

University Hospitals Bristol and Weston NHS Foundation Trust

Wellbeing Resources for Parents/Carers During Admission on the Ward

Managing parent/carer wellbeing



Recognising difficult feelings



How do I manage stress

How do I bond with

my baby in intensive care



What can I do if I feel low or depressed



How do I manage anxiety and worry



What can me and my baby do together in hospital



My child's behaviour has changed





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



Supporting your child coming into hospital

Webinars

How do I help my

child's siblings cope



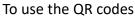
Managing the impact of a cardiac condition for parents



Supporting siblings of a child with a heart condition



Mindfulness



- 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.

