Channing Petrak, MD, Medical Director, Pediatric Resource Center - University of Illinois College of Medicine Peoria

What is not being seen via the child abuse hotline

What we're not seeing and what we're really worried about are the children who would have been going to school, or would've been going to daycare, or grandma, grandpa - somebody else was noticing that there might have been injuries and were calling the hotline. We know that the calls are down by almost half to the hotline since we started the shelter in place. So those children we're not seeing and we're not getting calls on right now, that's concerning to us. Also sexual abuse that would've been reported by another relative or a teacher, we're not getting those calls because they're also not in school. So the social safety net for kids are not there right now.   :40

What can someone do if they suspect abuse?

We talk about social distancing but really we should be physically distancing and socially interacting. It doesn't mean you can't contact family or friends and make sure that everybody's doing OK. It's a very stressful time for a lot of people. :16

What happens if someone calls the hotline to report suspected abuse?

Calling the hotline doesn't always mean big, huge, interventions. Sometimes it means services for that family that might need it right now a lot of the social safety nets are not functioning like they normally would, so you can't just go someplace and get something done. People need a little extra help and that can be a result of a hotline call. :21

Keep an eye out for perpetrators through the web

If we are letting them have more tablet media time - which everybody's going to do and that's fine because it's stressful - is that opens them up to perpetrators from the web. So parents need to be a little more vigilant about what's going on with that tablet time, media time, and make sure that it's not people trying to get access to their children. :22

Exercise is good for stress relief

Get out, walk, exercise is really good as a way to reduce stress. It's OK to go outside of your house as long as it's nice out, just don't hang out in crowds.   :11