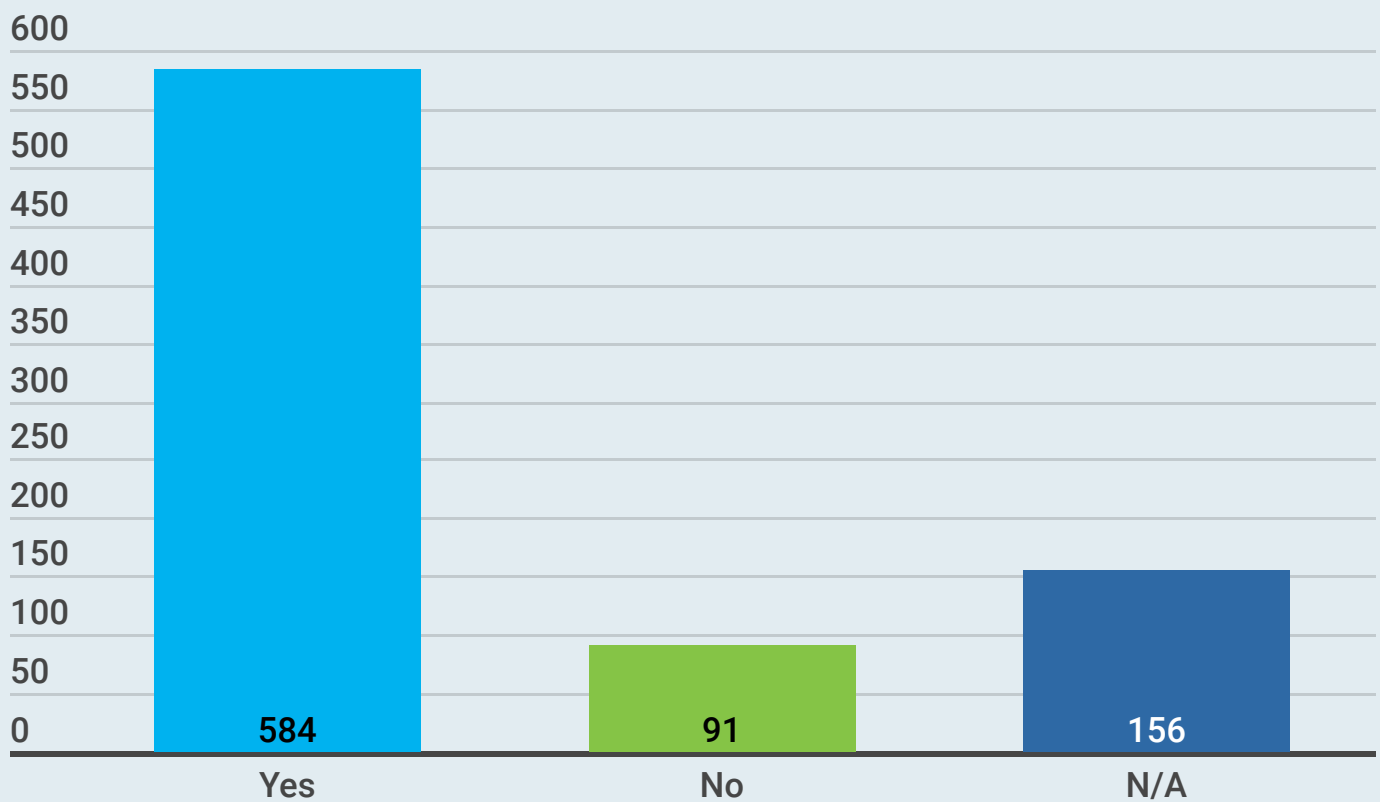


I seek support...

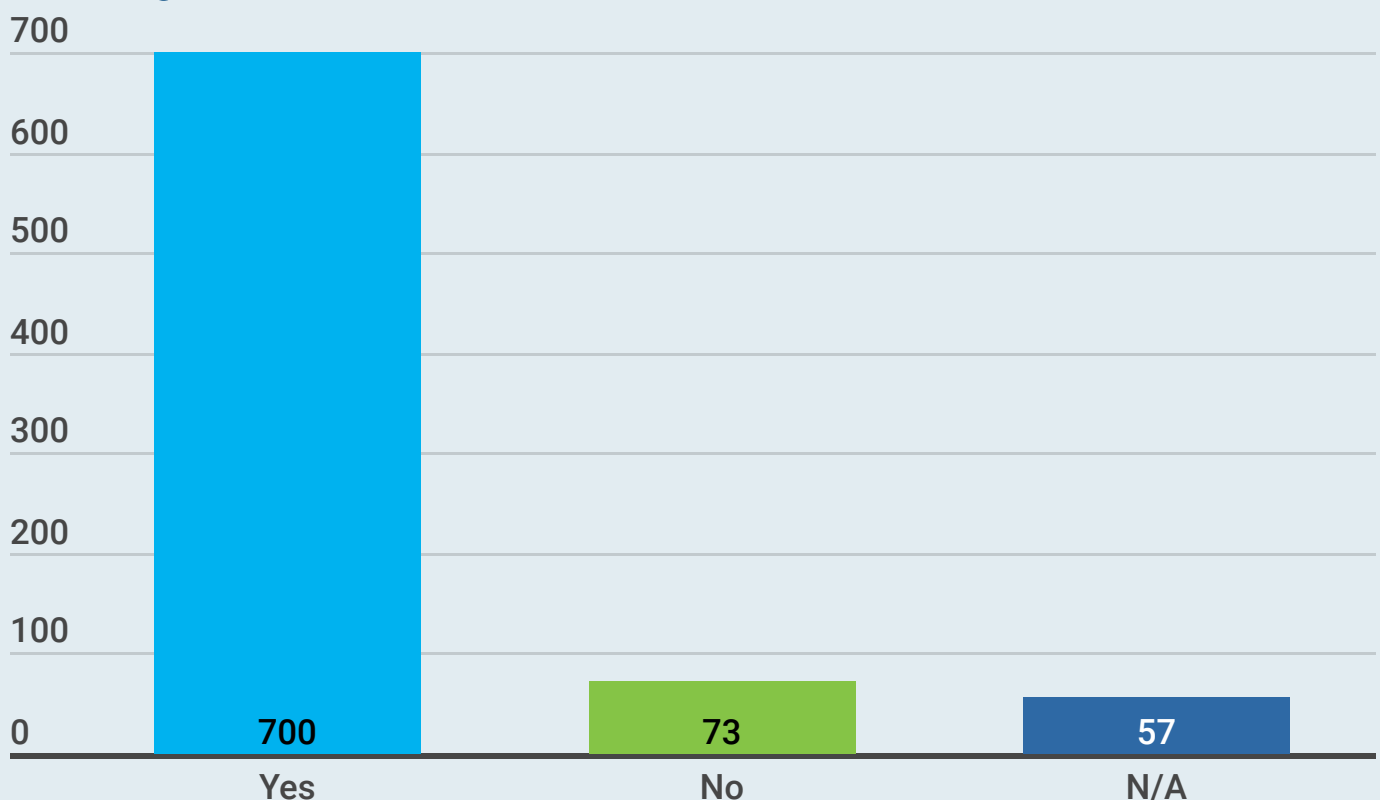


Burnout

Are you seeing indicators of burnout in child life colleagues?

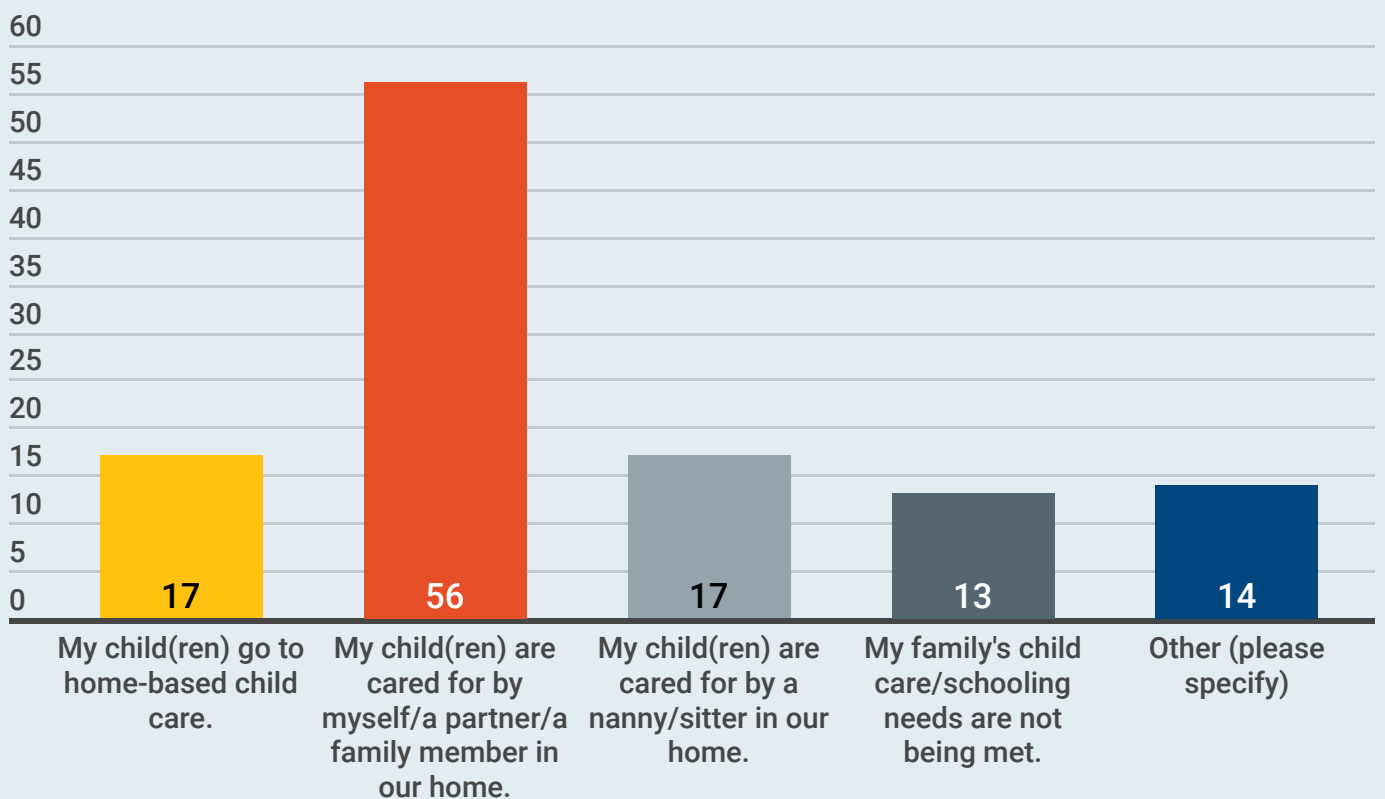
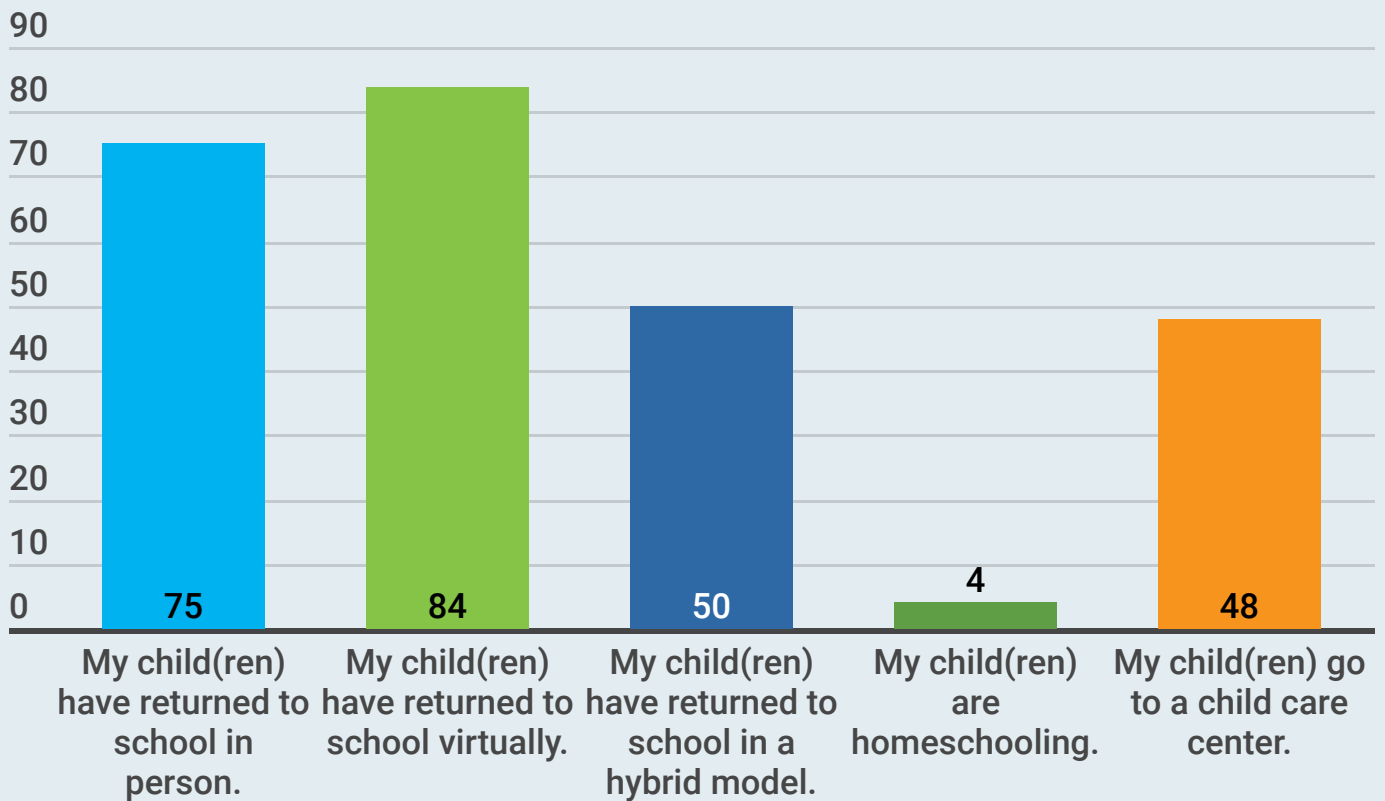


Are you seeing indicators of burnout in non-child life colleagues?



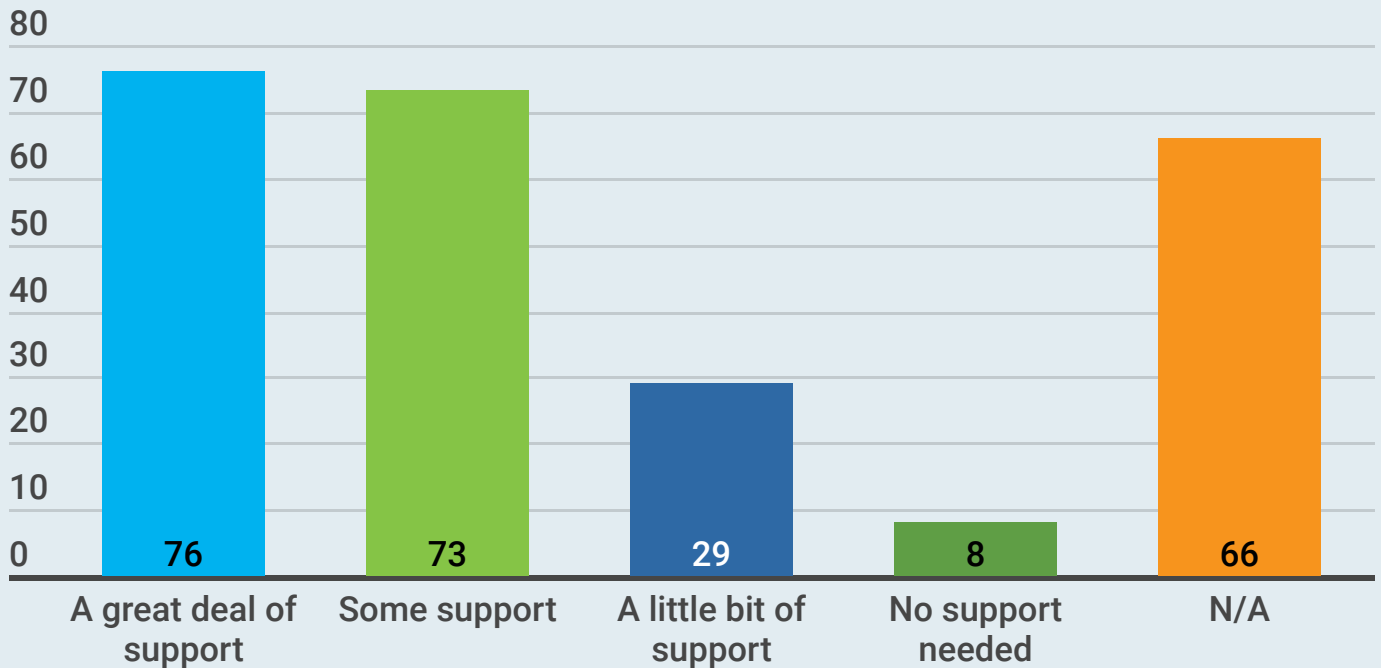
Return to School

What option best indicates your family's child care/school status?

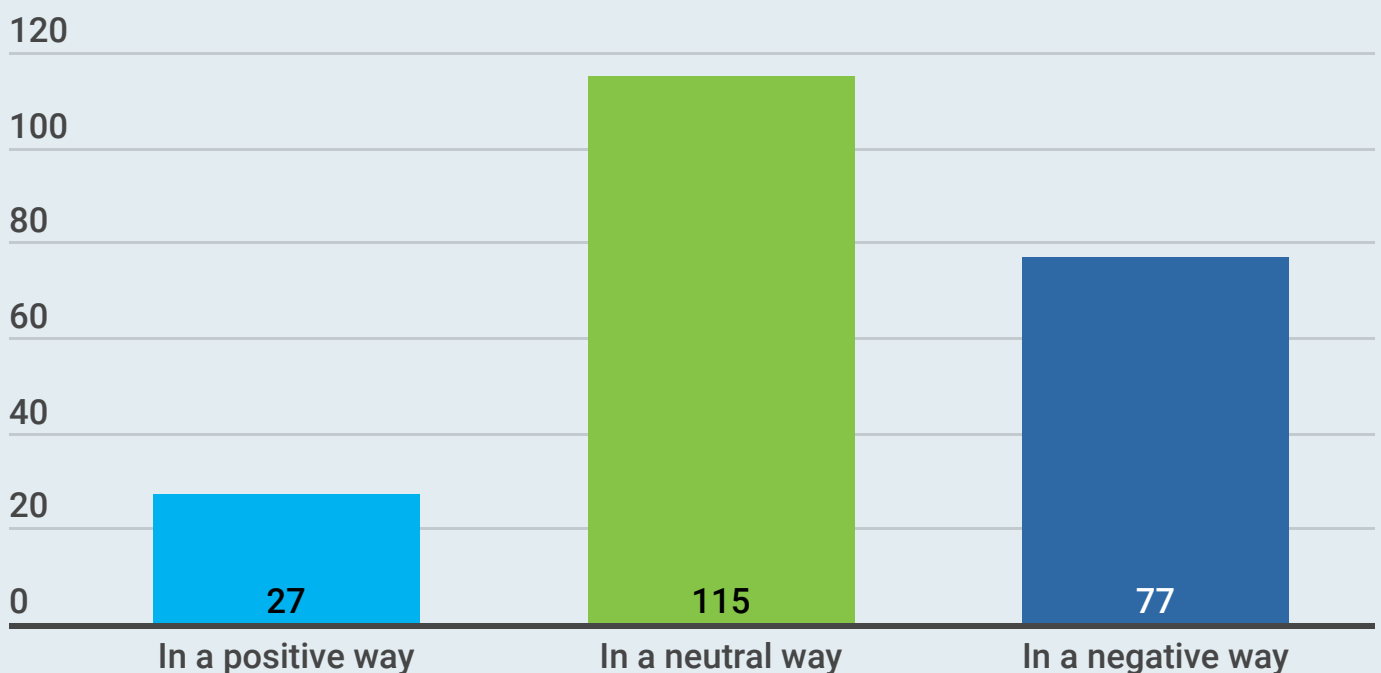


Return to School

If your child(ren) are enrolled in K-12 schooling, how much support are they needing from you personally to be successful?



My child(ren)'s child care/schooling status is impacting my work life...



Takeaways

Members of the child life community are all experiencing the impacts of the pandemic in their own unique ways. While the majority of the community seems to be taking this in stride, there is a significant number that are struggling.

For those of you that have been coping well, perhaps these results are a reminder to check in on your colleagues - there may be more going on behind the scenes.

For those of you that have been struggling, know you are not alone - far from it in fact. Just as we normalize challenging experiences for children and families in our work as child life specialists, we hope this report normalizes your pandemic experience and provides some new ideas for coping strategies.

We can't predict the future or what new challenges and opportunities the next few months will bring, but the child life community was made for this. Be kind to yourselves and remember to apply the same attention and care to yourself that you are always bestowing on the children and families you see: seek support when you need it, take time to refuel, and give yourself grace.

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Professionals**



ACLP will reissue these surveys periodically to track trends in the child life field as the world continues to grapple with COVID-19. The accuracy of these reports is dependent on your participation - please retake it even if you have not experienced changes from the previous survey.

Questions? Email mroloff@childlife.org.