

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.

