

# CAROLINE MAYO

## PROFESSIONAL SUMMARY

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Child Life Assistant with direct experience supporting psychosocial care for pediatric patients across inpatient and outpatient settings. Demonstrates strong therapeutic play, activity planning, and interdisciplinary collaboration skills that reduce procedural anxiety and improve patient cooperation, while maintaining organized documentation and safe, developmentally appropriate resources. Committed to family-centered interventions and ongoing professional growth, eager to expand clinical responsibilities and contribute to multidisciplinary pediatric care.

## EMPLOYMENT HISTORY

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### CHILD LIFE ASSISTANT

Jan 2026 - Present

#### *Children's Health Hospital*

Dallas, TX

- ◆ Support Child Life Specialists in delivering psychosocial care to pediatric patients and families across inpatient and outpatient settings.
- ◆ Help manage Child Life activity spaces, materials, and documentation to ensure safe, developmentally appropriate interventions.
- ◆ Maintain professionalism, confidentiality, and infection control standards while collaborating with the interdisciplinary healthcare team.
- ◆ Assesses individual patient needs and adapts therapeutic play plans to reduce procedural anxiety, producing noticeable improvements in cooperation during treatments.
- ◆ Partners with nurses and therapists to schedule activity sessions that complement care plans, improving continuity and reducing idle time for pediatric patients.
- ◆ Organizes and labels activity materials and age-appropriate resources, ensuring quick access and maintaining safety standards for clinical interventions.
- ◆ Creates themed, developmentally tailored activity kits to engage diverse age groups, leading to marked gains in patient participation and mood.

### VOLUNTEER

Jan 2026 - Present

#### *Children's Health Hospital*

Dallas, TX

- ◆ Provide consistent psychosocial support to pediatric patients and families through bedside play, normalization activities, and therapeutic engagement.
- ◆ Assist Child Life Specialists in promoting coping, emotional expression, and positive hospital experiences for children of varying developmental levels.
- ◆ Utilize developmentally appropriate play and distraction techniques to reduce anxiety and support adjustment to the hospital environment.

### CHILD LIFE PRACTICUM

Jun 2025 - Jul 2025

#### *Victoria Hospital & Tygerberg Hospital*

Cape Town, South Africa

- ◆ Completed 120 hours of supervised clinical experience in pediatric hospital settings.
- ◆ Assisted Certified Child Life Specialists in providing developmentally appropriate play, procedural preparation, and coping support.
- ◆ Communicated with children and families from diverse cultural backgrounds while examining personal bias and establishing professional boundaries.
- ◆ Adapted psychosocial interventions to align with local cultural norms and limited medical resources.
- ◆ Facilitated therapeutic activities for patients in orthopedic, surgery, infectious disease, and general pediatric units.

### PICKLES JARS GROUP FACILITATOR

Jan 2026 - Present

#### *Pickles Group*

Virtual

- ◆ Co-facilitated peer support groups for children and adolescents (ages 5-9) impacted by a parent's cancer, providing a safe space for emotional expression and peer connection.
- ◆ Supported developmentally appropriate discussions and structured art- and play-based activities to promote coping skills and resilience.
- ◆ Applied trauma-informed and family-centered principles to maintain a supportive, inclusive group environment.

**TEACHER**  
*Stretch-N-Grow*

**Sep 2024 - Present**  
*Dallas, TX*

- ◆ Plan and lead weekly dance, yoga, fitness, gymnastics, and music classes for children ages 2–4 across four schools and daycare settings.
- ◆ Provide individualized instruction to support physical, social, and emotional development.
- ◆ Maintain safe, structured, and developmentally appropriate learning environments.

**AFTER-SCHOOL TEACHER**  
*AmeriCorps*

**Sep 2024 - May 2025**  
*Dallas, TX*

- ◆ Planned and facilitated daily lessons for 25 K–1 students at Mount Auburn STEAM Academy, serving inner-city, at-risk youth.
- ◆ Implemented behavioral intervention strategies to reduce negative behaviors and promote positive social-emotional development.
- ◆ Maintained accurate and confidential student assessment and progress records.
- ◆ Demonstrated patience, consistency, and emotional regulation to support individual student needs.

**TEAM SPONSOR & SUMMER CAMP COUNSELOR**  
*Heart O' the Hills Camp for Girls*

**May 2021 - Jul 2021**  
*Hunt, TX*

- ◆ Developed and led age-appropriate activities for girls ages 6–16 while fostering teamwork, confidence, and responsibility.
- ◆ Facilitated weekly team meetings focused on sportsmanship, friendship, and personal growth.
- ◆ Served as a certified lifeguard, ensuring camper safety and supervision.

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**EDUCATION**

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**MASTER OF SCIENCE IN CHILD LIFE**  
*Texas Woman's University*

**May 2026**  
*Denton, TX*

**BACHELOR OF ARTS IN POLITICAL SCIENCE, MINOR: PSYCHOLOGY**  
*The University of Mississippi*

**May 2024**  
*Oxford, MS*

Graduated Cum Laude Segal AmeriCorps Education Award Recipient