• Children change and grow. A medical condition is only part of who they are.
• Take breaks to renew your energy.

At any age, ask the social worker from your team about funding if your child has special needs or you need help paying for medications.

• Set limits for your child to develop positive behaviour.
• Connect with other families and consider joining support groups – Aplastic Anemia and Myelodysplasia Association of Canada.
• Encourage your child to play with others as this will help with development – consider playgrounds, community activities.

When your child visits friends, give parents a basic understanding about aplastic anemia.
• Celebrate your child’s achievements.
• Encourage your child to make healthy food choices.
• Ask your health-care team: When is it safe for my child to resume participation in school and group activities, such as sports and music, and play with peers?

Teach your child personal information, such as home address and phone number, and how to call 911.
• Gradually increase your child’s involvement in his or her own care.
• Assign your child more responsibility, such as setting the table and cleaning up after.
• Show your child how and when to take medication, and encourage your child to help or watch you prepare the medication.

• Be consistent so your child knows the consequences of his or her behaviour and choices.
• Give your child choices so he or she can learn to make decisions.
• Ensure that your child knows the name of his or her condition and medications.

Recognize your child’s increasing need for independence and responsibilities, and encourage your child to express his or her needs and wants.
• Help your child reduce stress through activities such as art, exercise, music and journal writing.
• Talk to your child about the effects of smoking, drugs, alcohol and inactivity.

Coach your child on how to speak with friends about aplastic anemia.
• Encourage your child to be involved in activities to develop his or her interests.
• Ask your child about teasing and bullying – encourage your child to speak with someone he or she can trust.

Teach your child about symptoms related to his or her condition that need to be shared with an adult immediately, such as fever, bleeding and dizziness or extreme fatigue.
• Create a MyHealth Passport for your child.
• Ask your program’s Child Life Specialist about the use of puppets, dolls and play to promote a positive hospital experience for your child.

Help your child to learn more about aplastic anemia, such as the names of the medications and treatments. Use reading materials and pictures to help increase knowledge.
• Make a list of questions and concerns with your child before appointments.
• Encourage your child to speak directly to team members for part of the appointment.
• Understand how aplastic anemia and its treatment will affect the way your child develops through puberty.
• Update the MyHealth Passport together with your child.

• Set a daily routine for your child.
• Expect your child to participate in self-care activities, such as brushing teeth, handwriting.

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For parents

As your child grows, continue with the suggestions from earlier years and add new activities and responsibilities as appropriate.
Consider your child’s unique developmental course and use this as a guideline.

For teenagers / youth

As your child grows, continue with the suggestions from earlier years and add new activities and responsibilities as appropriate.
Consider your child’s unique developmental course and use this as a guideline.