

Parenting advice on child obesity During the COVID-19 Pandemic: An Editorial

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Abstract

Globally, the coronavirus disease 2019 pandemic has adversely affected many people's mental health, including pregnant women and clinicians who provide maternity care, and threatens to develop into a mental health pandemic. Trauma-informed care is a framework that takes into account the effect that past trauma can have on current behavior and the ability to cope and can help to minimize retraumatization during health care encounters. The purpose of this article is to highlight the pressing need for perinatal clinicians, including nurses, midwives, physicians, doulas, nurse leaders, and nurse administrators, to be educated about the principles of trauma-informed care so that they can support the mental health of pregnant women, themselves.

Keywords: corona virus; trauma; mental health

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Parenting advice on childhood obesity

The full physiologic impact of the severe acute respiratory syndrome coronavirus 2 and coronavirus disease 2019 (COVID-19) on pregnant women and their infants is not yet clear. However, evidence of the disproportionate effect of the virus is emerging. Pregnant women who are Black or Hispanic have higher seroprevalence rates than pregnant women who are White (Flannery et al., 2020). Pregnant women with the virus are more likely to be hospitalized and require intensive care treatment, including mechanical ventilation, than women who have the virus but are not pregnant (Ellington et al., 2020). Although pregnant women may worry about their own health and the health of their fetuses during pregnancy, strict public health measures that have been taken to reduce the spread of the virus, including social distancing and home isolation, have cut women off from some of their usual social supports (Thapa

et al., 2020). Stress related to preparation for birth during the pandemic and worries about COVID-19 infection for themselves and their newborns can elevate women's risk of experiencing moderate or severe anxiety over and above sociodemographic, obstetric, and other relevant health factors including among pregnant women (Choi et al., 2020, Choi et al., 2020). Concern about an impending mental health pandemic creates an imperative for perinatal clinicians to use trauma-informed care (TIC) to support the mental health of pregnant women. Using TIC may best be done by educating perinatal clinicians to assess and assist pregnant women with their psychosocial concerns in settings where they deliver perinatal care we highlight the pressing need for perinatal clinicians, including nurses, midwives, physicians, doulas, nurse leaders, and nurse administrators, to be educated about the principles of TIC so that they can support the mental health of pregnant women, themselves, and members of the care team during the pandemic.