

# Parental Compassion Fatigue

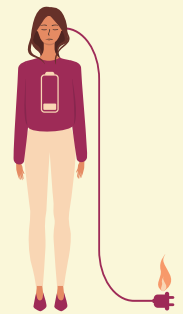
## What is Parental Compassion Fatigue?

Compassion fatigue affects parents and also carers in a parenting role and is a combination of burnout and secondary traumatic stress.



## What is Parental Burnout?

It is a state of emotional distress, exhaustion, resulting from chronic demands of caring for a child or young person experiencing physical and emotional high needs which can lead to burnout.



## What is Secondary Traumatic Stress?

Secondary Traumatic Stress describes the exposure to a child or young persons trauma, this may be witnessing the effects that trauma has had on the them or hearing about the trauma they have experienced.

