

## Wellbeing Resources for Parents/Carers During Admission on the Ward

### Managing parent/carers wellbeing



Recognising  
difficult feelings



How do I  
manage stress



What can I do if I feel  
low or depressed



How do I manage  
anxiety and worry

### Supporting your children



What can me and my  
baby do together in  
hospital



How do I bond with  
my baby in  
intensive care



Helping your child cope  
with their worries when  
coming into hospital



How do I cope  
when my child is  
in hospital



My child's behaviour  
has changed



How do I help my  
child's siblings cope



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

### 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.

