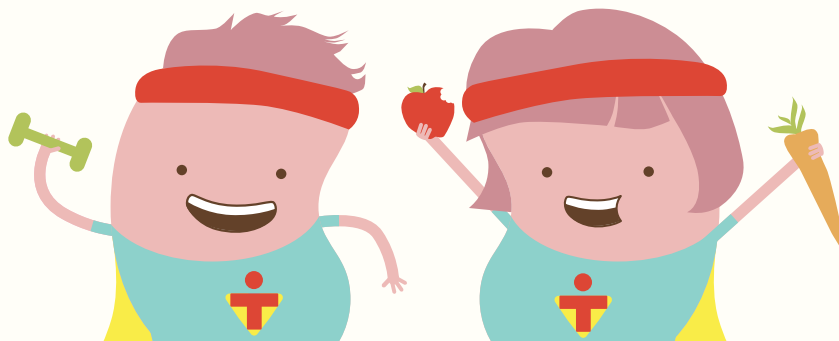


HEALTHY KIDNEYS GROWTH



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.

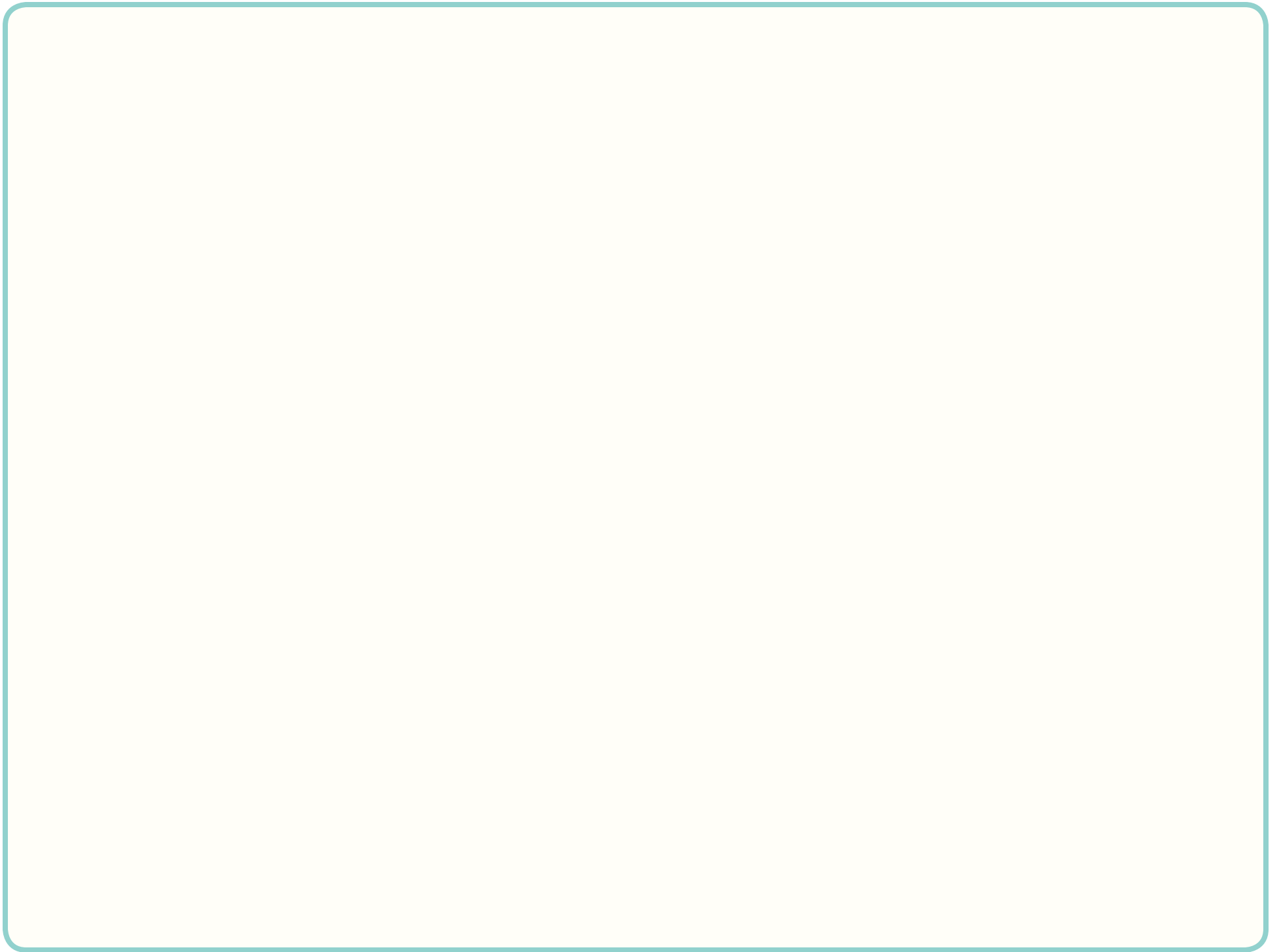
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

Developmental levels within this resource:

PRE-SCHOOL LEVEL

SCHOOL AGE LEVEL

ADOLESCENT LEVEL



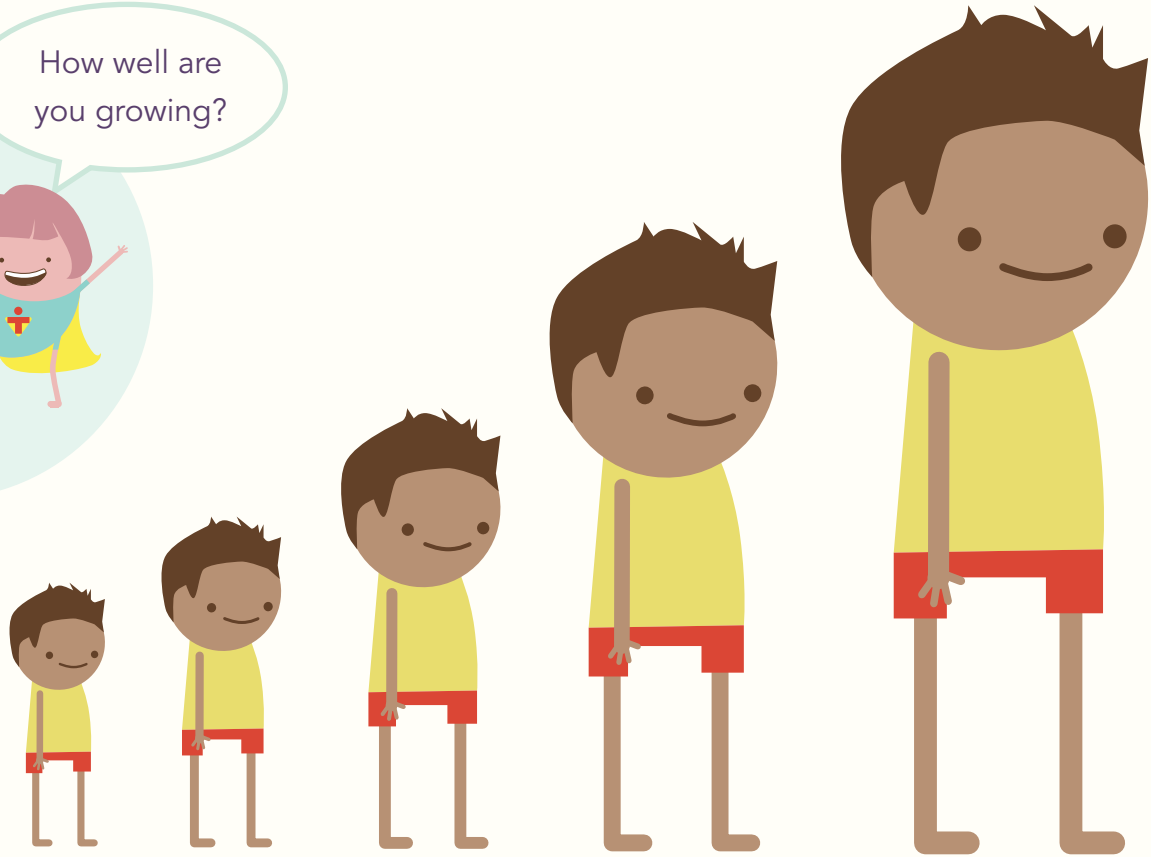
GROWTH

PRE-SCHOOL LEVEL

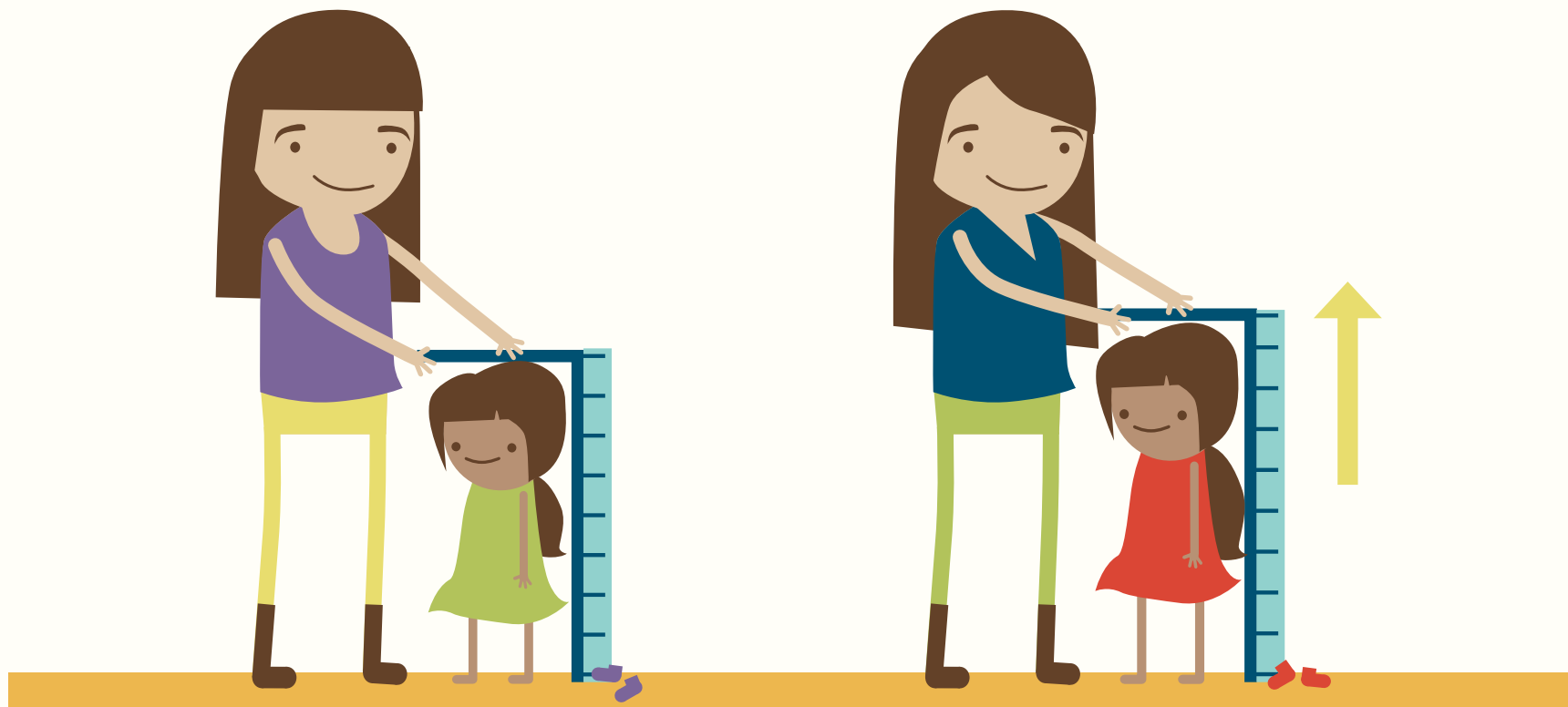


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We check how well you are growing when you come to the **Kidney Health Clinic**.



Last Year

This Year



We want you to keep growing well!



Sometimes we need extra foods and drinks to help us grow better.

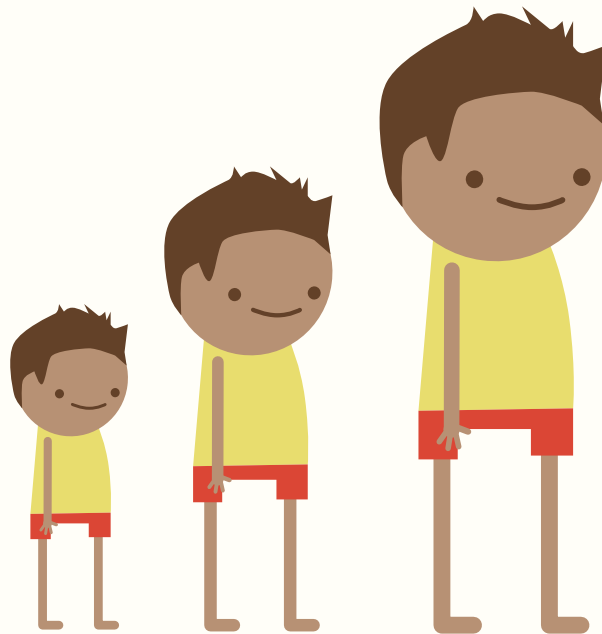


If it's too hard to eat enough of the right foods, we can help you. We can give you food right into your tummy.

UP NEXT: SCHOOL AGE LEVEL

GROWTH

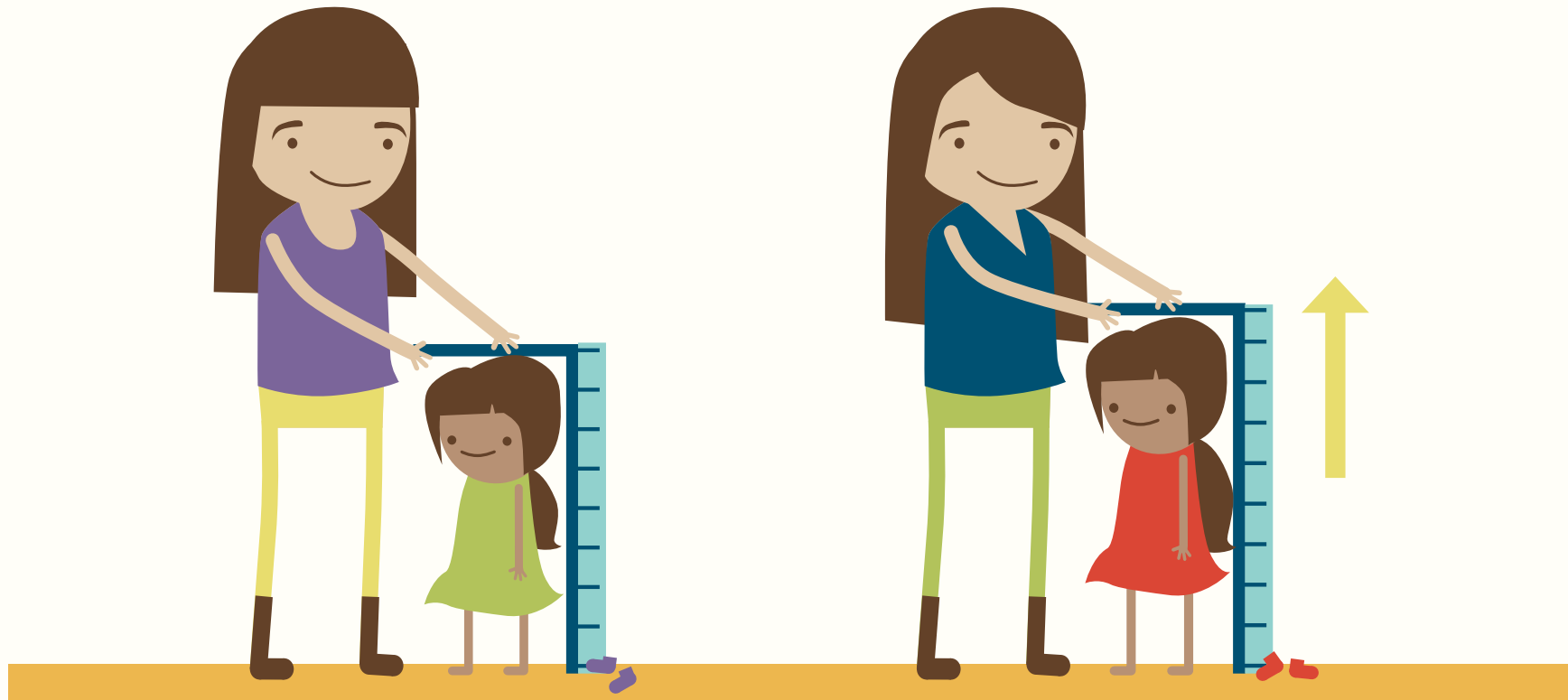
SCHOOL AGE LEVEL



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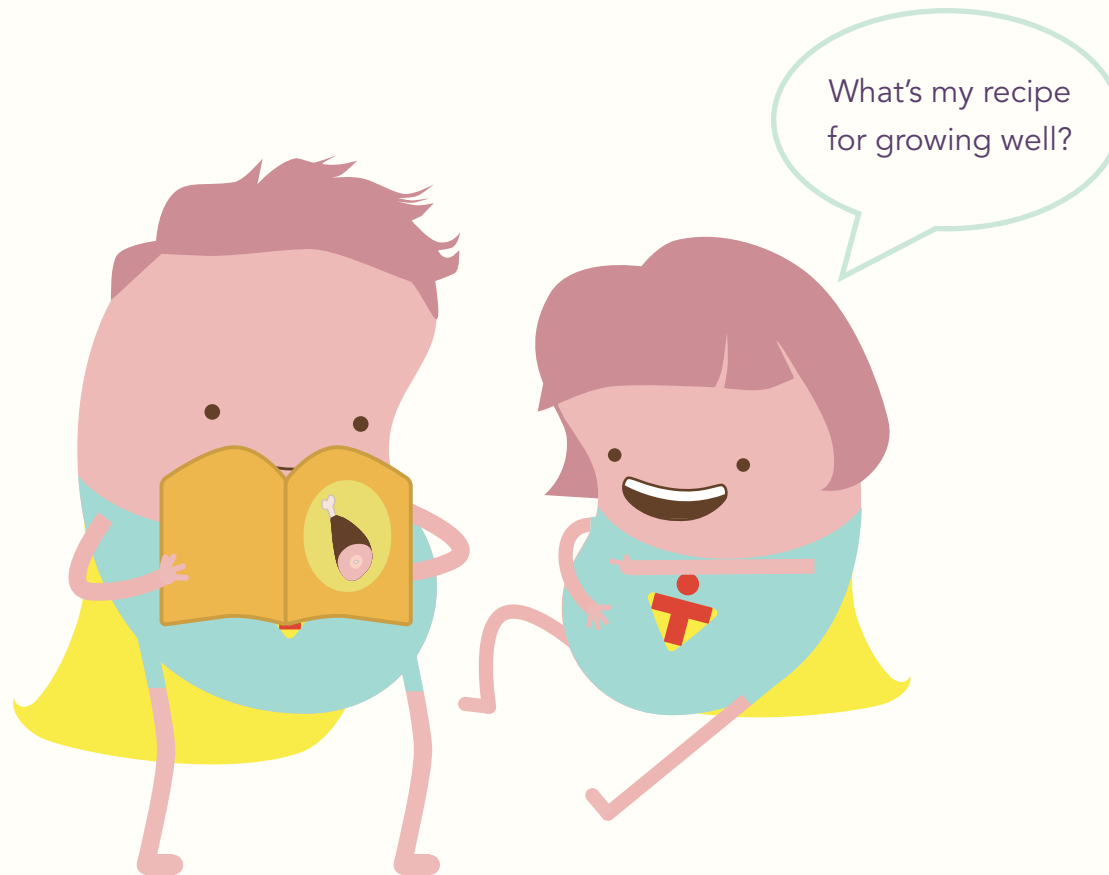
We check how well you are growing when you come to the **Kidney Health Clinic**.



Last Year

This Year

There is a recipe for growing well!





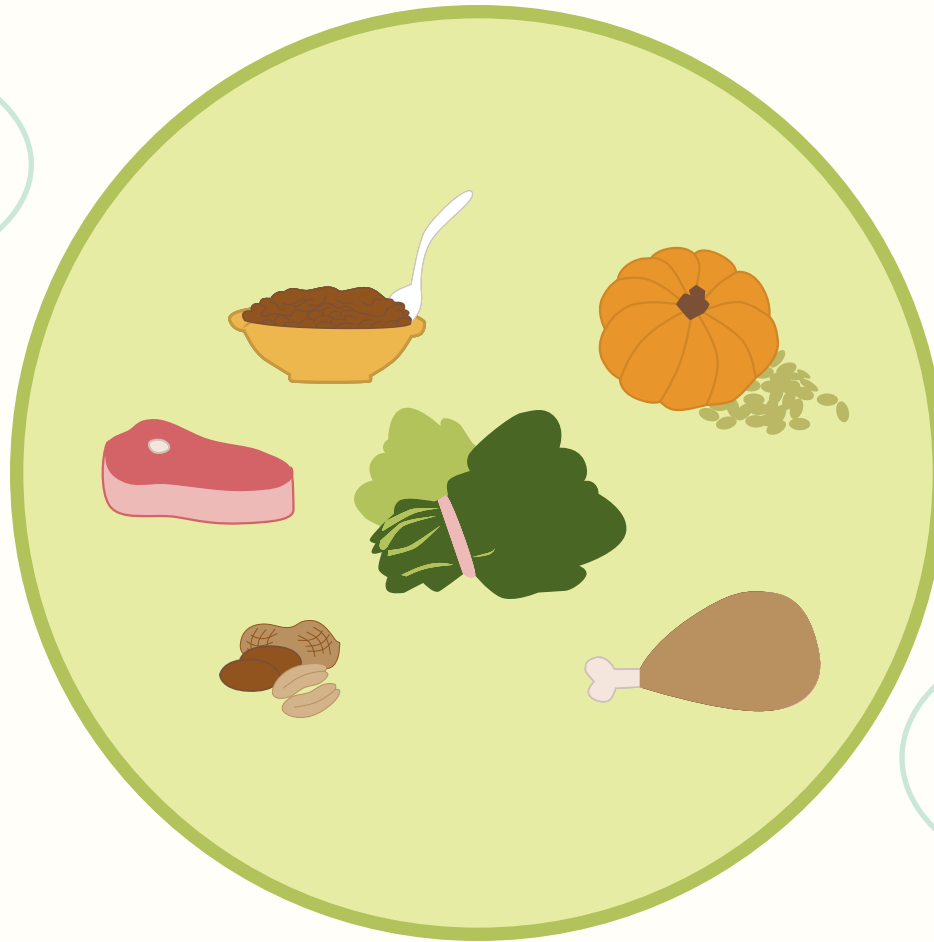
Nutrition Supplements

Recipe for Good Growth

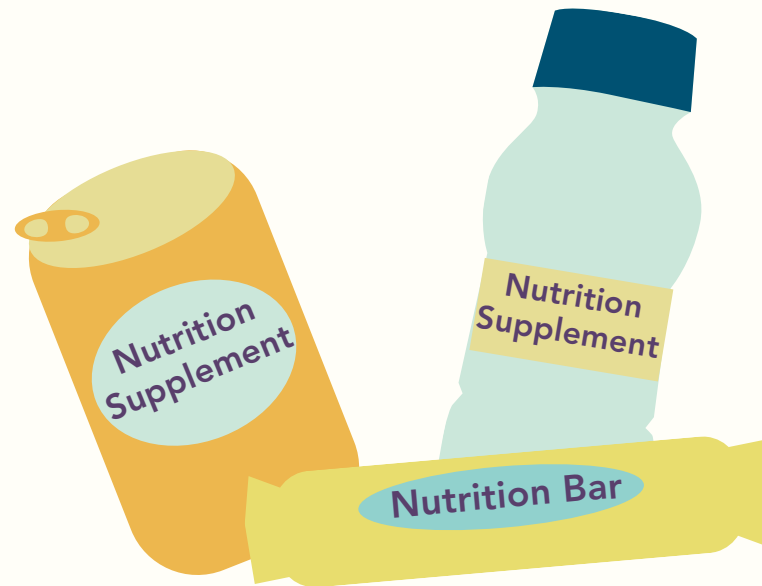
Ingredients:

- healthy **Whole Foods**
- **food supplements**
- **vitamin** and **mineral supplements**
- **growth hormone**

So how do we get the right ingredients inside our body?



The most important thing is to eat healthy Whole Foods.



But sometimes we cannot eat everything we need to grow. That's ok.

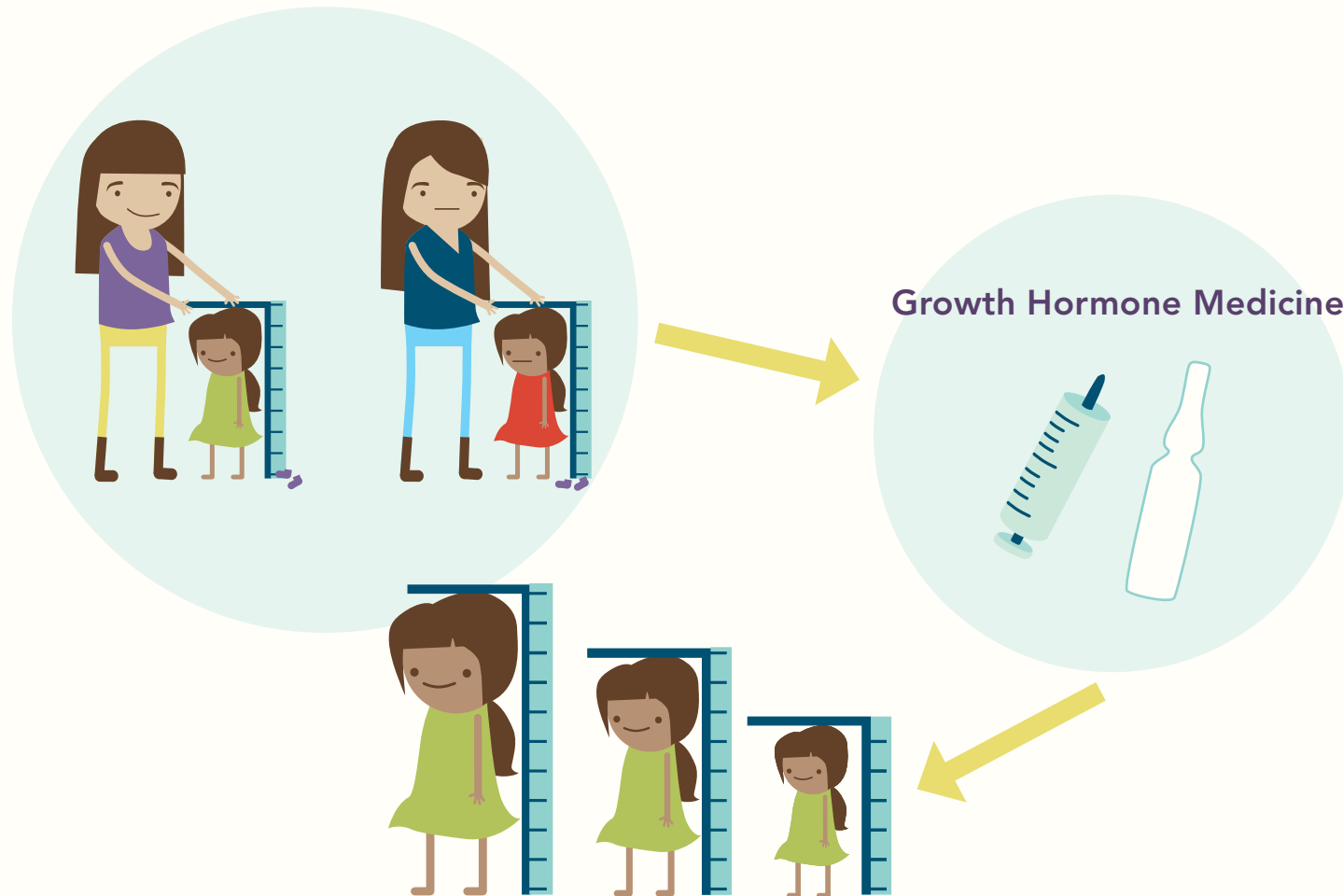
There are extra foods and drinks that our **Kidney Health Team** gives us that help us get the **nutrition** we need.



Sometimes we can't eat all the food that we need. The Kidney Health Team is here to help!

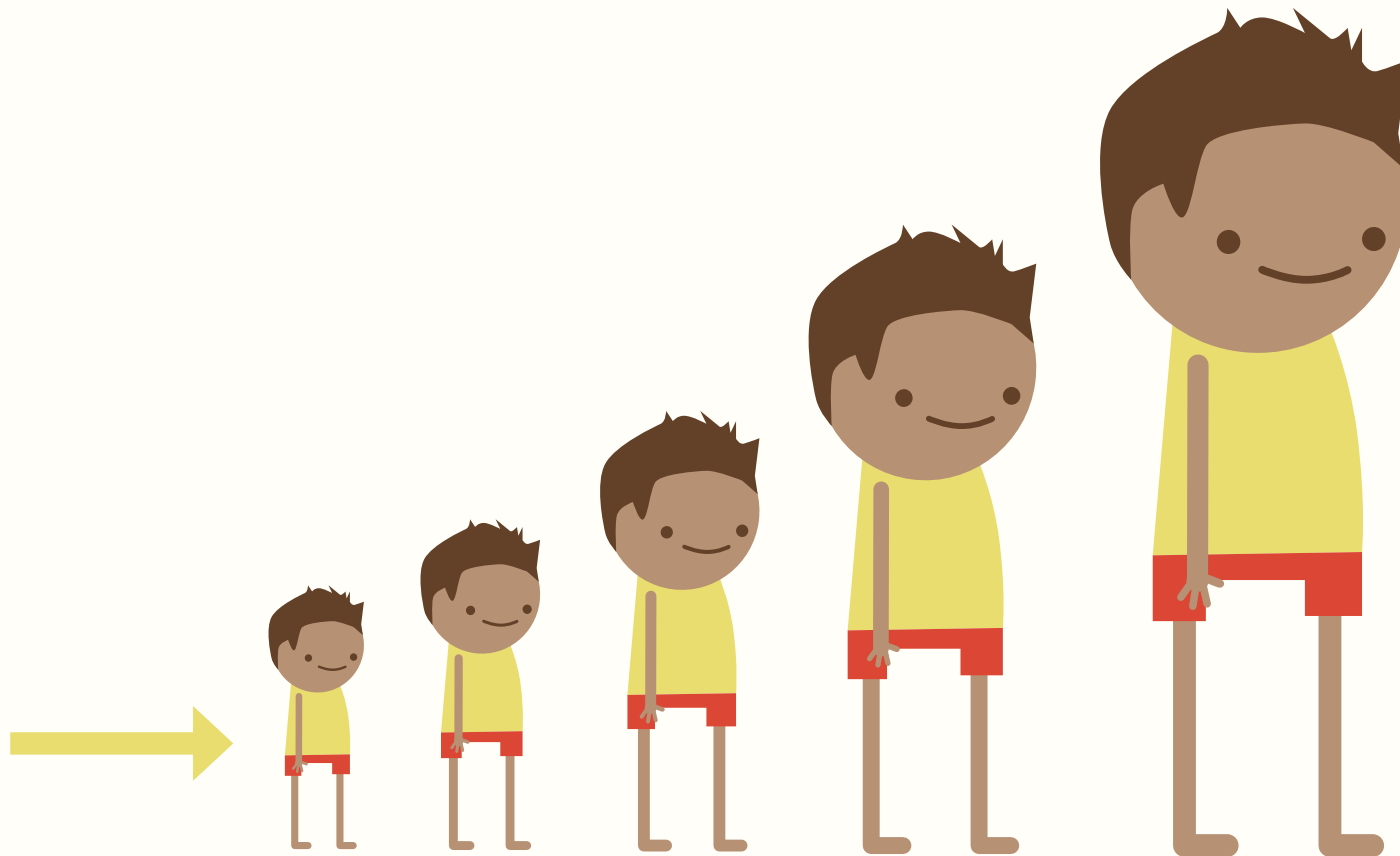


To grow well, your body also needs the right amount of **vitamins** and **minerals**. Sometimes the Kidney Health Team will suggest **vitamin** and **mineral supplements**.



Some kids with kidney disease don't grow as well. They may need extra **growth hormone medicine** to help them grow better.

The recipe for Good Growth is good nutrition, vitamins, minerals and growth hormone. Sometimes we get those ingredients from Whole Foods and sometimes we get them from food supplements, **pills** and growth hormone medicine.

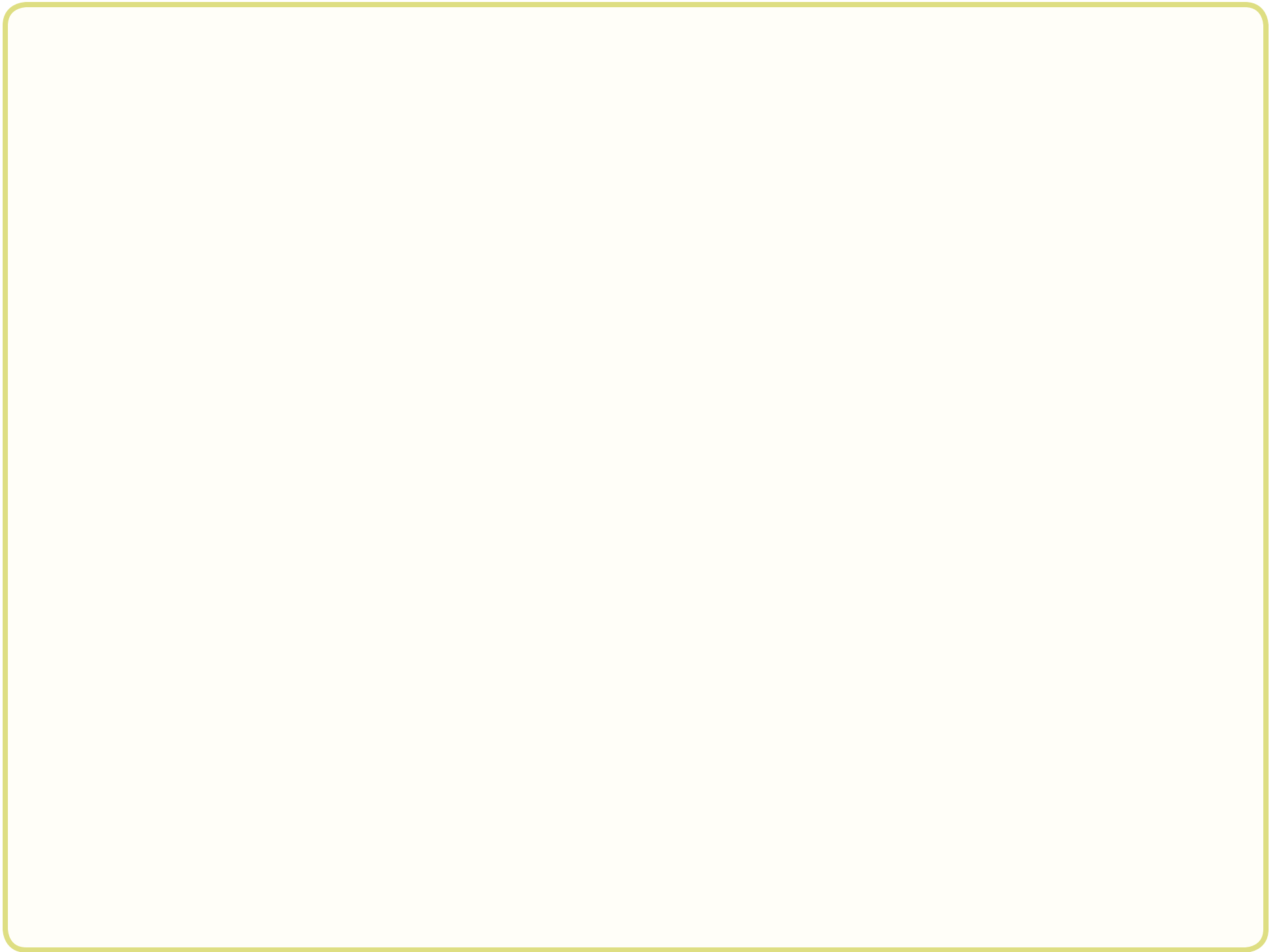




Good nutrition, vitamins and growth hormone help you have healthy kidneys.

Healthy kidneys help you grow!

UP NEXT: ADOLESCENT LEVEL



GROWTH

ADOLESCENT LEVEL



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Every time I come to the **Kidney Health Clinic**, they check my height.

I have my very own recipe for Good Growth.

So do I. My recipe has four ingredients: **Whole Foods**, **vitamins** and **minerals**, **nutrition supplements** and **growth hormone**.



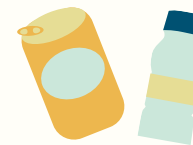
Whole Foods



Vitamins and Minerals



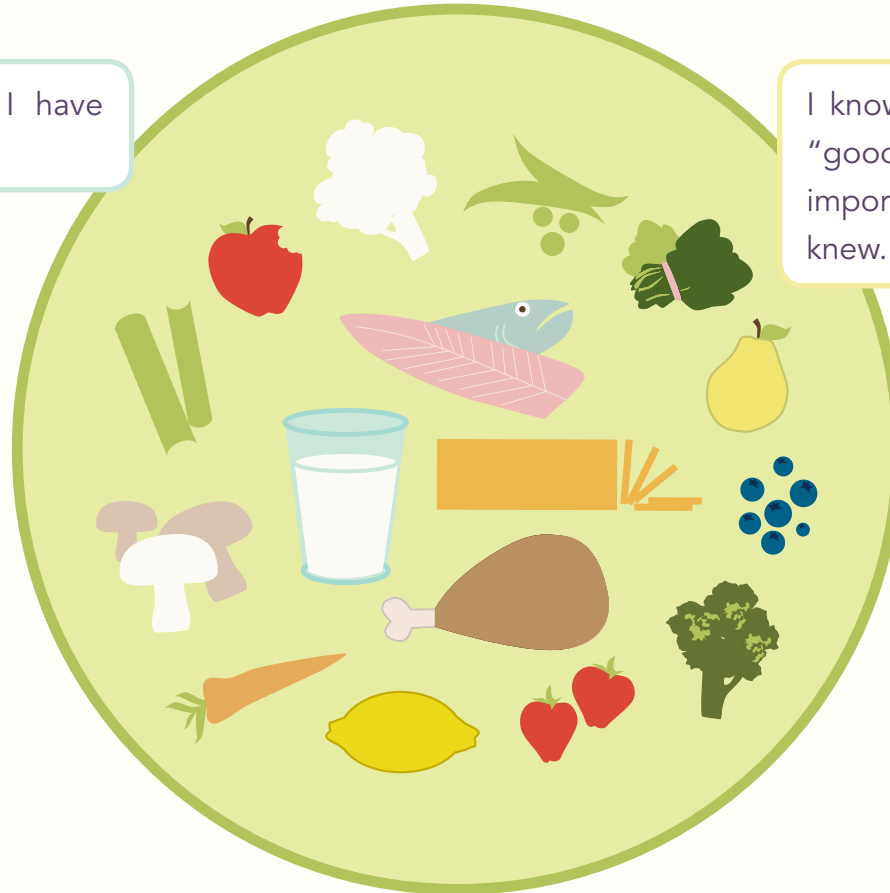
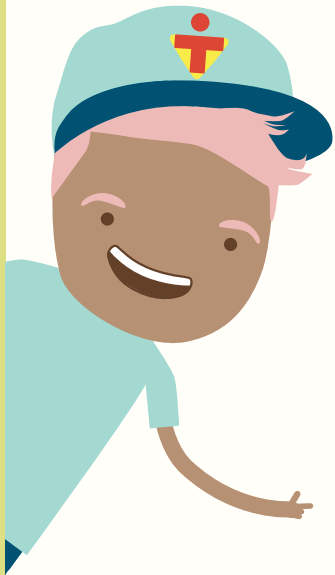
Nutrition Supplements



Growth Hormone



Good **nutrition**. I think I have heard this before.



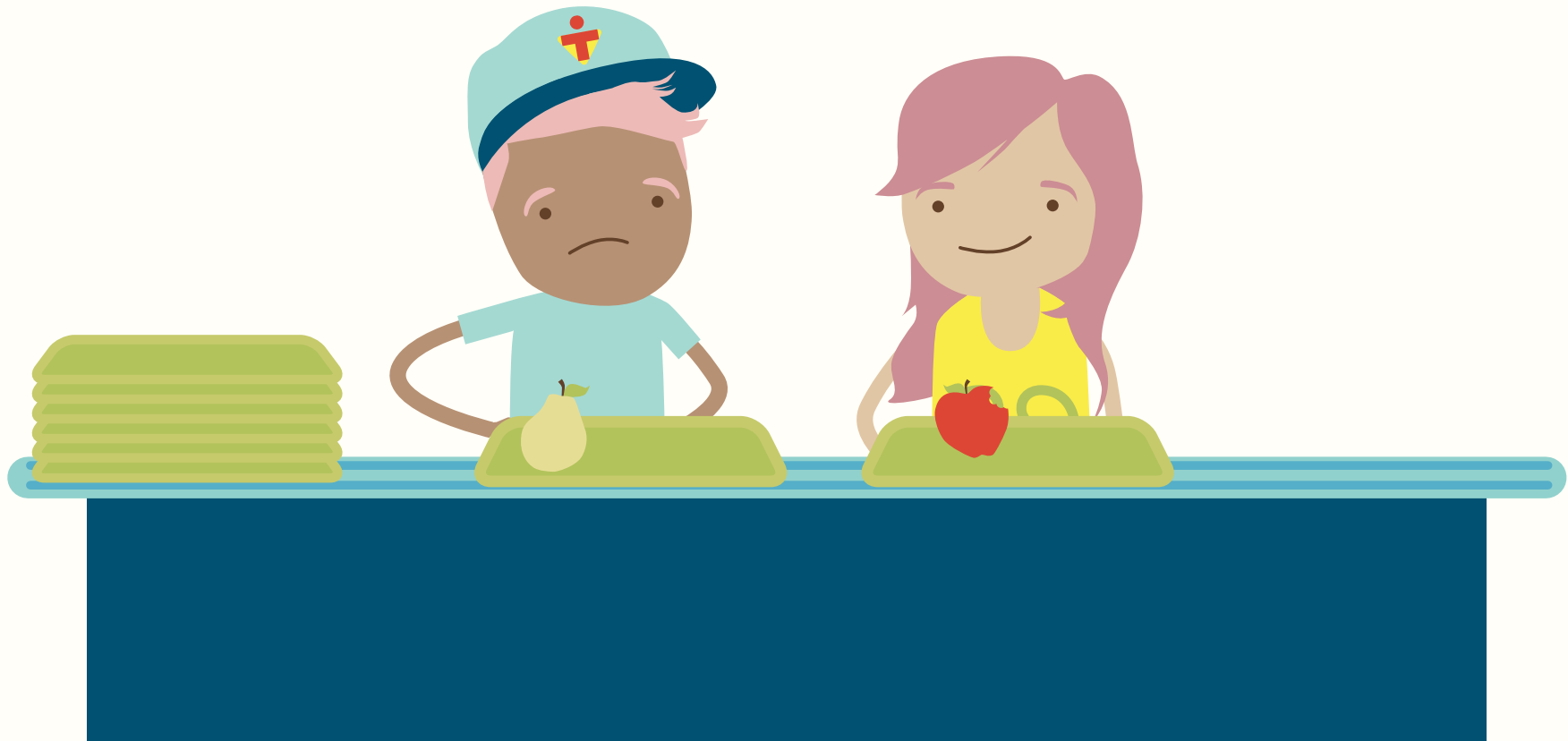
I know. They keep talking about "good nutrition." It's way more important for our body than I ever knew.



The best thing we can do for our body is to eat Whole Foods. Whole Foods come from plants and animals and have many different **nutrients** our body needs.

But sometimes I just can't eat all the food my body needs.

That's more common than you think. There are lots of different supplements - like nutrition bars and drinks - you can try. My **Dietitian** helped me.



What if I am not able to eat all these extra supplements though?

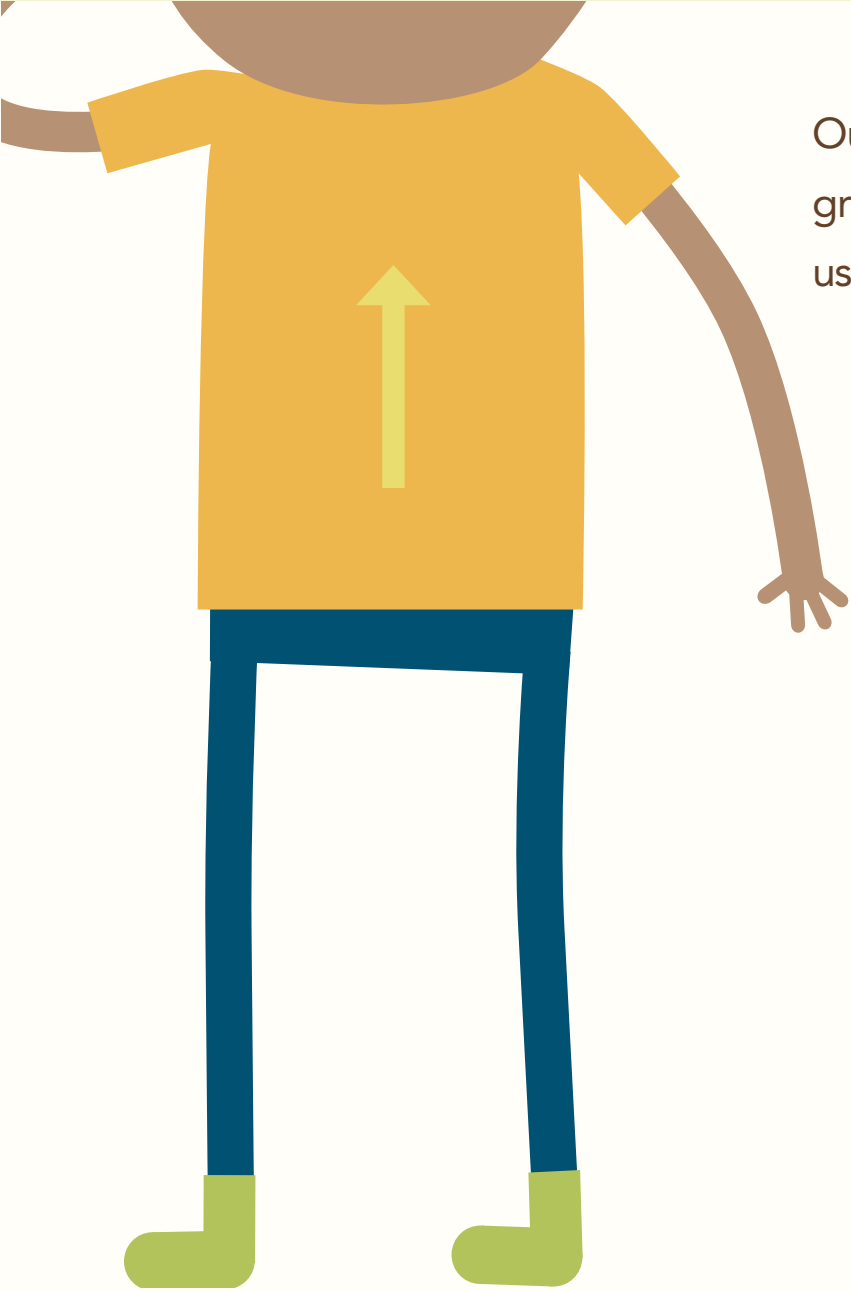
I got my **G-tube** from my Kidney Health Team – it sure made my life easier. I get the nutrition I need to grow better.



Sometimes I feel like I'm letting my family down because I can't eat enough.

With the G-tube, I can get my extra nutrients anytime – sometimes even overnight. But I still like sitting at the table with my family for dinner. The important thing is to get good nutrients so I can grow well!





Our bodies make growth hormone. If you are not growing much, it might be because your body is not using growth hormone very well.

Did you talk to your Kidney Health Team about **growth hormone medicines**?

What's that?

It's a daily **injection** to help you grow better, just like this guy! Well... maybe not quite so big!



This is a little awkward but if I'm growing more slowly, is my body still going to change like it should?

You mean "**puberty**"?

Yeah, will I still go through "the change" like other people?

Absolutely – you might just be a bit older than some of your friends. You can talk to your Kidney Health Team about that.

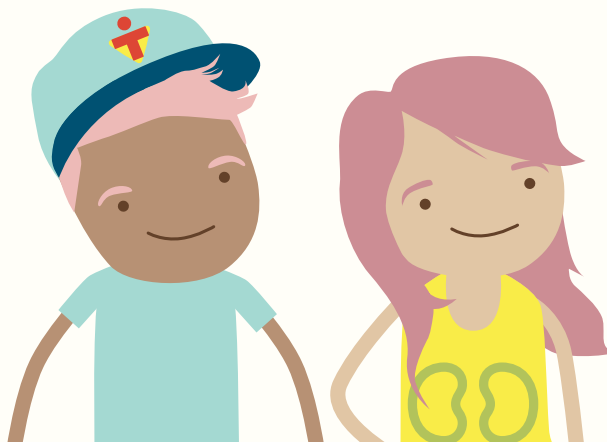


So there is a recipe for Good Growth but we have to be flexible about how we get the nutrition into our body.

That's right. Sometimes, we need help getting everything we need.

Ok, but I can still choose what will work best for me?

When I was going through this, I talked a lot to my Kidney Health Team about my choices and what would work for me.



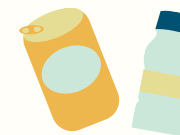
Whole Foods



Vitamins and Minerals



Nutrition Supplements

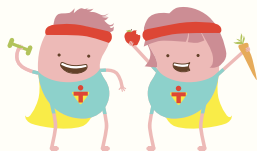


Growth Hormone





HEALTHY KIDNEYS



Created by Julie Strong RN, 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>