

PARENT SUPPORT AREAS



ADMISSIONS

**POST-
DISCHARGE
& AT HOME**

**LOOKING
AFTER
YOURSELF**

**SIBBLING
SUPPORT**

**MARRIAGE/
PARTNER
SUPPORT**



FINDING OUT ABOUT YOUR CHILD'S DIAGNOSIS AND HOSPITAL ADMISSIONS

When you first find out about your child's diagnosis you will probably have lots of questions as to what the diagnosis means, how will this impact our lives and who can I turn to for help? A diagnosis might mean you will need to spend lots of time at the hospital. You might have questions about how best to prepare your child for hospital and what will the admission involve. These questions might leave you feeling worried, anxious and wanting some more support. There is lots of information, people and services out there to help you.



POST-DISCHARGE & AT HOME

When you have been discharged from hospital it can feel like a big adjustment. You might feel worried, lonely or that you might need some support. Your child's behaviour may have changed and you might want some advice. Maybe you have some questions about your child going back to school, taking part in sports and exercise or going on holiday. There is lots of information and people to support and help you.



LOOKING AFTER YOURSELF

It's very important to look after yourself, your worries and concerns, and your emotional health when supporting and caring for someone with a cardiac condition. You might find that it's difficult to find time for you when supporting your family and your child. Here is a list of information, people and services available to support you.



SIBLING SUPPORT

Having a child being admitted to hospital or who has a life-long condition is something that can affect the whole family, not just the child themselves. Brothers and sisters can also experience worries about being away from their sibling, they might have questions about their sibling's illness or you might have noticed that their behaviour has changed. It can be hard to know how to support your child in coping when their sibling is ill and/or in hospital. There is lots of support out there for you and your children.



MARRIAGE SUPPORT

Having a child who has a cardiac condition, and who might have to spend a lot of time in hospital, can affect the whole family in different ways. This might be the case for your relationship with your partner. You might both have different ways of coping with your child's diagnosis, thinking through decisions you are asked to make and find it difficult to communicate with each other about how you're actually feeling. Having a child in hospital or with a lifelong condition might present with more financial commitments and time off work. It may be helpful to talk about things that arise and there is lots of information and support out there to help you both.

