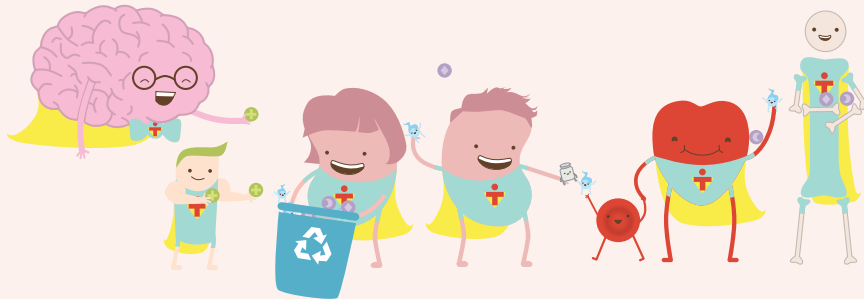


BALANCE

PARENT AND CAREGIVER RESOURCE

PARENT AND CAREGIVER RESOURCE

NOTES



RESOURCES MENU

1. Your Kidney Health Team
2. Meet Your Kidneys!

3. BALANCE

4. Connections
5. Healthy Eating
6. Being Active
7. Taking Medicines
8. Healthy Blood
9. Bone Health
10. Blood Pressure
11. Acid Balance
12. Growth
13. Chronic Kidney Disease
14. Family Coping Resources
15. My Coping Resources
16. Glossary

The **kidneys** have four main jobs in our body. These jobs are:

- 1) to clean the **blood** and make **urine**
- 2) to tell our **bones** when to make **more strong** blood
- 3) to help our **heart** stay healthy by balancing **water** and **salt**
- 4) to recycle **building blocks** our bones and other parts of our body need

The **urinary tract** and **renal system** are like a recycling plant in the body. The kidneys are responsible for cleaning our blood and keeping balance. This means, the kidneys remove things our bodies do not need and put them in urine or **waste**. The kidneys recycle the building blocks our bodies can use again.

The function of the kidneys is connected to other key parts of the body: the **brain**, heart, blood, bone and **muscle**. Each of these body parts affects each other:

they are interconnected. Having healthy kidneys is critical to our overall health.

Your child's **Kidney Health Team** uses different **tests** to see how healthy your child's kidneys are. By being active and eating healthy foods, we can help our kidneys stay healthy.

Your responsibilities to help keep your child's kidneys healthy are to provide:

- healthy food choices and
- opportunities for an active, balanced lifestyle for your family

WEB BASED RESOURCES

<http://www.aboutkidshealth.ca/En/HealthAZ/Pages/default.aspx> Click on the Letters A-Z to find information on health related topics

<http://www.caringforkids.cps.ca/> Click on a variety of topics at the top of the website for general information to parents about child health. From the Canadian Pediatric Society

<http://www.aboutkidshealth.ca/En/HowTheBodyWorks/KidneysandBladderOverview/Pages/default.aspx> From here you can click on the topics on the left hand side to learn more about how the bladder fills and empties

<http://www.bladderbowel.gov.au/all/goodhabits.htm>

<http://www.thechildren.com/health-info/conditions-and-illnesses/understanding-how-kidneys-work>

<http://kidneyschool.org/>

<http://www.youtube.com/watch?v=VnTjWwuNcs&feature=related>

<http://kidney.niddk.nih.gov/kudiseases/a-z.aspx>

<http://www.kidney.org/>

WEB BASED RESOURCES FOR KIDS

<http://www.aboutkidshealth.ca/En/JustForKids/Body/Peeing/Pages/default.aspx>

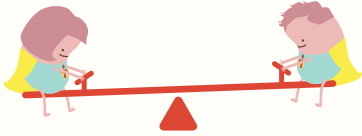
<http://www.youtube.com/watch?v=VnTjWwuNcs&feature=related>

<http://kidneyweb.net/handouts.htm>

HANDOUTS

[Kidney Foundation Booklet: "Your Child & Chronic Kidney Disease" http://www.kidney.ca/document.doc?id=332](http://www.kidney.ca/document.doc?id=332)

BALANCE GLOSSARY



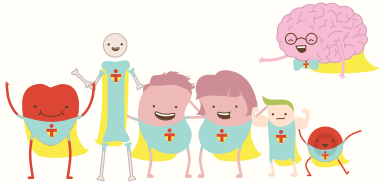
BALANCE

Balance is when you have just the right amount of something - not too much, not too little. Our kidneys balance many things in our body.



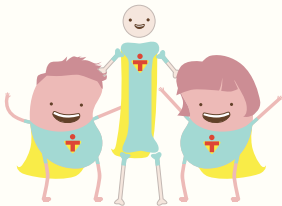
BLOOD

Blood moves or circulates around the body in blood vessels called arteries and veins. Blood carries energy nutrients, oxygen and other important substances to help our tissues and organs work well.



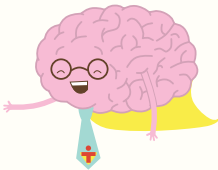
BODY TEAM

The Body Team is how we talk about the parts of the body like the heart, bones, blood and kidneys that work together to help us stay healthy.



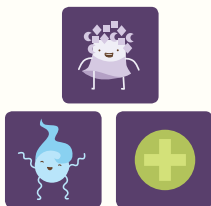
BONES

Bones are made of calcium, phosphate and other substances, and form our body skeleton. Healthy bones need enough nutrients from the food we eat, enough physical activity, and the right vitamins and hormones in our body. The kidneys are important for keeping bones healthy.



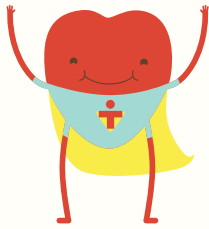
BRAIN

The Brain is the organ inside your head that you think with! It is protected by your skull bones.



BUILDING BLOCKS

“Building blocks” is a way to explain how the body uses different substances together to make our body tissues and organs work, become stronger and healthier. The building blocks for each body system are different. For example, the bones use the calcium, phosphate and vitamin D building blocks. Muscles need the right amount of protein, potassium, calcium and energy building blocks.



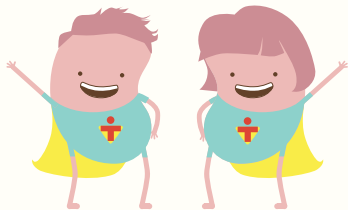
HEART

The heart is the organ in the upper left side of our chest and is connected to blood vessels (arteries and veins). With every heart beat, the heart fills with blood that is pumped out to all the body tissues and organs. The work of every heart beat is related to the blood pressure. The kidneys help control blood pressure.



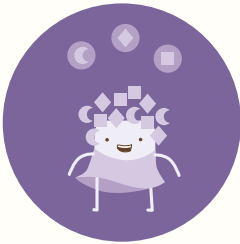
KIDNEY HEALTH TEAM

Kidney Health Team is all the different people who work with you to help keep your kidneys as healthy as possible. Members of the Kidney Health Team include nurses, doctors (nephrologists), dietitians, social workers, clerks, you and your family. Together, everyone will work with you to make your Kidney Health Care Plan.



KIDNEYS

Kidneys are bean-shaped organs about the size of our fist. Most people have 2 kidneys. Kidneys are found under the rib cage near the middle of the back. The kidneys have many functions or jobs (see Kidney Function).



MINERAL(S)

Minerals are important building blocks our body needs to stay healthy. There are many different substances that we call minerals, like calcium, phosphate and potassium. Minerals get into our body in our food. Our kidneys help to maintain or keep the right amount of minerals in our body.



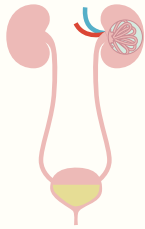
MUSCLE(S)

Our muscles help our body move and work. Some muscles we can control, like the muscles in our legs that help us walk. Other muscles like our heart keep on working - beating - all the time without us even thinking about it.



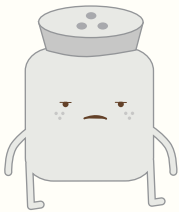
PROTEIN

Protein is a substance that is essential for the body. It is an important building block. It is what makes up muscle and is part of most important systems that make our body work. Protein gets into our body by eating it in meat and other foods.



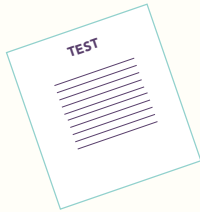
RENAL SYSTEM

Renal system includes the kidneys, renal pelvis, ureters and bladder. It is the organ system that makes and carries urine out of your body. It is connected to the body by two blood vessels, the renal artery and renal vein.



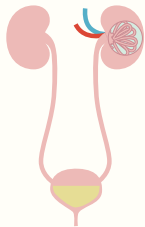
SALT

Salt is made up of two substances called sodium and chloride. It is something we taste in our food. Sodium in salt is important to control the amount of fluid and blood pressure in our body: when we have more sodium, we feel thirsty and too much sodium can make us swollen. If you are losing salt and water, like with stomach flu, you get dehydrated. Our kidneys help balance salt and water in our body.



TESTS

Tests are ways of checking how well our kidneys are working. Some tests are done by taking a small sample of our blood or by peeing into a container. The blood or pee gets sent to the lab to get checked. Other tests are done in the clinic; for example, we may have a test to check our blood pressure.



URINARY TRACT

The urinary tract is a way to name the system in your body which includes our kidneys, ureters, bladder and urethra. They are all connected and work together to make, collect, store and empty urine (pee) from our body.



URINE

Urine (pee) is the fluid made by our kidneys and eliminated from our bladder when we urinate or go pee. Urine contains the waste from our body.

WASTE

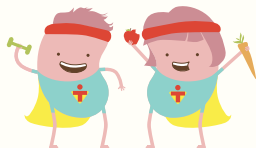


Waste is made when our body is using up the building blocks needed for growth and breaking down nutrients in food. Our body gets rid of this waste in our bowel movements and urine when we go to the bathroom. There is waste in our blood and it is mostly cleaned out by the kidneys and goes out in the urine.

WATER



Water is the liquid that we drink. Our bodies are made of mostly water. The amount of salt in our body affects the amount water we have. The kidneys are very important to keep the amount of salt and water for our body in balance.



Created by Julie Strong BN, Tom Blydt-Hansen MD, Diane McKenty RN, and Angela Chotka MA with Pediatric Nephrology (Children's Hospital Health Sciences Centre) and Chotka Consulting: Creative Balanced Solutions. With thanks to the Children's Hospital Foundation of Manitoba for their generous support.

For more information about this resource, please contact Pediatric Nephrology at 204-787-4947 or jstrong@exchange.hsc.mb.ca or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>