



CHINESE
HOSPITAL
& CLINICS

按發育階段劃分的新型冠狀 疫情對兒童心理健康的影響。

The Impact of the COVID-19 Pandemic
on Mental Health in Children by
Developmental Stage.

Lyra Ng, MD MPH, Chinese Hospital Systems • 01/21/2021

今天，我很高興與您
分享這個重要的話題。

I am very happy to converse with
you today on this important topic.

伍韻琴醫生
2000年成為一位兒科醫生
並加入東華醫院門診中心

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分階段的典型兒童發育

Typical Child Development by Stages

按年齡劃分的一般階段

- 嬰幼兒：新生兒至3歲
- 學齡：4歲至12歲
- 青少年：13歲至18歲

General Stages by Age

- Infants and Toddlers: Newborn to 3 years old
 - School age: 4 years to 12 years
 - Teens: 13 years to 18 years
-

嬰幼兒：完全依賴

Infants & Toddlers: completely dependent

嬰兒需要

- 衣食住行：致電211尋求幫助。
- 協助所有日常活動-刷牙，洗澡，烹飪和餵食，整理。
- 幸福來自家庭的和諧。
- 對家庭以外的事情不感興趣。

Infant Needs

- Food, Shelter, Clothing:
Call 211 for assistance.
 - Aid with all daily activities-
brushing gums and teeth, baths,
cooking and feeding, tidying.
 - Emotional well-being comes from
the harmony of the family
 - No interests outside family.
-

嬰幼兒心理健康反映照顧者的心理健康

Infant and Toddler Mental Health Reflects Caregiver's Mental Health

- 嬰幼兒從照顧者那裡得到啟示
 - 平靜的照顧者意味著一個更平靜的孩子
 - 緊張，恐懼，焦慮，憤怒的照顧者會發送嬰兒無法理解的信息。
 - Infants and toddlers take their cue from their caregivers
 - A Calm Caregiver means a calmer baby
 - An tense, fearful, anxious, angry caregiver sends messages the baby cannot understand.
-

嬰兒心理健康反映了照顧者的心理健康

Infant Mental Health Reflects Caregiver's Mental Health

- 即使在斷奶後也要保持愛心地緊緊抱着
 - 用語言表達愛的話。
 - 找一個讓您的情緒遠離孩子的渠道。成人也需要私人時間和社交時間。
 - Be loving and affectionate. Use skin to skin holding even after weaning.
 - Say loving words.
 - Have an outlet for your emotions away from the child. Adults need private time and social time, too.
-

學齡：部分依賴

School aged: partially dependent

4至12歲

- 衣食住行
- 學習照顧自己：進食和烹飪，衣服，清潔，衛生。
- 通過觀察照顧者的情緒來學習控制情緒。

4 to 12 years old

- Food, Shelter, Clothing
 - Learning to take care of themselves: feeding and cooking, clothing, cleaning, hygiene.
 - Learning to manage their emotions by watching caregivers manage theirs.
-

學齡：學校關閉對心理的影響

School Age: Mental impact of school closures

4至12歲

好處：

1. 與家人在一起的時間更多，
2. 安全在家中

風險：

1. 活動限制受家居抗役所影響
2. 遠程學習並不能很好地顧及所有人
3. 喪失社會發展和獨立性
4. 恐懼與脆弱
5. 身體和精神虐待的風險

4 to 12 years old

Benefits:

1. more time with family,
2. secure in the home

Risks:

1. Grieving events and activities limited by shelter in place.
 2. Distance learning is not reaching everyone well
 3. Loss of social development and independence
 4. Fear and vulnerability
 5. Risk of physical and emotional abuse
-

學齡：心理健康風險

School aged: Risks to Mental Health

4至12歲

- 恐懼，孤獨，悲傷
- 焦慮，擔心，羞恥
- 不能解釋他們的感受。
- 比如久坐不動，身體疼痛，情緒低落，盯著屏幕分散注意力。

4 to 12 years old

- Fear, loneliness, grief
 - Anxiety, worry, shame
 - Don't have the words to explain their feelings.
 - Pushes forth as being sedentary, physical pain, emotional eating, distraction with screen time.
-

青少年：居家抗疫對心理的影響

Teens: Mental Impact of Shelter in Place

13至18歲

好處：與家人在一起的時間更多，在家中更安全。

所有這些都有很大的風險：

1. 悲傷事件和活動受到居家抗疫所限制。
2. 遠程學習並不能很好地教每一個人
3. 社會發展和獨立性的喪失
4. 恐懼與脆弱
5. 身體和精神虐待的風險

13 to 18 years old

Benefits: More time with family and secure in the home.

Risks are great with all of the previous:

1. Grieving events and activities limited by Shelter in place.
 2. Distance learning is not teaching everyone well
 3. Loss of social development and independence
 4. Fear and vulnerability
 5. Risk of physical and emotional abuse
-

青少年：2020的心理影響- 困扰的一年

Teens: Mental impact of 2020- a year of interruptions

13至18歲

1. 失去個人獨立性
2. 增加了對家庭和老人的擔憂
3. 失去財務信心
4. 學業信心喪失
5. 失去對未來的夢想

13 to 18 years old

1. Loss of personal independence
 2. Increased worry for family and elders
 3. Loss of financial confidence
 4. Loss of academic confidence
 5. Loss of prior dreams of the future
-

減輕2020年的心理影響-照顧者可以做什麼？

Mitigating the Mental impact of 2020 - What can caregivers do?

適合所有年齡

1. 家庭會議-讓他們知道在適當年齡段發生的事情。不知道結果的猜測和假設可能導致不準確。思想開放。
2. 愛與深情-讓他們知道您愛他們，不管他們感覺怎樣，做什麼，和夢想是什麼。擁抱他們。說您愛他們。
3. 思想開放以適應時代的變化。

For All Ages

1. Family Meetings--Let them know what is happening in an age appropriate level. Not knowing results in guesses and assumptions that may not be accurate. Be open.
 2. Loving and affectionate--let them know you love them no matter what they feel, what they do and how they dream. Hold them, say you love them.
 3. Be open to adjusting and pivoting to adapt to changing times.
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減輕2020年的心理影響-照顧者可以做什麼？

Mitigating the Mental impact of 2020 - What can caregivers do?

嬰幼兒：

1. 自我照顧及家庭和諧之間的代溝
2. 您心境的平靜可以讓您照顧您的孩子。
3. 與同齡人分享您的恐懼而不是與您的孩子。
4. 多睡眠，少看屏幕。
5. 睡眠減少壓力，看屏幕的時間增加壓力。
6. 呼吸運動可釋放壓力。
7. 注意使自己從壓力中分離出來。

Infant and toddlers:

1. Self care and family harmony among the generations.
 2. Your own equanimity allows you to care for your child.
 3. Share your fears with your peers, not with your child.
 4. Sleep more, screen time less.
 5. Sleep reduces stress, screen time increases stress.
 6. Breathing exercises to release stress.
 7. Noting to separate yourself from stress.
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減輕2020年的心理影響-照顧者可以做什麼？

Mitigating the Mental impact of 2020 - What can caregivers do?

學齡：

1. 一切照舊
2. 您自己的平靜能讓您照顧您的孩子。他們在看著您，想知道他們是否安全。您的行為 將成為他們的榜樣。
3. 多睡眠，少看屏幕。
4. 睡眠減少壓力，看屏幕的時間增加壓力。
5. 與老師溝通，讓他們知道您的孩子在上課時感覺如何，落後，沮喪，哭泣。
6. 當祖父母進行遠程學習時。

School ages:

1. All self care from before
 2. Your own equanimity allows you to care for your child. They are watching you to know if they are safe. They will model your actions.
 3. Sleep more, screen time less.
 4. Sleep reduces stress, screen time increases stress.
 5. Communicate with the teacher to let them know how your child feels during classes, falling behind, frustrated, crying.
 6. When grandparents do distance learning.
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減輕2020年的心理影響-照顧者可以做什麼？

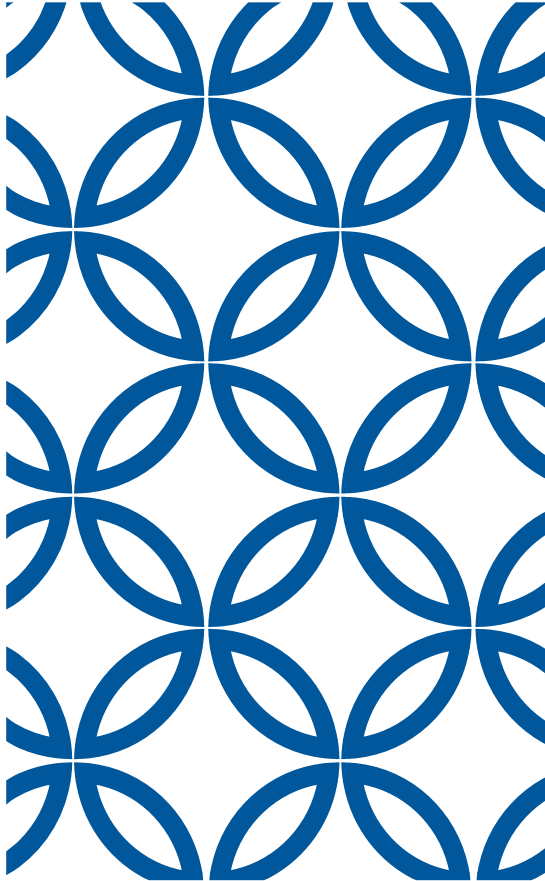
Mitigating the Mental impact of 2020 - What can caregivers do?

青少年年齡：

1. 一切照舊
2. 您自己的平靜能讓您照顧您的孩子。他們在看著您，想知道他們是否安全。您的行為 將成為他們的榜樣。
3. 多睡眠，少看屏幕。
4. 睡眠減少壓力，看屏幕的時間增加壓力。
5. 更多的渴望隱私，請保護他們
6. 他們對自己的情緒承擔更多責任，他們的思想還沒有發展到自助的程度
7. 他們更容易將責備和羞愧藏在心裡。

Teen ages:

1. All self care from before
 2. Your own equanimity allows you to care for your child. They are watching you to know if they are safe. They will model your actions.
 3. Sleep more, screen time less.
 4. Sleep reduces stress, screen time increases stress.
 5. More desire for privacy, protect it for them
 6. They take on more responsibility for their emotions, their thinking is not developed enough for self help.
 7. they internalize blame and shame more.
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Maintaining a Connection

Infants and Toddlers
School Aged children
Teens

These ages all need a clear pathway to your heart and love.
We are naturally stoic. We do not share our feelings. We are love.
Everything we do for our children comes from love,
but we do not tell them or show them.

We assume they know we love them.

In America, children need the words.

In America, children need to be held even after they are grown.

自我照顧，家庭和睦，靈活性，對彼此的選擇持開放態度。

壓力發生在這個年齡段！保持開放和愛心。您仍然是他們日程安排的主宰者。

有安全感的兒女長大後會成為安全可靠的成年人。在您的愛中獲得安全感。



照顧者

嬰幼兒

學齡期

青少年

成年

您是孩子的保護者和照顧者，是孩子的一切。

保護他們的隱私和時間。他們不是你的延續。監測心理健康危機。你的直覺很強。快速獲得幫助，持之以恆。文化上的恥辱感並沒有您的兒子或女兒重要。

立即行動，
為您的孩子和您自己尋求幫助。

在您最需要幫助的時候，
是很難開口的。

您的力量可以改變您的孩子
和您的家庭。

今天，我很高興與您分享
這個重要的話題。

Act now to ask for help for your
children and yourself.

It is difficult to ask for help when you
need it the most.

Your strength can make the difference
for your child and your family.

I am very happy to converse with you
today on this important topic.

幫助資源 為您的孩子 (和你自己)

RESOURCES FOR HELP FOR YOUR CHILD (AND YOURSELF)

三藩市縣：

- 您的兒科醫生。您的學校健康團隊
- 熱線—call 855-845-7415 跟輔導員說話
- 全面的兒童危機服務—415-970-3800—24 小時服務，廣東話
- RAMS: <https://ramsinc.org/child-youth-family-outpatient/>
- Support for Families-<https://www.supportforfamilies.org/>
- Mobile Crisis-Call (415) 970-4000

Website:

<https://www.sfdph.org/dph/comupg/oservices/mentalHlth/CBHS/default.asp>

Phone: (415) 255-3737 (24- Hour Access Helpline)

預防自殺：415-781-0500

- 911 and Emergency departments

聖馬刁縣：

- **Your pediatrician. Your School Wellness Team**
- San Mateo County Access Call Center: 800-686-0101
- 911 and Emergency departments
- FAST team 650-371-7416 or 650-368-3178-mobile services

對於生活的其他基本需求：

- 211 Call for many types of resources, 150 languages.
- 800-273-6222, www.211BayArea.org

San Francisco County:

- **Your pediatrician. Your School Wellness Team**
- The Warm Line—call 855-845-7415 to speak to a counselor
- Comprehensive Child Crisis Services—415-970-3800—24 hours services, Cantonese
- RAMS: <https://ramsinc.org/child-youth-family-outpatient/>
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Suicide Prevention: 415-781-0500


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San Mateo County:

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For other basic needs of life:

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“我了解人們
會忘記您說過
的話，忘記您
做過的事，但
他們永遠不會
忘記您給他們
的感覺。”

MAYA ANGELOU

" I'VE LEARNED THAT
PEOPLE WILL FORGET
WHAT YOU SAID, PEOPLE
WILL FORGET WHAT YOU
DID, BUT PEOPLE WILL
NEVER FORGET HOW
YOU MADE THEM FEEL. "

MAYA ANGELOU

當您有疑問時：



- 伍韻琴醫生
 - 普通兒科，東華醫院，650-761-3500.
 - 兒童口腔健康專案小組，無蛀牙三藩市
-
- Lyra Ng, MD MPH
 - General Pediatrics, Chinese Hospital, 650-761-3500.
 - Children's Oral Health Advocate, CavityFreeSF.

幫助資源
為您的孩子
(和你自己)

RESOURCES FOR
HELP FOR
YOUR CHILD
(AND YOURSELF)

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