Helping Your Children Understand





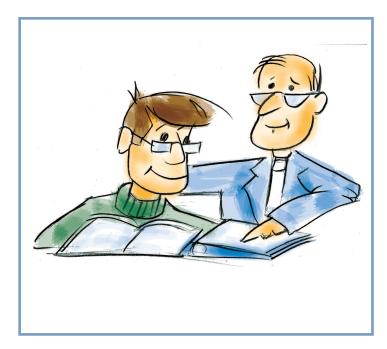
Children of people that have kidney failure need help in understanding what is going on. The most important thing you can do is talk to them about your illness.

- Don't avoid the reality of your illness
- Protecting them by keeping information from them can make the problem worse
- Talk to them openly and answer their questions
- · Be informative, reassuring and comforting
- Provide information to them on a level they can understand
- Listen to their questions to see if they are blaming themselves for your illness





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- Encourage your child to talk about their feelings
- Discuss with your child changes in behavior that you have observed
- Discuss with their teacher if changes in grades or behavior have been seen at school
- If your child is old enough have them observe you do an exchange
- Give your teenager alternatives rather than preaching. Communicating with teens in writing may be an option.
- Keep a healthy sense of humor and view problems as challenges
- Allow others to help
- The most important key is COMMUNICATION

