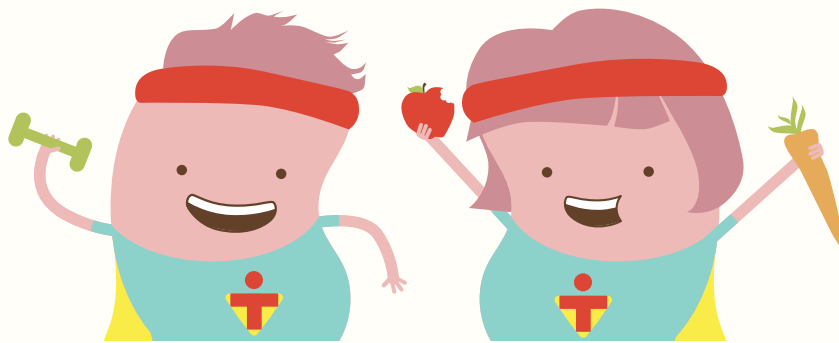


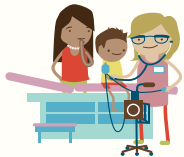
# HEALTHY KIDNEYS BLOOD PRESSURE



## PRE-SCHOOL LEVEL



## SCHOOL AGE LEVEL



## ADOLESCENT LEVEL



## 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







## HEALTHY KIDNEYS

The Kidney Health Learning Resource is to help children, parents, families, and caregivers living with kidney disease live well with the disease.

The Kidney Health Learning Resource is also for the health care team. The resource helps open the doors to conversations, learning and relationship-building with children, youth and families about kidney disease by presenting simple, age-appropriate design and medically and clinically accurate information and concepts.

The Kidney Health Learning Resource Advisory Group thanks parents and children who welcomed us into their private experience of living with chronic kidney disease. Children and families shared experiences and took time to let the consultant know what has been - and what would have been - helpful to know as they coped with chronic kidney disease in their families. To the children and families: thank you for sharing so that other families and health care providers can benefit from your wisdom. Your openness, enthusiasm and courage inspires us all.

We thank the members of Pediatric Nephrology, Children's Hospital, Health Sciences Centre Winnipeg who provided input, shared expertise and gave encouragement in the development of the learning resources. We also thank members of CANN-NET for their reviews of materials and their enthusiastic support.

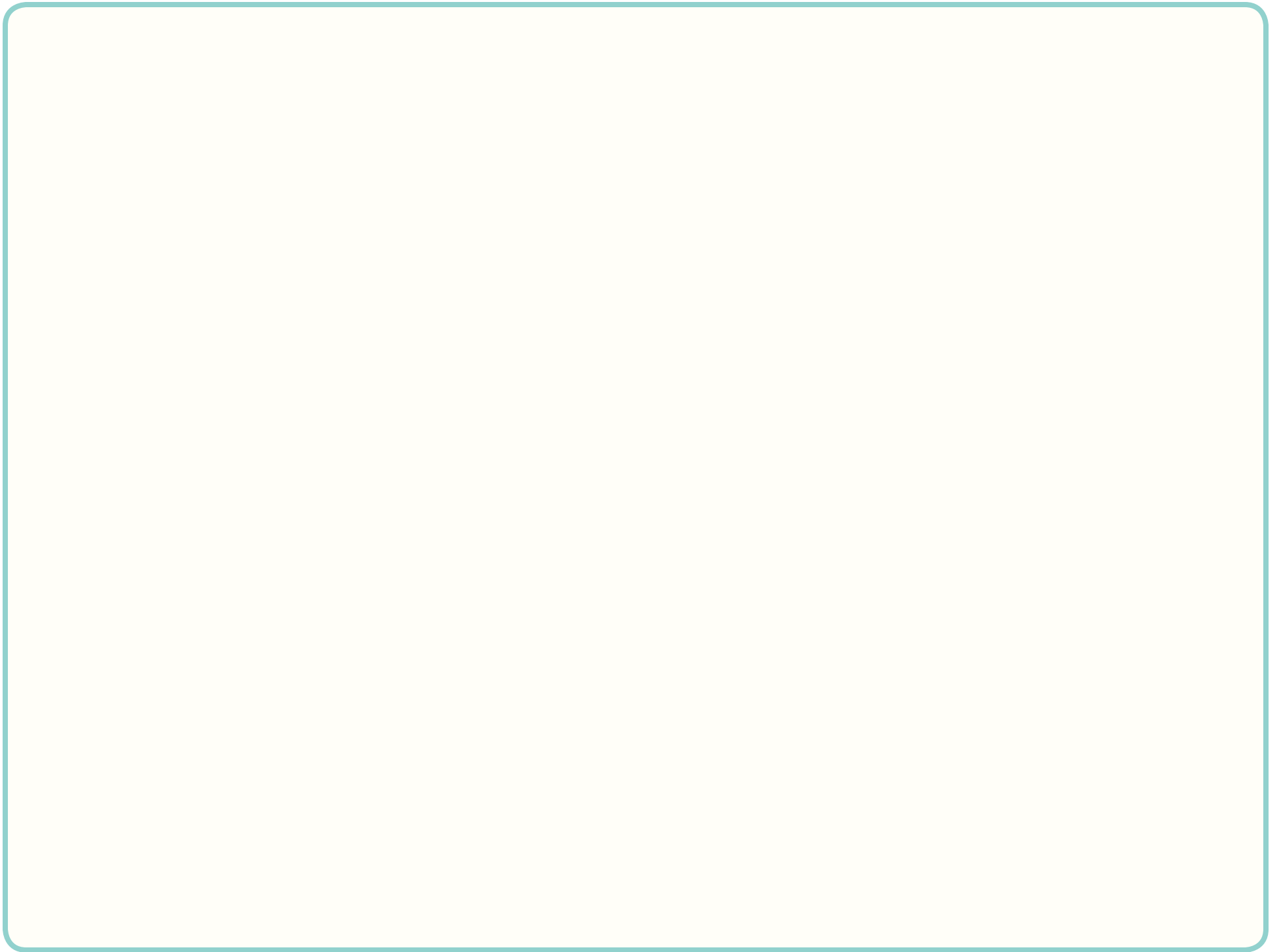
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

### Developmental levels within this resource:

**PRE-SCHOOL LEVEL**

**SCHOOL AGE LEVEL**

**ADOLESCENT LEVEL**



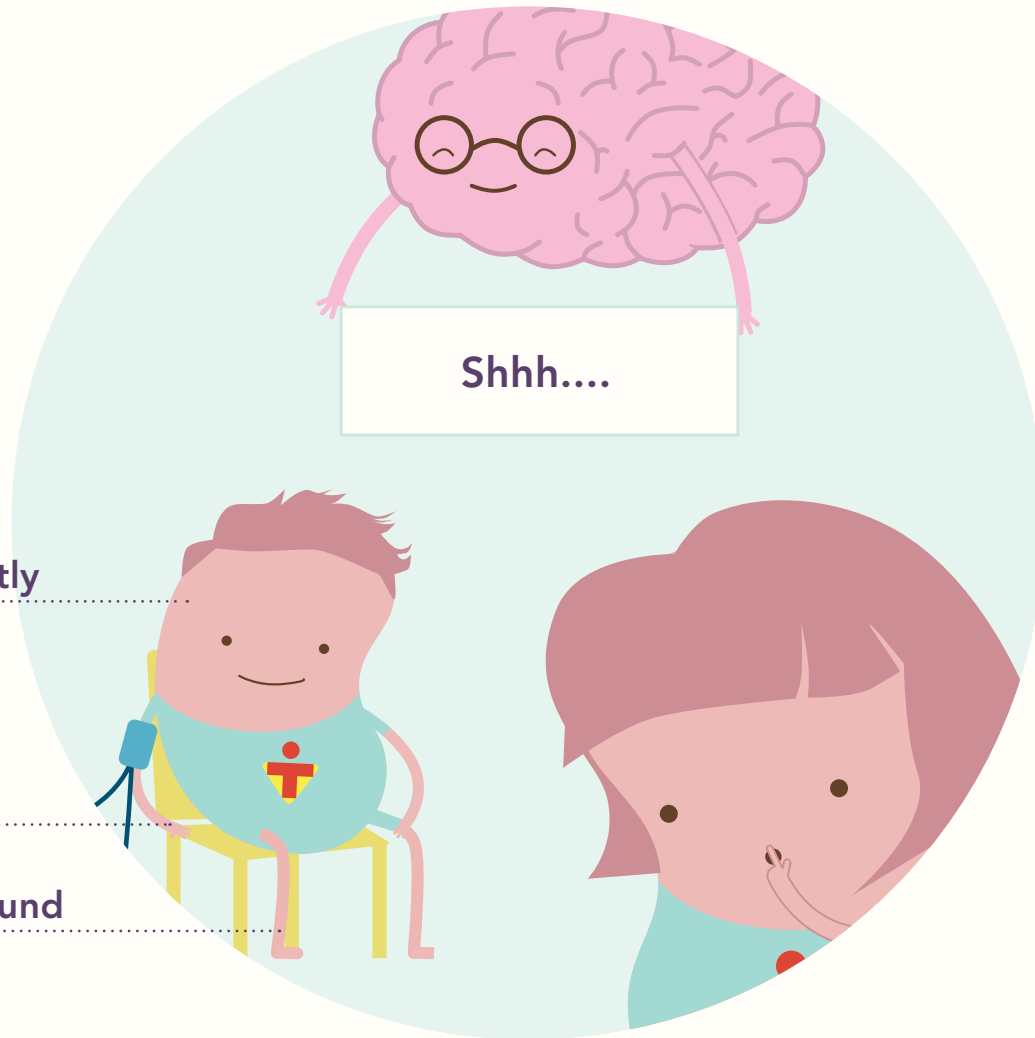
# BLOOD PRESSURE

PRE-SCHOOL LEVEL



## RESOURCES MENU

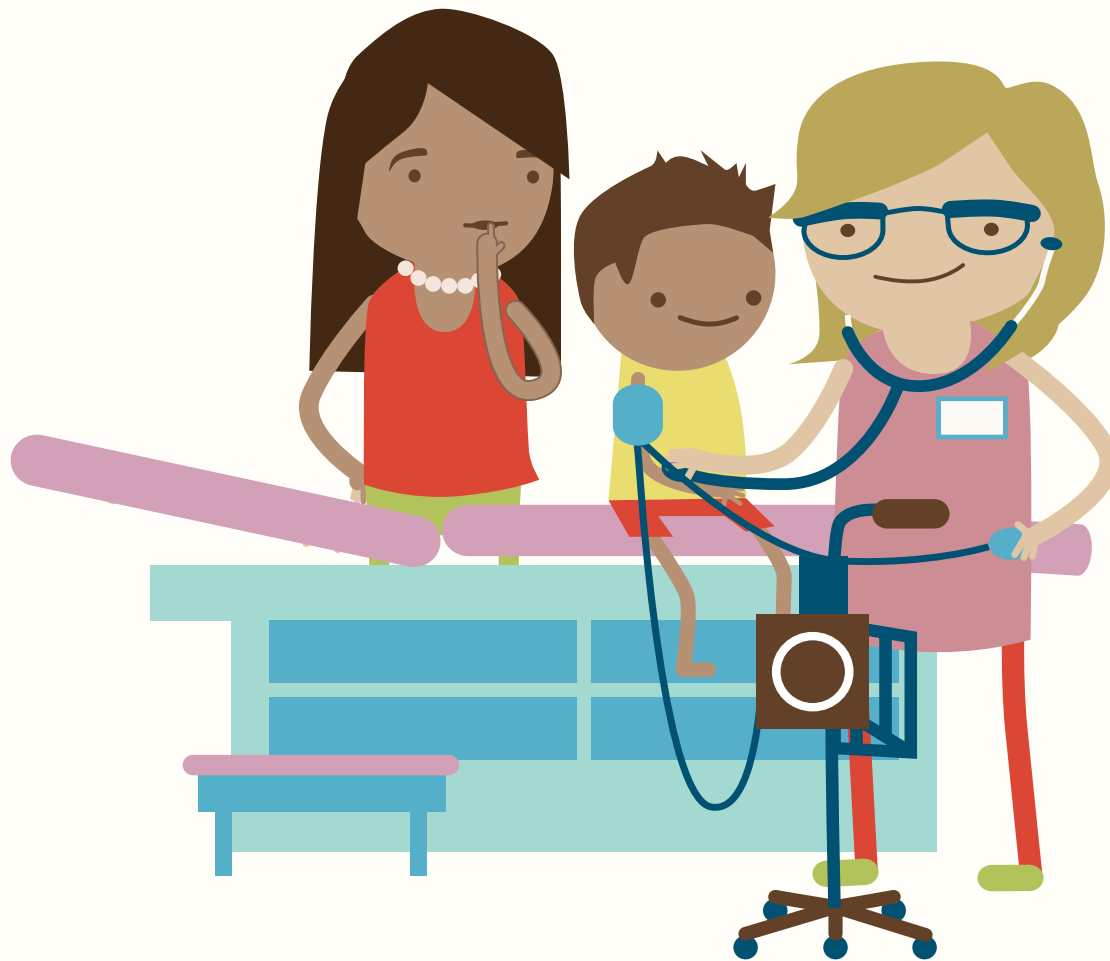
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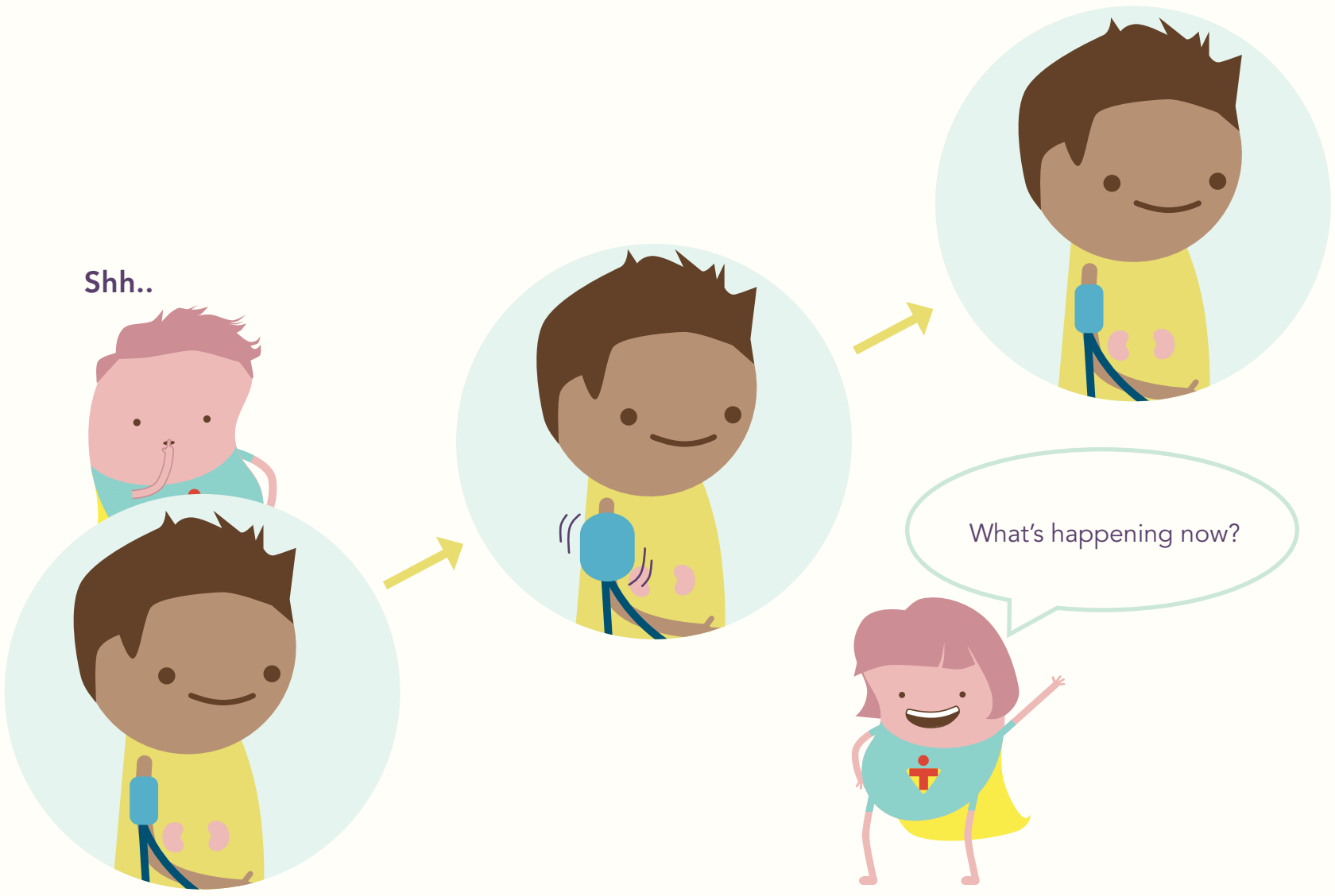


Sitting quietly

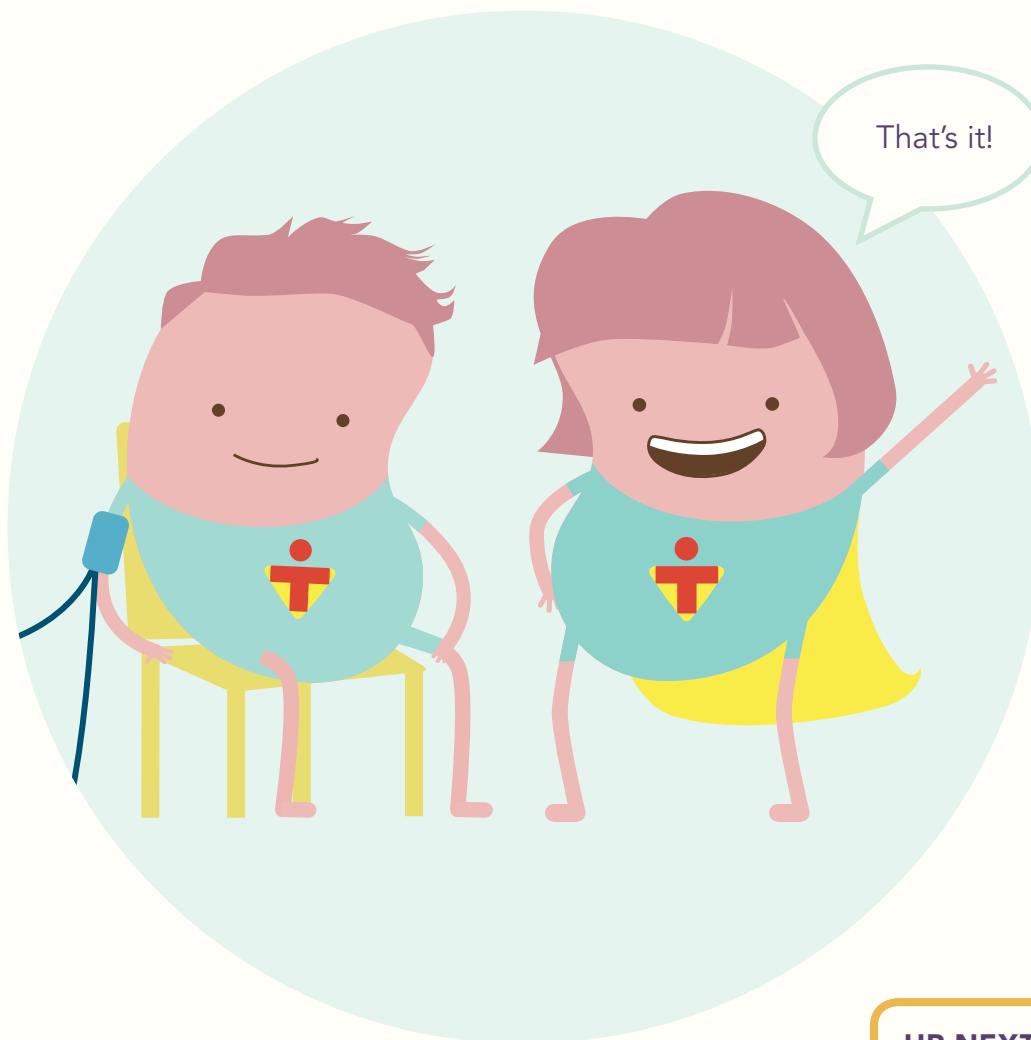
Palm up

Feet on ground

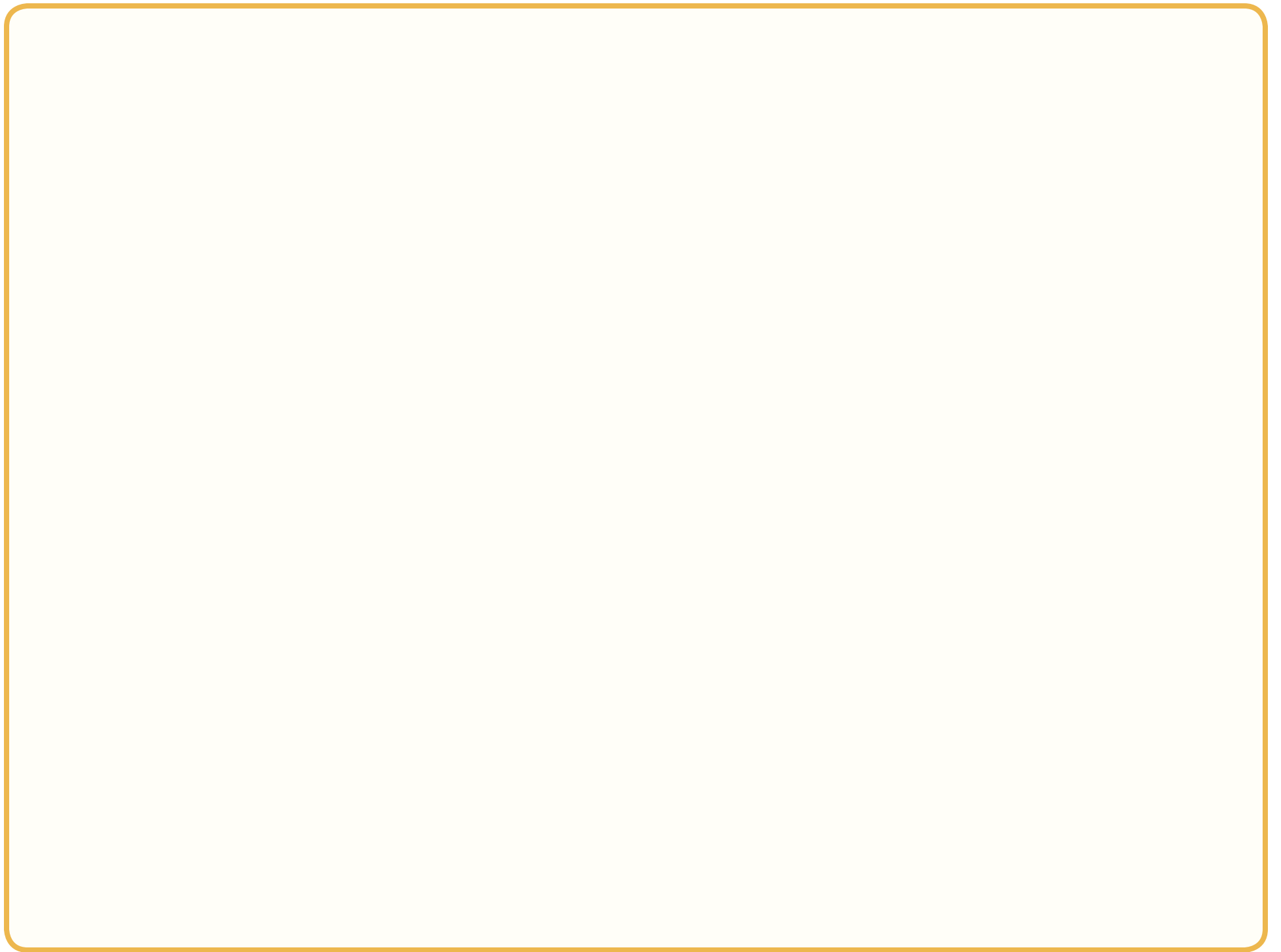






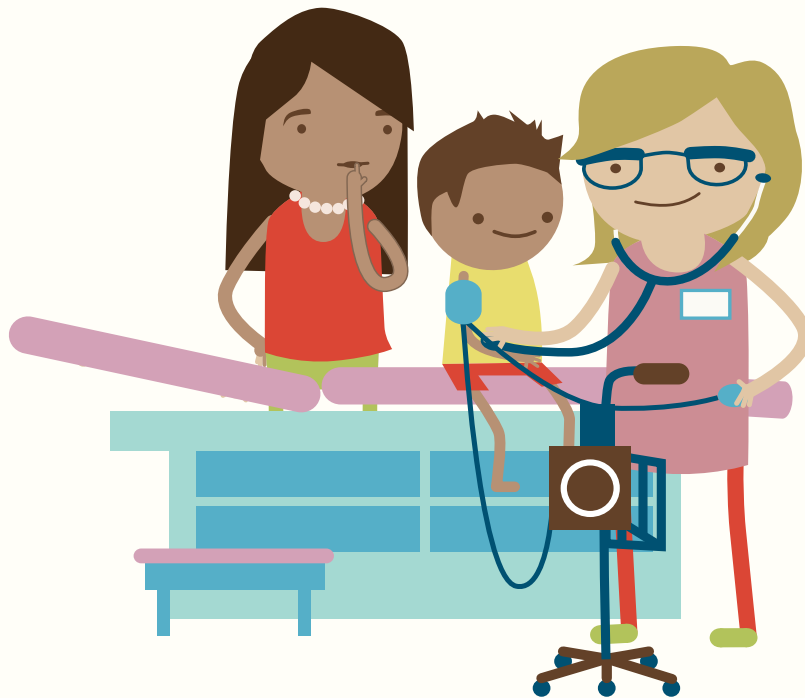


UP NEXT: SCHOOL AGE LEVEL



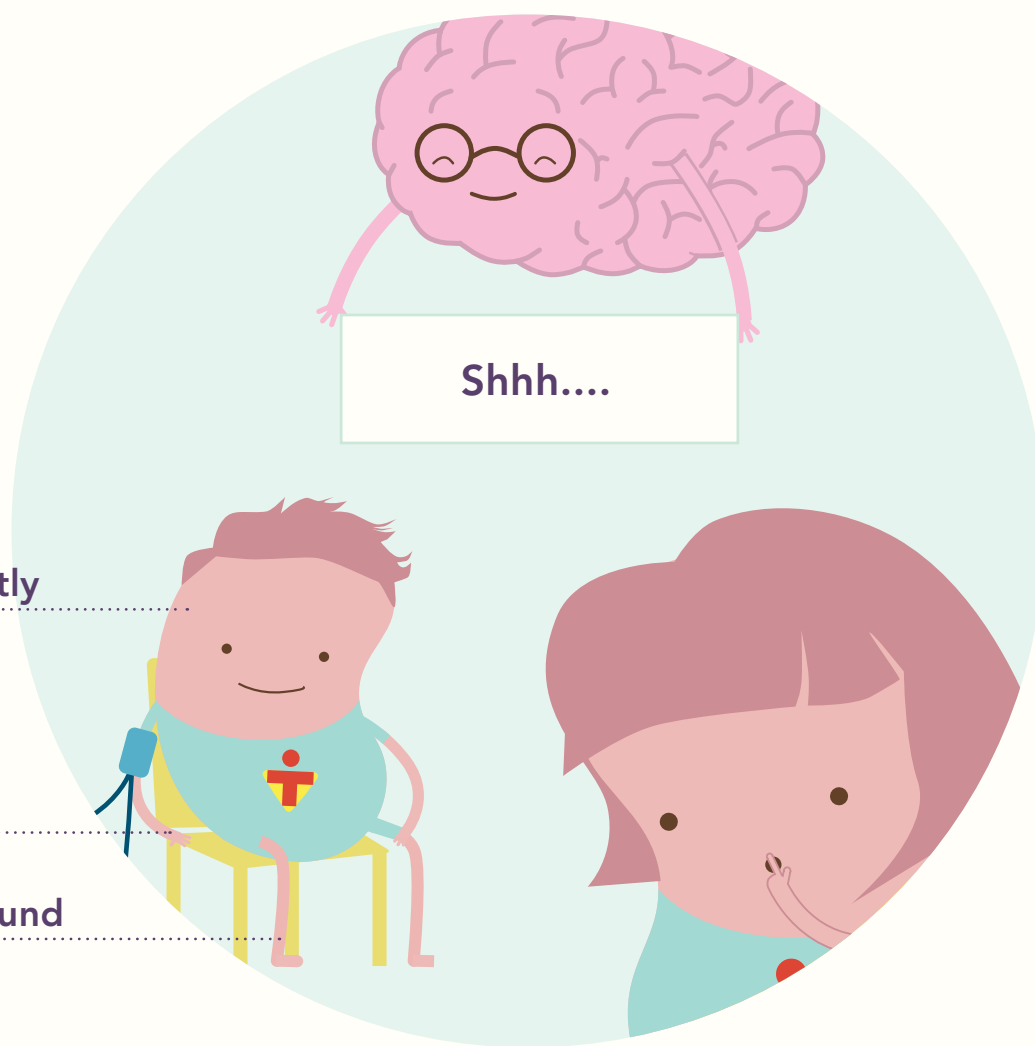
# BLOOD PRESSURE

SCHOOL AGE LEVEL



## RESOURCES MENU

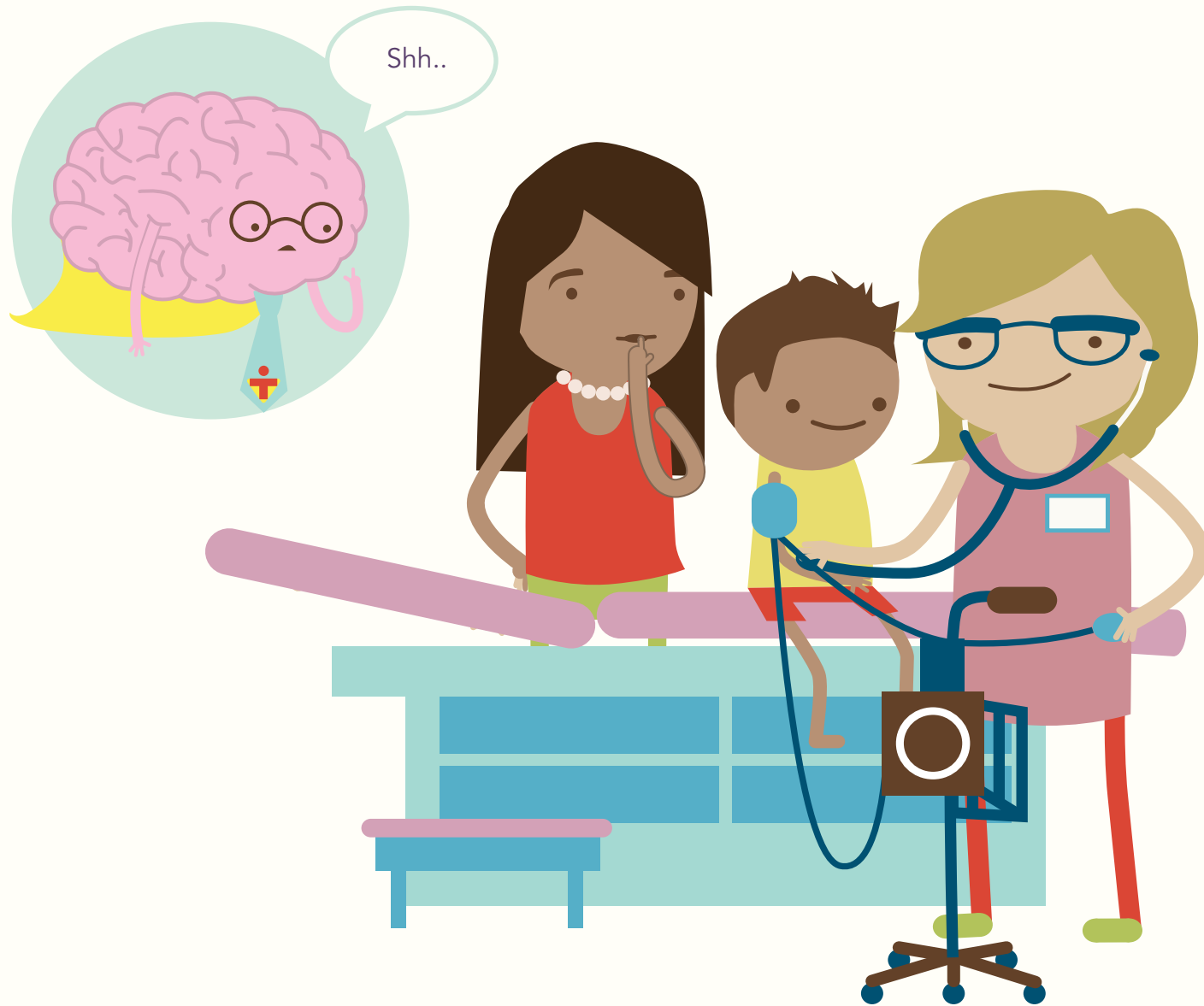
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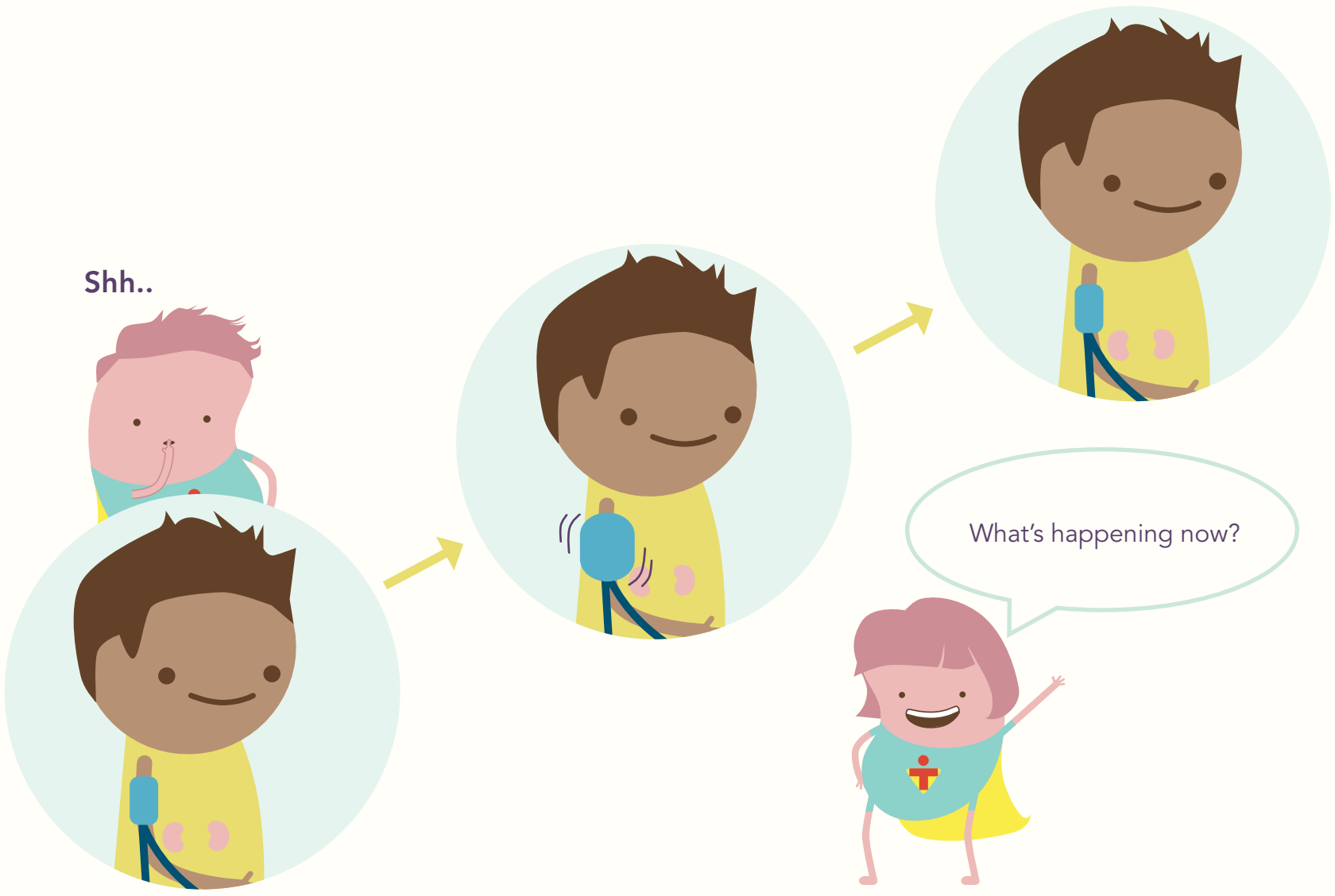


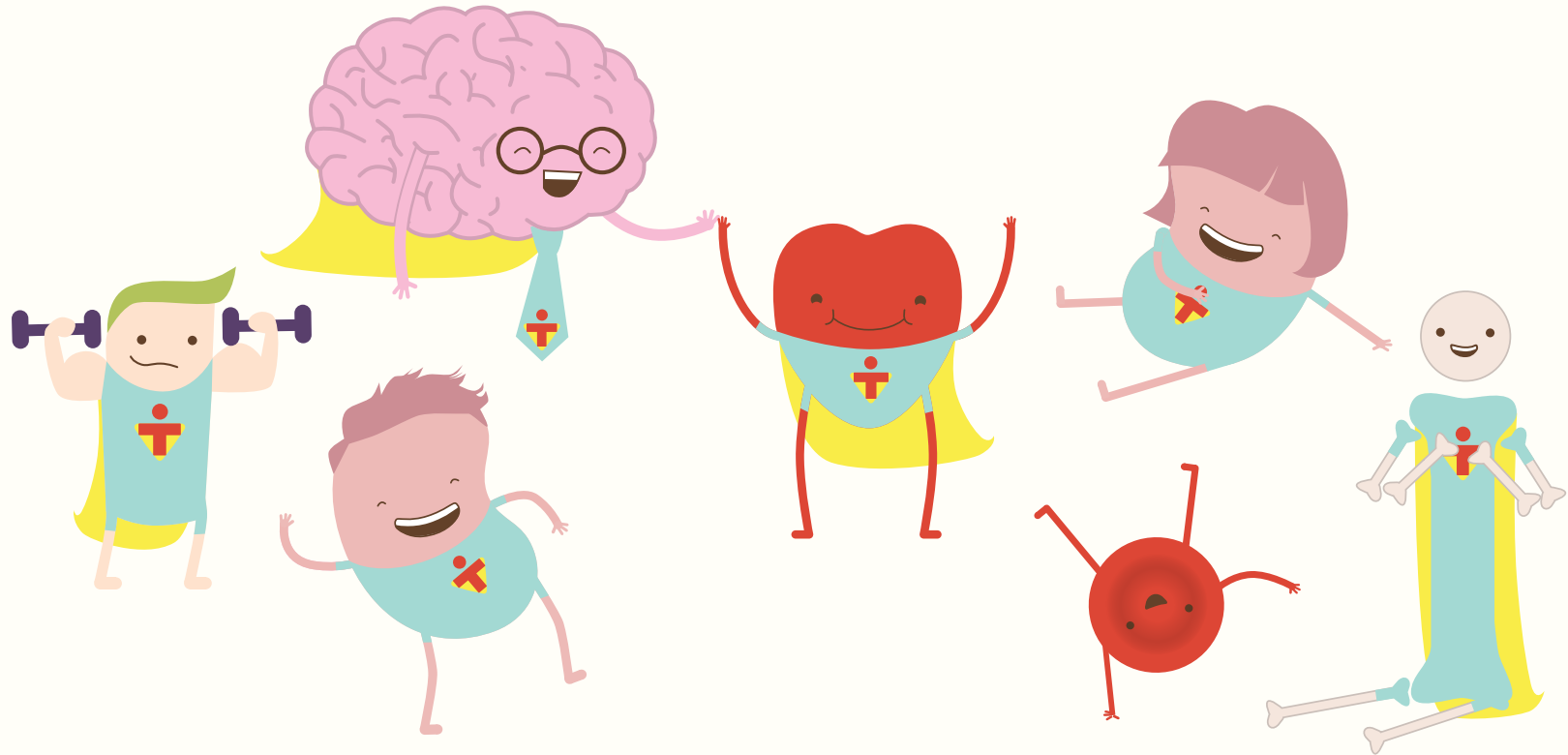
Sitting quietly

Palm up

Feet on ground

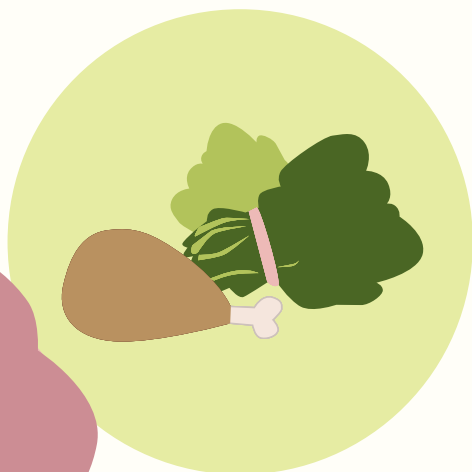






The right amount of **blood pressure** makes the **Heart, Brain** and **Kidneys** happy!

What are the four ingredients for healthy blood pressure?

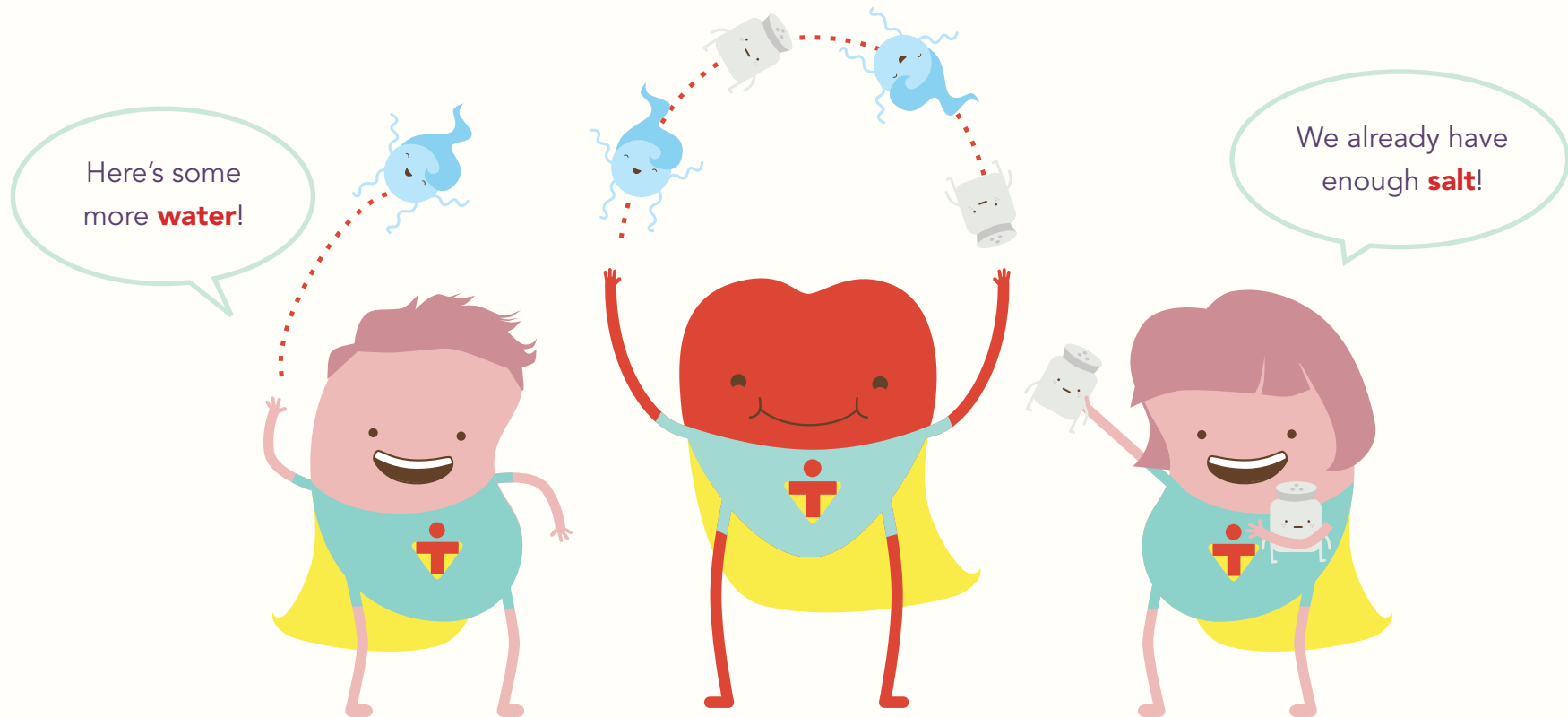


**HEALTHY BLOOD PRESSURE**

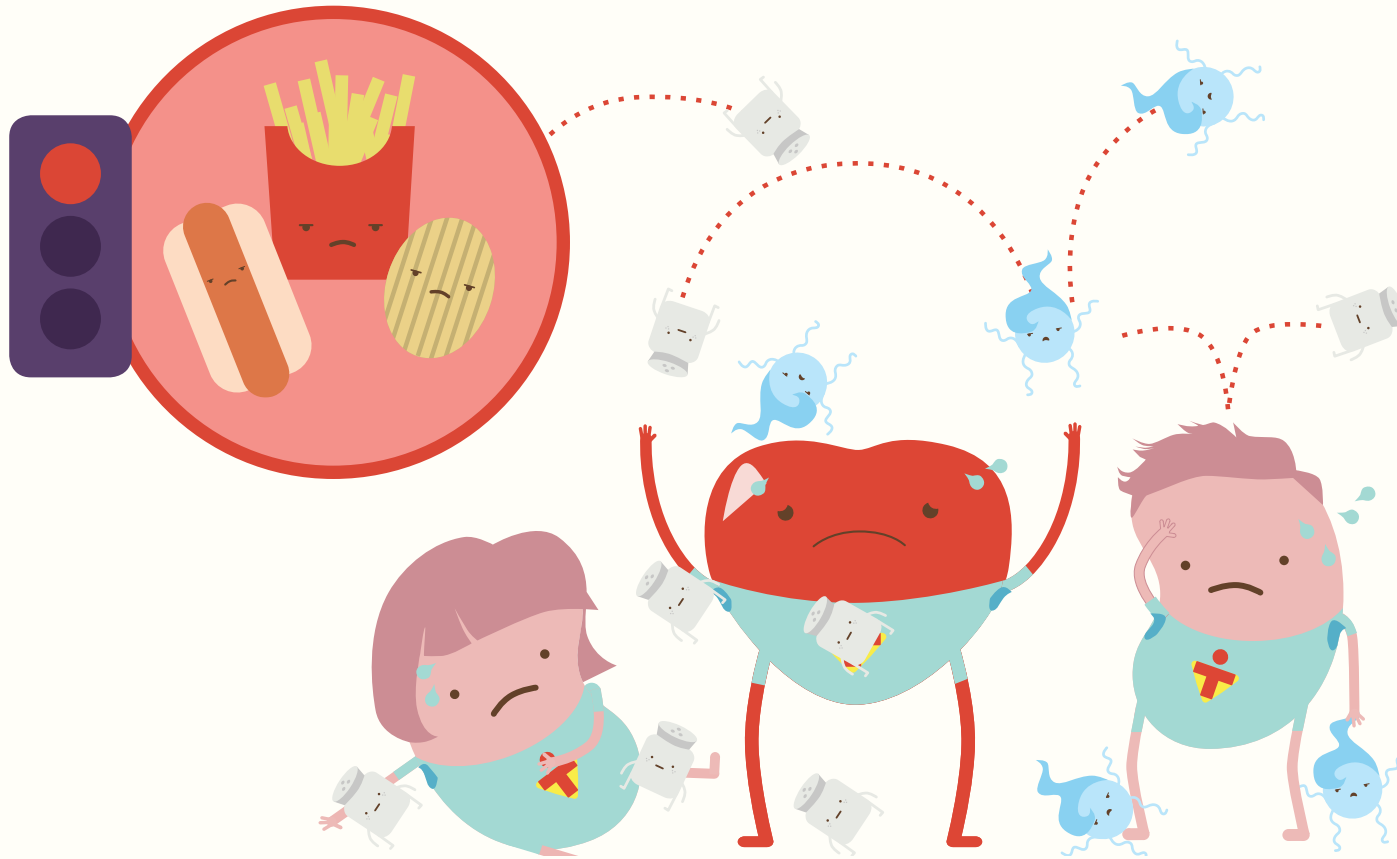


Eat **Whole Foods**.





The **Kidney Twins** help Heart stay healthy.



**Processed Foods** have too much salt. Too much salt means the **Kidney Twins** have trouble balancing salt and water.



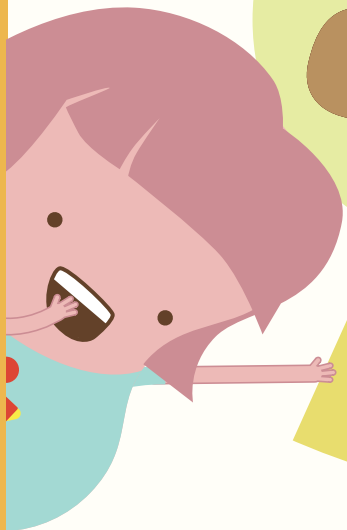
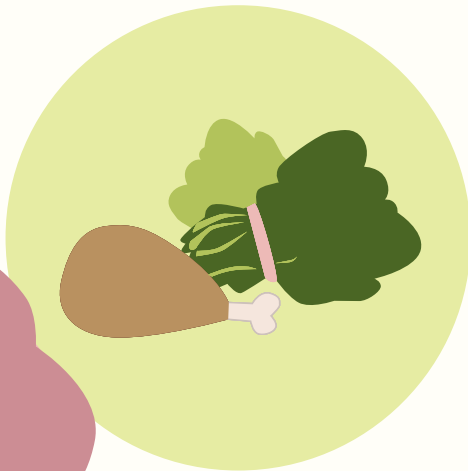
Your body needs some salt to work well. Your kidneys keep salt in balance in your body. Sometimes if you are having trouble keeping balance, your **Doctor** will ask you to eat less salt.



How do we get **physical activity**?

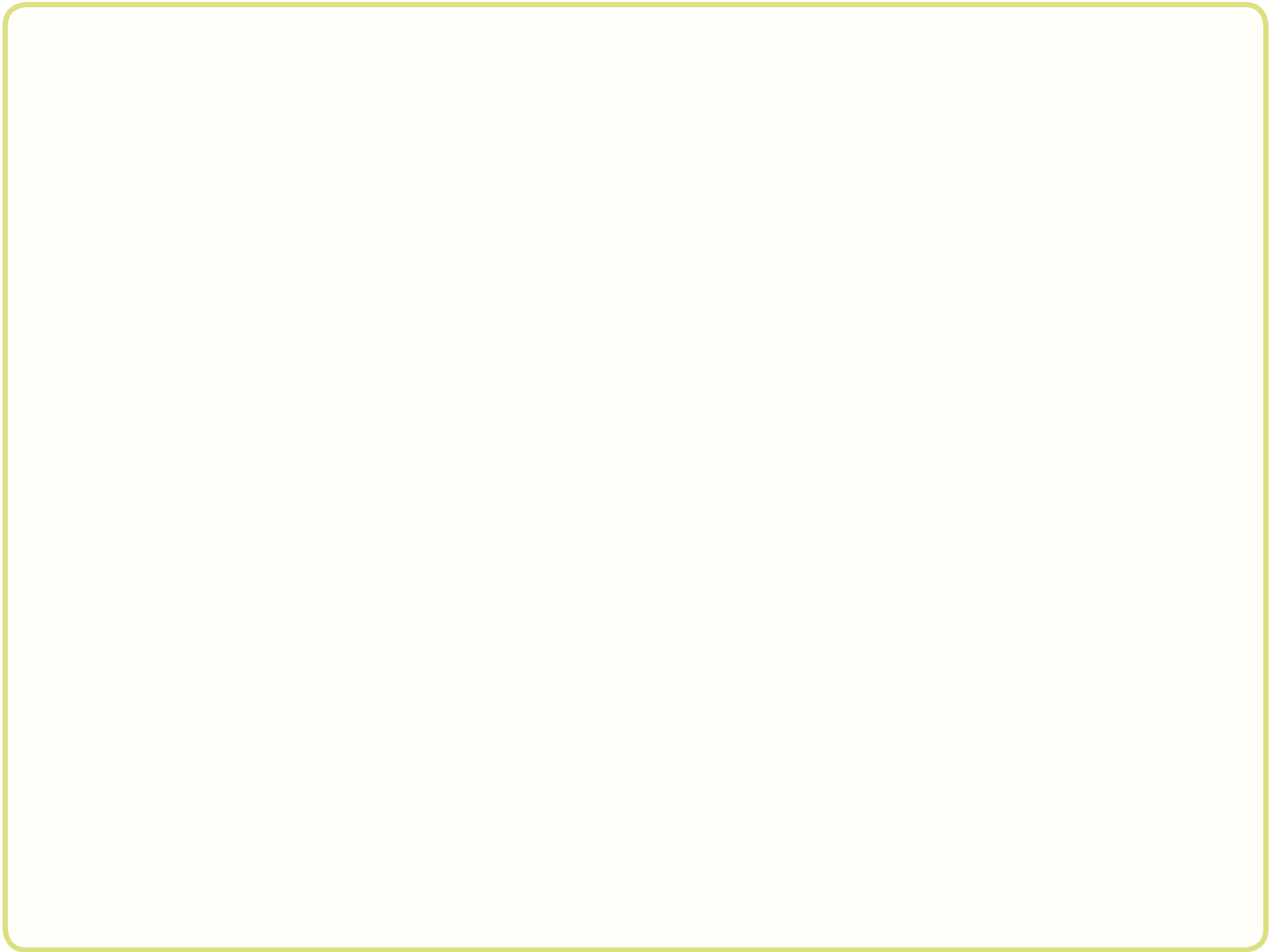
Sometimes we need **medicines** to help our body have a healthy blood pressure.





**HEALTHY BLOOD PRESSURE**

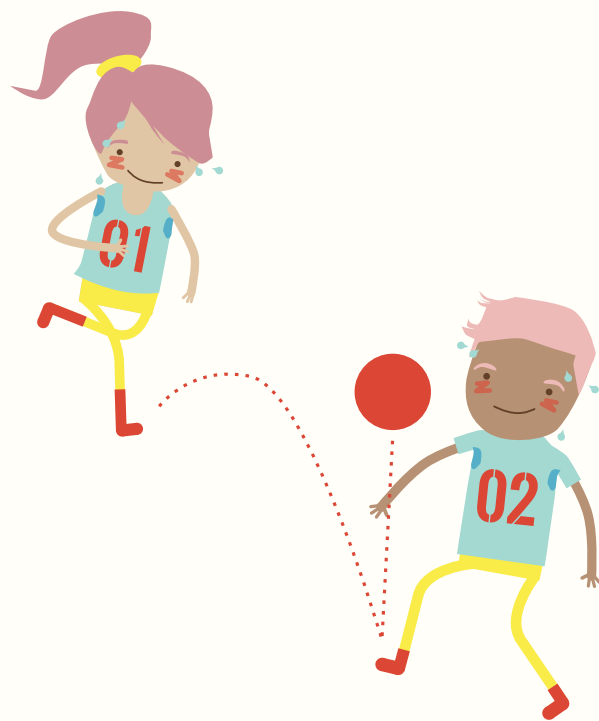
UP NEXT: ADOLESCENT LEVEL





# BLOOD PRESSURE

## ADOLESCENT LEVEL



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## BLOOD PRESSURE

I get my **blood pressure** checked every time I'm in the **Kidney Health Clinic**. Did you know they want you to be quiet and calm when they test your blood pressure?



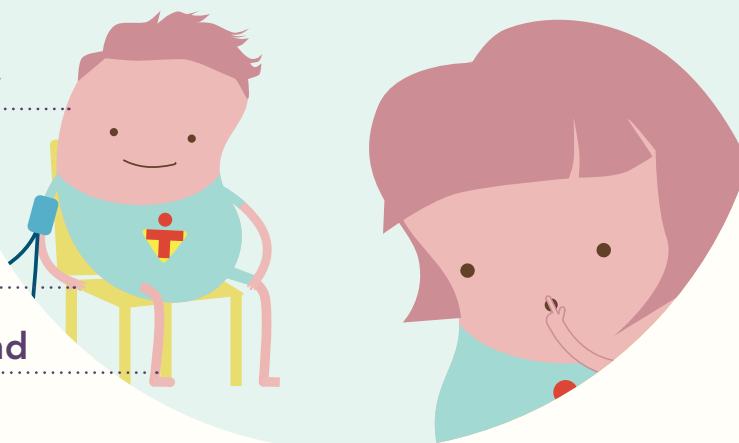
Yes, it's an easy test. I just have to sit there with the **cuff** on my right arm. It gets tight for a few seconds and then gets looser and looser and the **Nurse** listens really carefully.

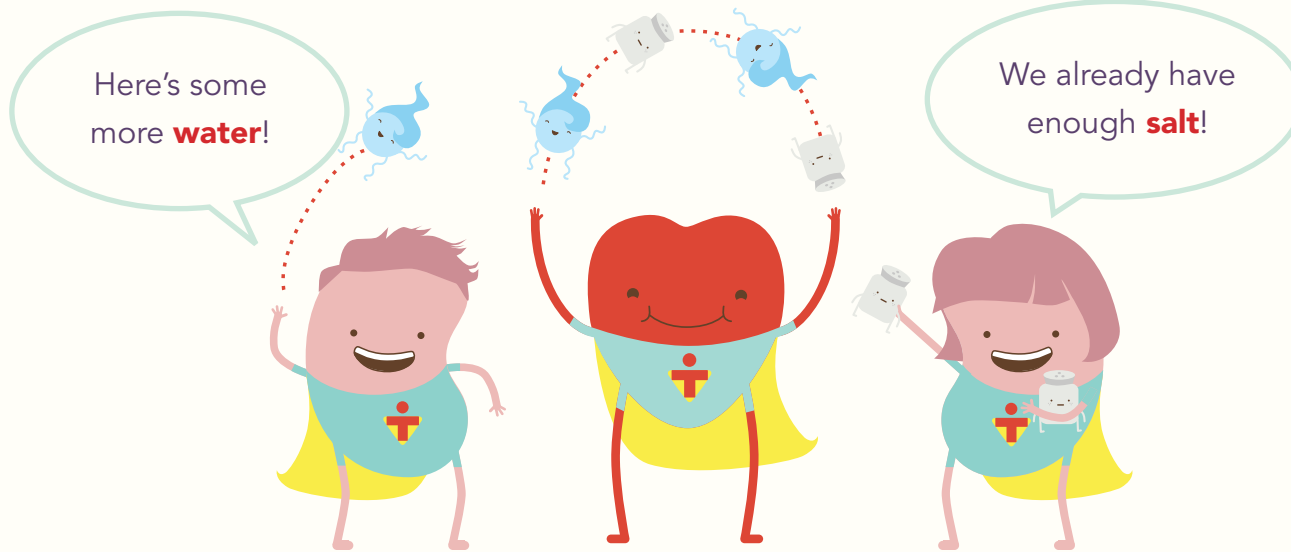
Shhh....

Sitting quietly

Palm up

Feet on ground

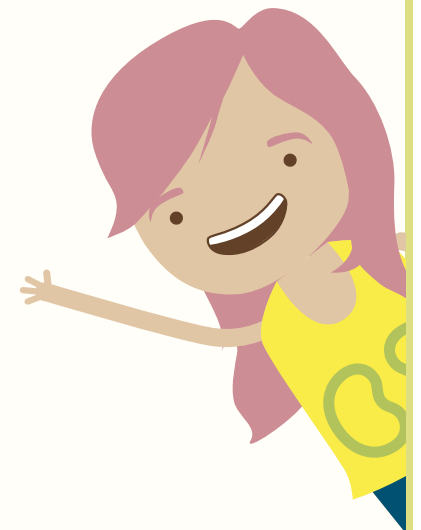




Bet you would never guess that your **kidneys** influence blood pressure!

No way – your kidneys are connected to your **heart**?!

Remember your kidneys keep **balance** and know the right amount of salt and water for a healthy heart.



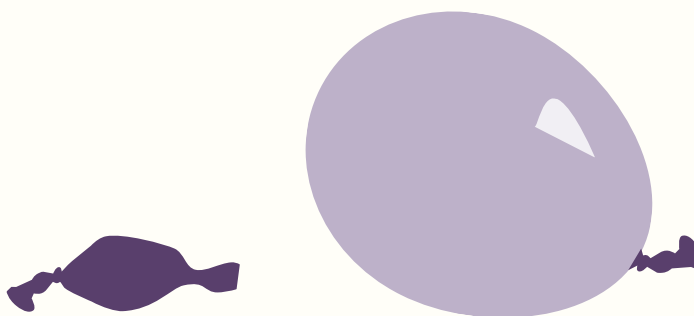


Ok, so our kidneys help keep our heart healthy. But I don't understand what you mean about blood pressure. What is pressure?

Have you ever filled up a balloon with water? If there is not enough water, the balloon is too soft and can't keep its shape. If there is too much water, the balloon is stretched too thin and the pressure is too much.

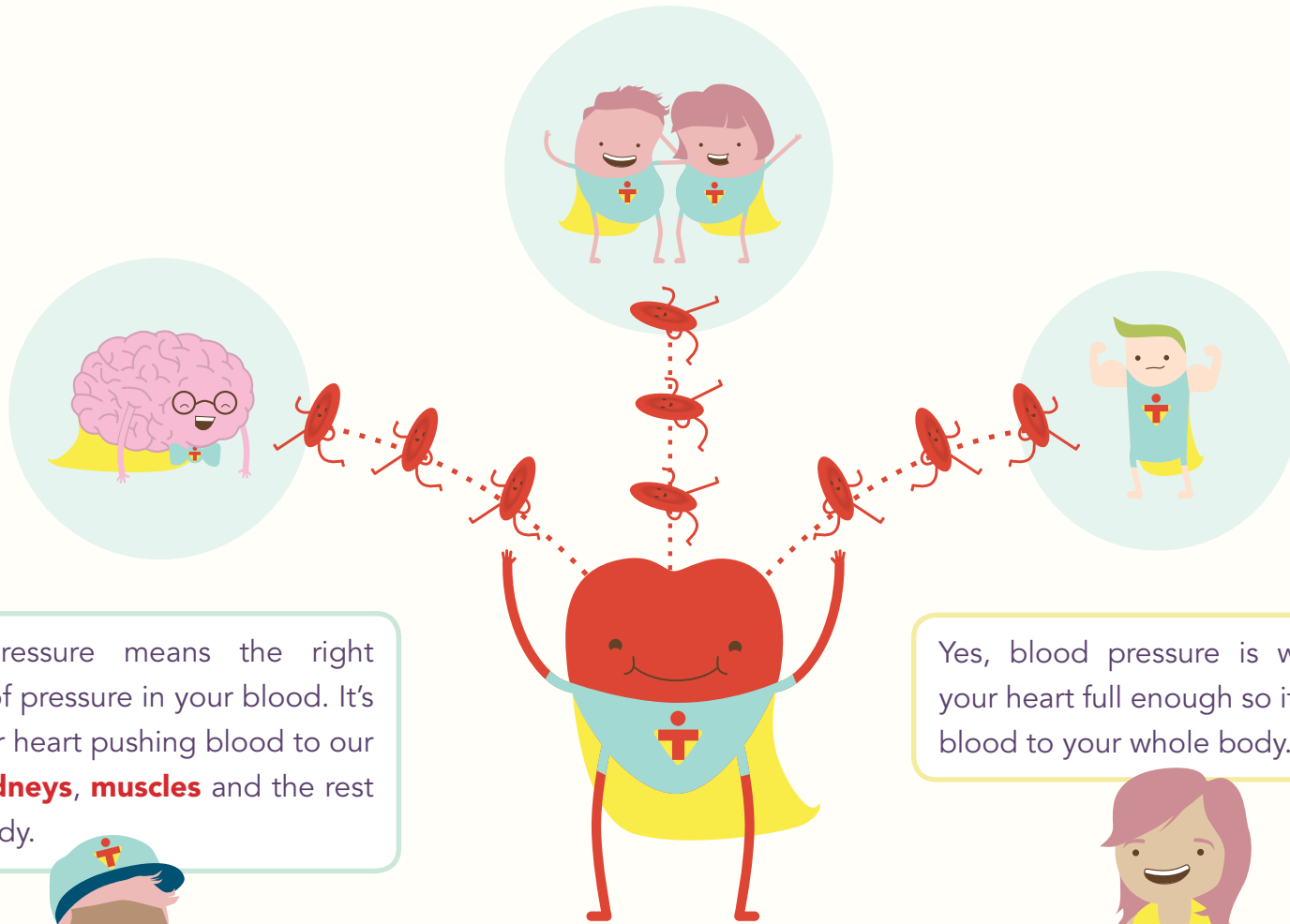


Ahh, so we want just the right amount of pressure in the "balloon".



low pressure

high pressure



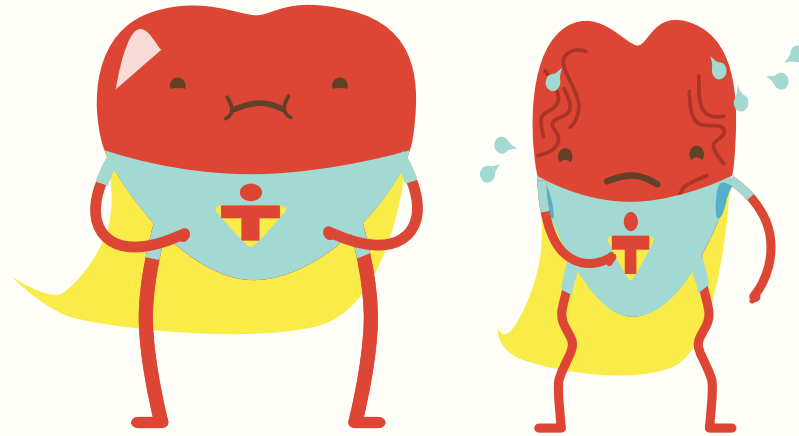
Blood pressure means the right amount of pressure in your blood. It's about our heart pushing blood to our **brain, kidneys, muscles** and the rest of our body.

Yes, blood pressure is what keeps your heart full enough so it can pump blood to your whole body.

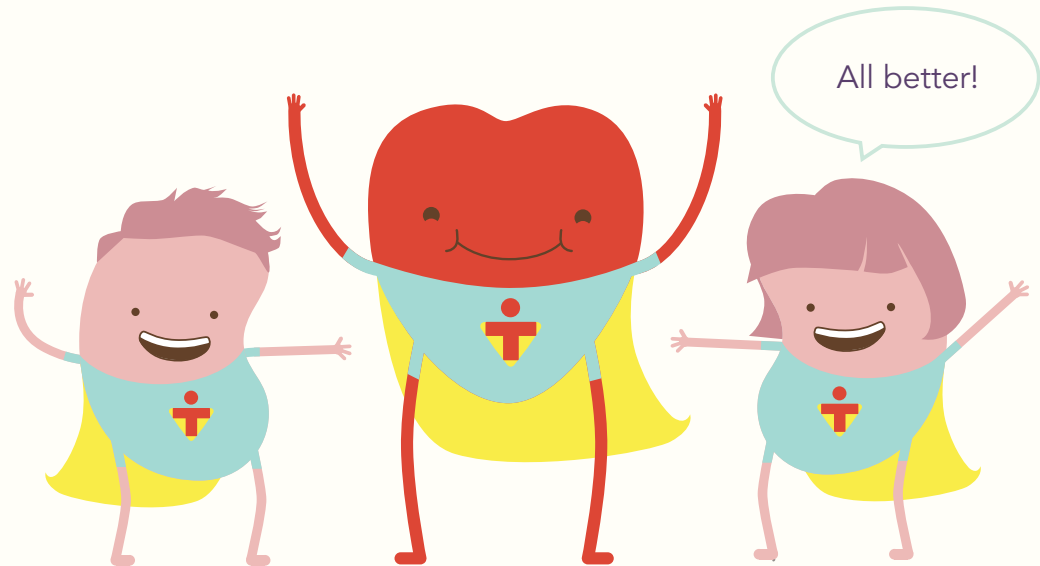




The kidneys are responsible for the right blood pressure in our body.

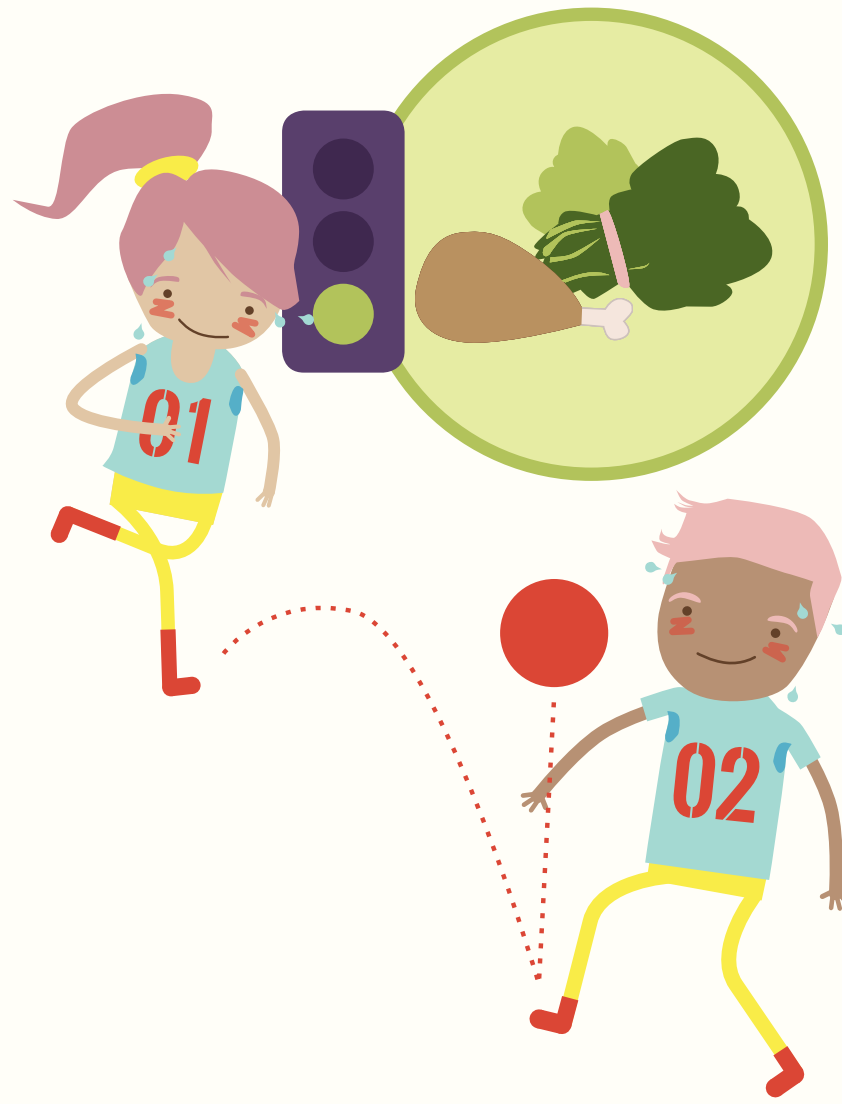


If there is too much pressure, your heart gets weak and sick and if there is not enough pressure, your heart can't keep up and gets tired.



So, how do we help our kidneys make our blood pressure healthy?





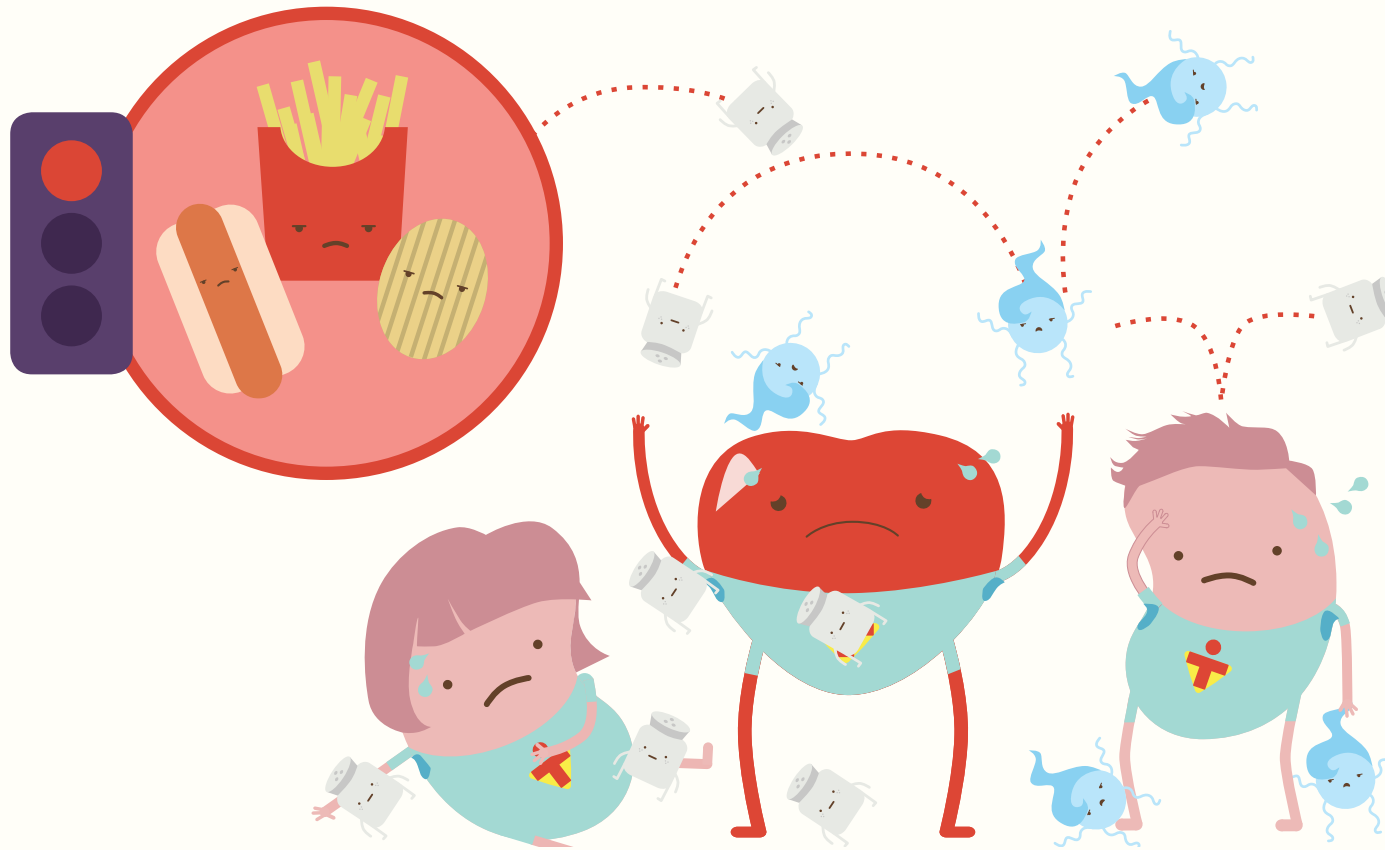


We have talked about eating **Whole Foods** before. I try to eat foods that come from plants and animals.



There's enough salt in this food. I don't need to add any.





Yes, those are the **Green Foods**. I've been working on that too. I used to eat lots of chips and pop. I cut those two things out and I feel so much better. I'm a healthier weight now.



**Processed Food** has too much added salt and sugar for our bodies - these are **Red Foods** now. We need to avoid them.

But that sounds like it will be kind of hard to do!

It's a change but my **Kidney Health Team** showed me how. They had good ideas about making food taste good without using salt. I bet the **Dietitian** could help us out too!



vinegar



lemon



garlic



cranberries



cucumber



parsley



coriander



basil




mint



rosemary

What other flavorings can you try?



The Kidney Health Team has talked to me about **physical activity** before too.

It was kind of tough to get more physically active. It took me a while to work up to it, but I'm feeling better now that I'm getting 60 minutes of activity every day. And doing activities that I enjoy makes it a lot of fun!

That's great! My friend and I love boarding together!

**goal: 60 minutes every day!**



Sometimes we still need more help though, so we will get **medicine** to help our blood pressure be healthier.

Do you think I should make a **schedule** for my medicine that my **Doctor** says I need?

That would definitely help you remember to take them every day! You could even use your phone to set an alarm.



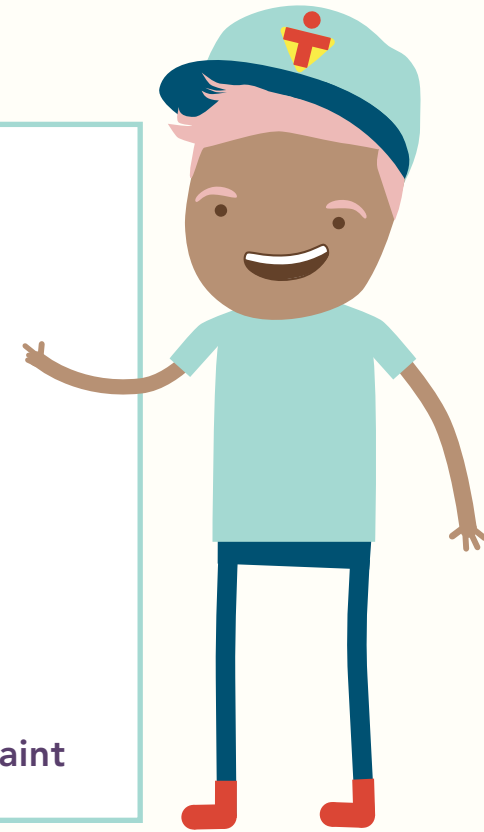
How will I know if there's something wrong with my blood pressure?

The Kidney Health Team told me to watch for these things:

**WARNING!**

**Contact the Kidney Health Team if I have:**

- headaches
- trouble seeing or double vision
- breathing problems
- puffy eyes or swollen feet
- belly pain
- chest pain
- dizziness or light headedness like I could faint



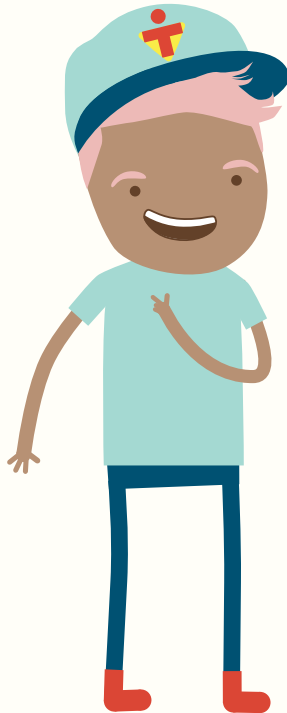
How would they know if my blood pressure is high all the time?

There's a test they can do with a blood pressure cuff called an **ambulatory blood pressure monitor (ABPM)**. You wear it for 24 hours before your clinic visit. This way you can see how your blood pressure changes during the daytime and when you're asleep!



I have control over helping my kidneys keep my blood pressure healthy!

Me too! It's **my choice** to eat Whole Foods, watch my salt intake and get regular exercise.



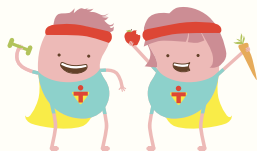
MY  
CHOICE







**HEALTHY KIDNEYS**



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](mailto:jstrong@exchange.hsc.mb.ca) or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>