



Dear parent or guardian,

I hope this letter finds you well. I want to first thank you for participating in your child's visit today. With so much going on in our world, we wanted to check in with our families about childhood trauma.

Childhood trauma can happen when a child witnesses or experiences overwhelming negative experiences. Many childhood experiences can be overwhelming. This can happen when children are exposed to loss, isolation, and judgement or bullying. Below are a few questions that will help you identify if your child may benefit from engaging with one of our Mental Health Specialist.

Please ask your child the following questions and record their response.

- Has recent changes to your life made you feel sad, or worried?
- Have you had a recent loss of a loved one or pet?
- Do you have trouble falling asleep? Or sleep too much?
- Do you feel grumpy or lose your temper?
- Do you have a hard time paying attention?

If your child answered yes to one or more of the questions, or you feel they can benefit from speaking with a professional, ask your provider about scheduling and appointment with one of our Mental Health Specialist. There may even be an opportunity to get you in for a visit today. If not, we can find a time that works for you and your child.

During these challenging times, we are dedicated to supporting the physical and mental health of your child. We understand how difficult parenting is today. You are not in this alone. We here at Mott Children's Health Center remain committed to our mission of the overall health and well-being of our community's children.

Sincerely,

A handwritten signature in black ink, appearing to be "Dr. Marshall", written over a large, loopy scribble.

~ Dr. Marshall

Jamie Marshall, Ed.D, MA  
Mental Health Specialist  
Mott Children's Health Center