

To foster therapeutic relationships with children and families, you must first become aware of your caregiving style, including how effectively you take care of yourself. The following questions should help you understand the therapeutic quality of your professional relationships.

Negative Actions

- Are you overinvolved with children and their families?
- Do you work overtime to care for the family?
- Do you spend off-duty time with children's families, either in or out of the hospital?
- Do you call frequently (either the hospital or home) to see how the family is doing?
- Do you show favoritism toward certain patients?
- Do you buy clothes, toys, food, or other items for the child and family?
- Do you compete with other staff members for the affection of certain patients and families?
- Do other staff members comment to you about your closeness to the family?
- Do you attempt to influence families' decisions rather than facilitate their informed decision making?
- Are you underinvolved with children and families?
- Do you restrict parent or visitor access to children, using excuses such as the unit is too busy?
- Do you focus on the technical aspects of care and lose sight of the person who is the patient?
- Are you overinvolved with children and underinvolved with