Injuries such as TBI affect parenting when both the injured and the non-injured spouse struggle to adapt to changes in personality, family relationships and routines. Being less emotionally or physically available, or less consistent and predictable, can have short and long term consequences for children. Despite limited research on the impact of TBI on children, clinical case studies, focus groups, and small samples have shown that their responses to parental TBI are variable, and may involve the following:

**Impact of TBI on Children**

- Increased acting out behaviors, such as disobedience, tantrums, or risk-taking behaviors
- Emotional distress, such as crying, increased anxiety, or withdrawal
- Feelings of loss and grief related to the change in the injured parent
- Feelings of isolation
- Taking on additional responsibilities, such as caring for younger children, household tasks, and caring for the injured parent
- Feelings of embarrassment about the injured parent’s appearance or behavior
- Misinterpreting parent TBI-related fatigue and apathy as indicators that the parent no longer loves them
- Feelings of anger or resentment about new responsibilities or changes in the family
- Feelings of self-blame for the injured parent’s irritability

Family support professionals and stakeholders need to provide services and outreach that fosters family functioning during injury recovery.

**How Families Can Help Children Integrate the Injury Experience within a Family Context**

*It is important for families to:*

1. **Seek out resources and instrumental support.** As families deal with the adjustment to having a changed parent, families may need help in ensuring that basic needs are met in the areas of work and finance, medical care, military concerns, housing, education, and child care. Children may need special services or support to address behavioral/mental health problems that develop or to connect them with community resources (e.g., sports organizations, educational programs, or boy/girl scouts) that provide them with social support and structured activities.

2. **Support children by helping them monitor changes or extremes in their emotional states and reduce emotional distress.** As children deal with stress, they may find it difficult to express emotions, to relax, or to calm themselves. Parents can help children by teaching them to label and express their emotions and by giving them specific strategies (such as deep/belly breathing, progressive muscle relaxation, or visualizing a safe space) for dealing with strong emotions and/or stress.

3. **Share information with children** about the injury in a way they can comprehend it. Particularly important is information that helps children understand what the injury is, what the effects of the injury are in terms of parent...
functioning and/or symptoms, and what to expect over
time. Children may need reassurance that the injury is not
their fault and that specific symptoms/emotional changes
in the parent are expected. This helps to normalize and
contextualize the family’s current difficulties and helps
children understand what is happening in their family.

4. **Talk about the injury** with each other and others in the
community, including health care and community service
providers. Children should be encouraged to ask questions
about the injury among family members and with medical
providers, and they should be encouraged to talk about the
injury with people they trust (e.g., other family members,
close friends, and/or teachers). Children should be
encouraged to talk about what they experience and feel so
that their concerns can be better understood and addressed.

5. **Develop problem solving skills.** Particularly important is
helping children identify relevant problems, name their
goals, brainstorm possible solutions, and pick a solution
to try out. This helps children break down problems into
manageable parts and gives them the tools they need to plan
for future challenges.

6. Engage in **shared family goal setting.** Goal setting helps
family members prioritize what is most important and to
consider what activities they would like to try sooner. Parents
and children can select family goals together and practice
them as they plan for future fun or challenges, recognizing
incremental improvements over time.

7. Remember that adjusting to life with TBI can take time.
Families should **be patient and hopeful** as they learn to live
with the changes that result from the injury. While family
life can change, parents and children can learn new ways of
being together and enjoying each other.

**Resources:**

Defense Centers of Excellence for Psychological Health
and Traumatic Brain Injury

Defense and Veterans Brain Injury Center

Military OneSource
[www.militaryonesource.com](http://www.militaryonesource.com)