

## Wellbeing Resources for Parents/Carers of Children with a Cardiac Condition: When your child is in Outpatients or Pre-admission



How do I tell my child that I have a serious illness



How do I manage anxiety and worry



Helping your child cope with their worries when coming into hospital



How do I cope when my child is in hospital



How do I talk to my child about their chronic / life limiting illness



How do I help my child's siblings cope



How do I prepare my child for surgery

### Webinars



Supporting your child coming into hospital



Managing the impact of a cardiac condition for parents



Supporting siblings of a child with a heart condition



Mindfulness

To use the QR codes

1. Open your device's camera or download a free QR code reader
2. Point your camera at your chosen QR code
3. The link should open up as a pop up!

Try it on the code to the right to visit the SWSW CHD Network website.

