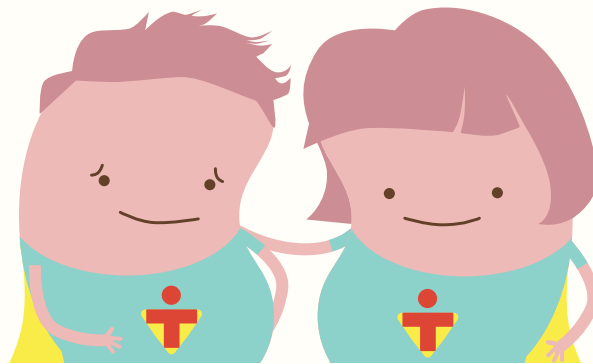


HEALTHY KIDNEYS FAMILY COPING RESOURCES



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.

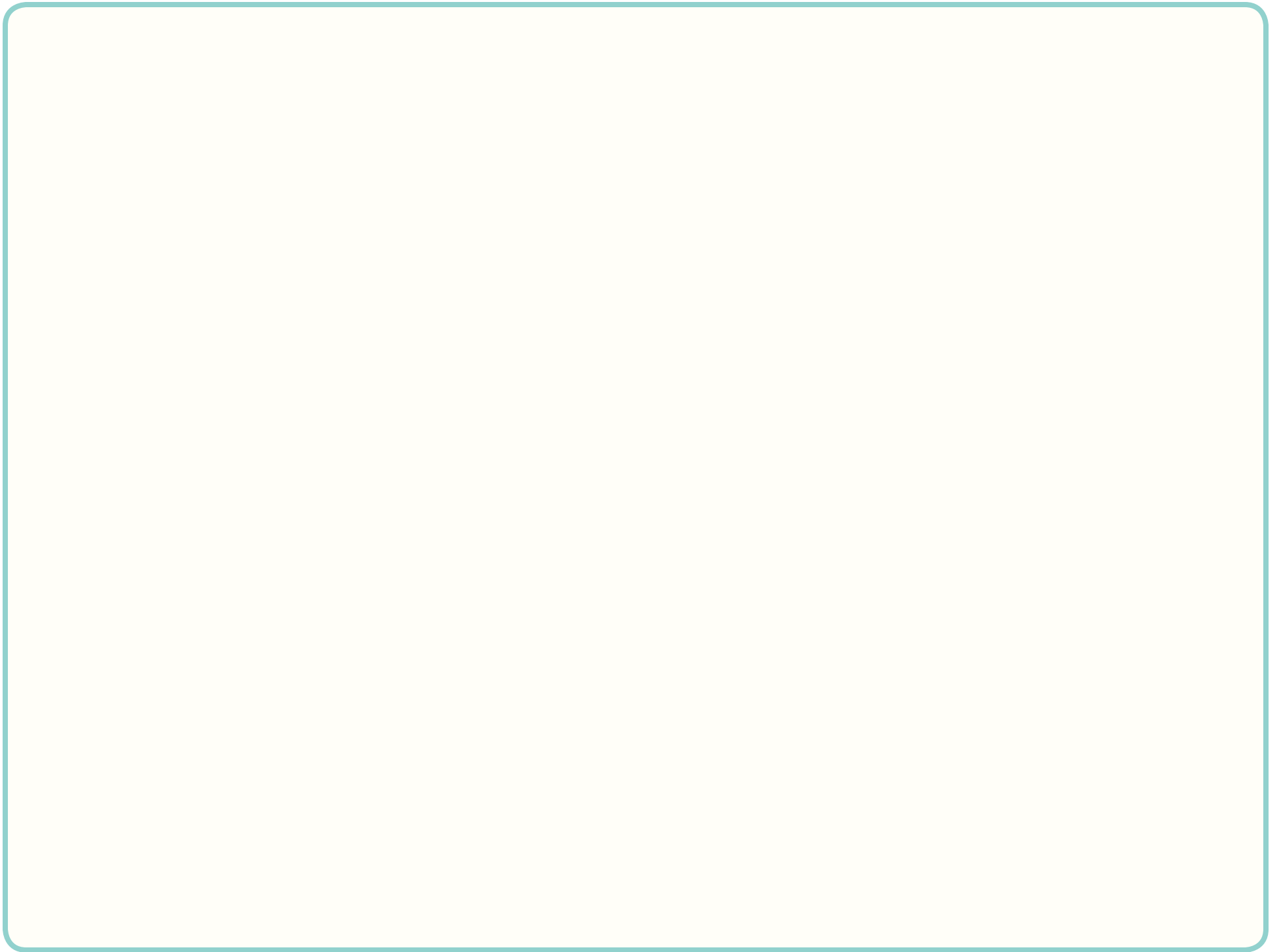
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

Developmental levels within this resource:

PRE-SCHOOL LEVEL

SCHOOL AGE LEVEL

ADOLESCENT LEVEL



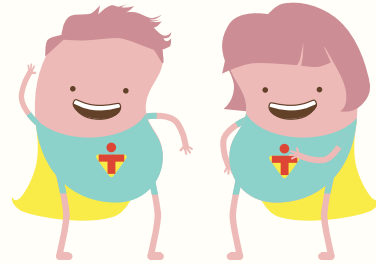
FAMILY COPING RESOURCES

PRE-SCHOOL LEVEL



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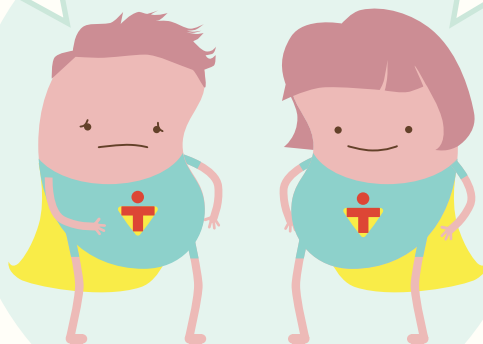


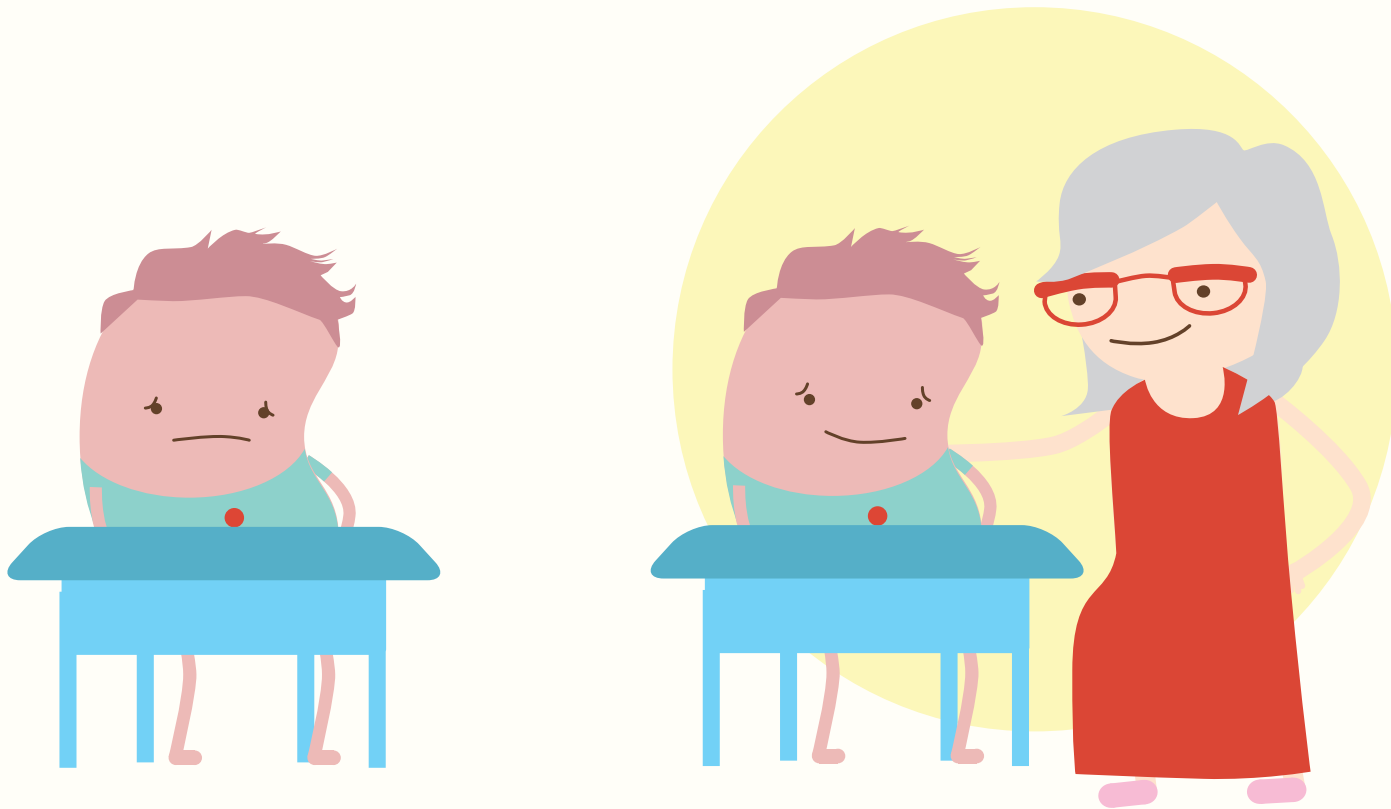
We are happy you came to the **Kidney Health Clinic**. We can help.



Sometimes I feel sick.

Who can you talk to?





When you feel sick, tell your parents or an adult you trust.

UP NEXT: SCHOOL AGE LEVEL

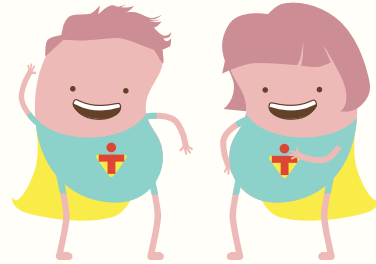
FAMILY COPING RESOURCES

SCHOOL AGE LEVEL



RESOURCES MENU

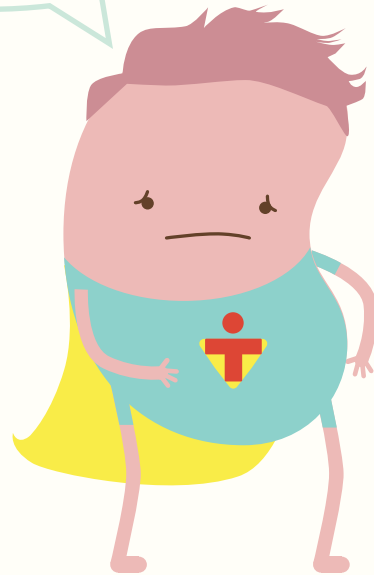
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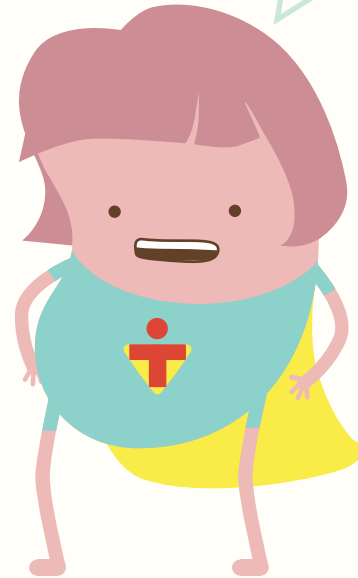
We are happy you came to the **Kidney Health Clinic**. We can help.



Sometimes I feel sick and I'm not sure what's going to happen to me.



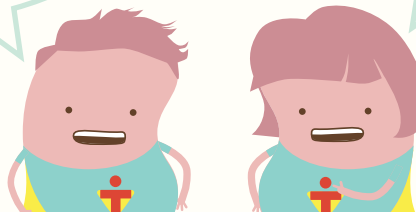
Who can you talk to?





Sometimes I don't feel so good. I have lots of different **feelings**.

That can happen with **Chronic Kidney Disease**.



Sometimes my brother and sister seem mad at me because I have Chronic Kidney Disease.

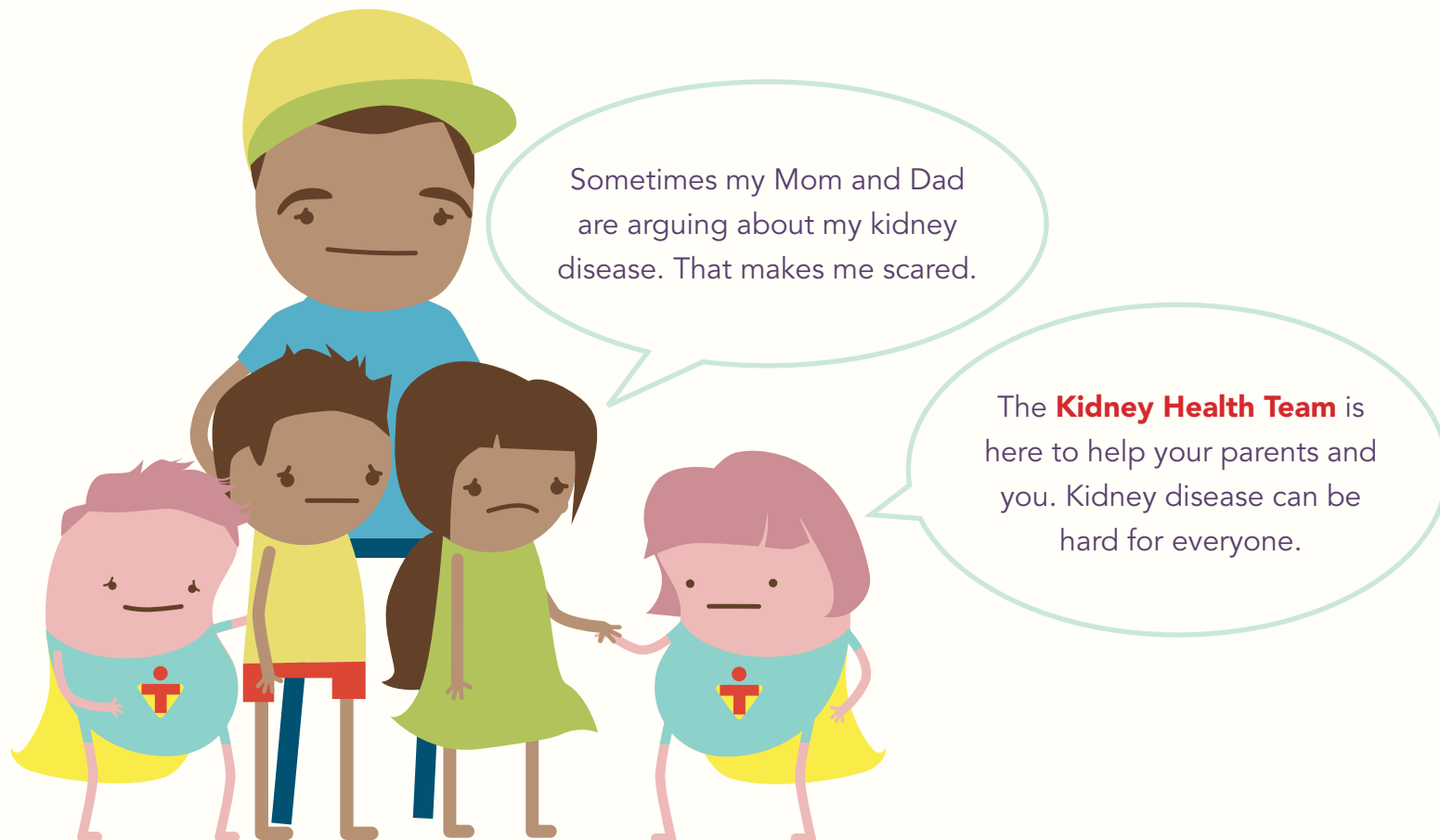


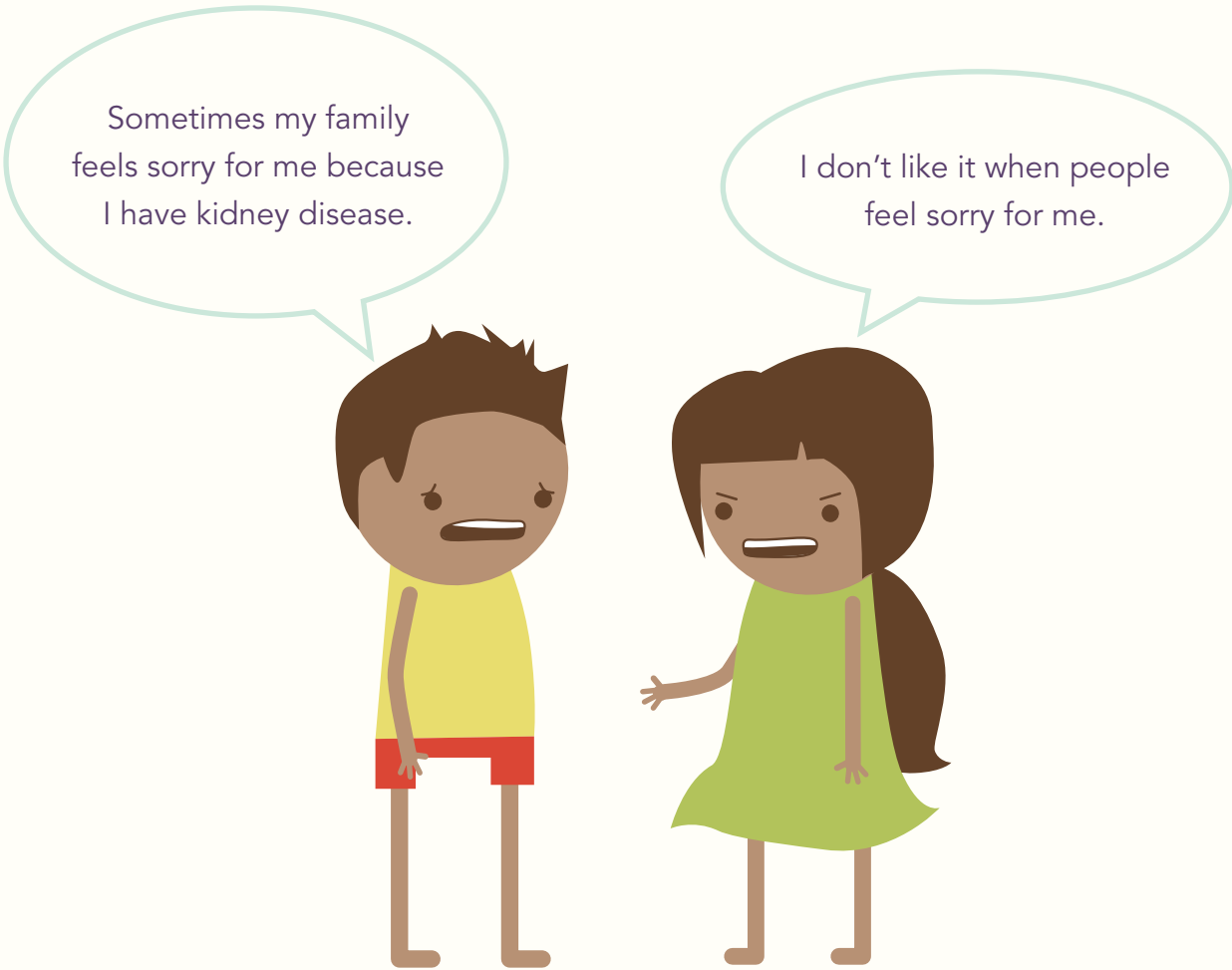
Yes, that happens to me too!





It's normal to feel scared when your parents are stressed.





Sometimes my family
feels sorry for me because
I have kidney disease.

I don't like it when people
feel sorry for me.

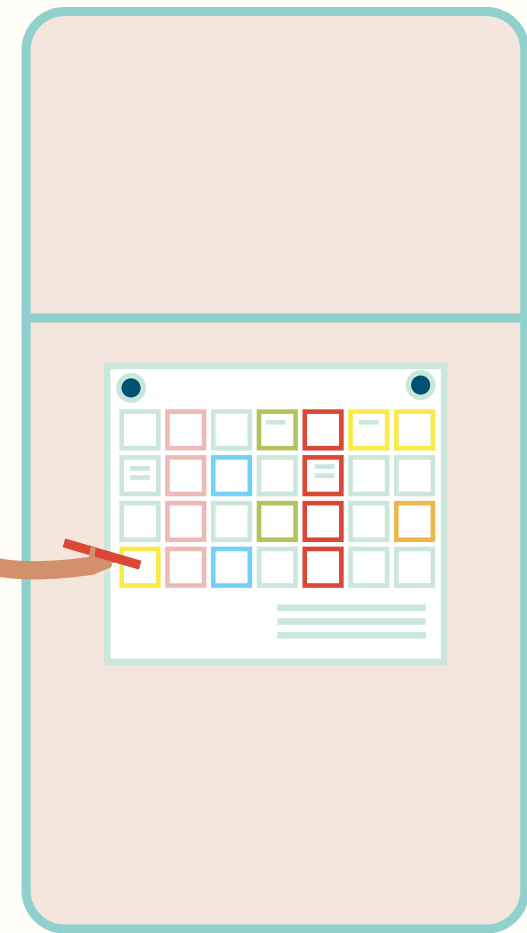
When my family treats me differently, I worry that my disease is getting worse.

I get upset because it makes me feel like I am not strong.



One of the things that helps us feel strong is keeping our daily **routines**. Many things are changing because of kidney disease but lots of things are still the same.

We still have all our routines and **schedules**.



Yeah, routines are great. You know, lots of people do different things to stay healthy.

What are all these different people doing to stay healthy?



The other thing that helps families live well with kidney disease is talking to another family living with kidney disease too!



It helps to talk to someone else going through what we're going through.



UP NEXT: ADOLESCENT LEVEL

FAMILY COPING RESOURCES

ADOLESCENT LEVEL



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I have some trouble with my **kidneys** so I come to the **Kidney Health Clinic**.

You're in the right place then. The **Kidney Health Team**'s job is to work with us to keep our kidneys as healthy as possible.



Right, and I've learned that my **Chronic Kidney Disease** or **CKD** affects my life.

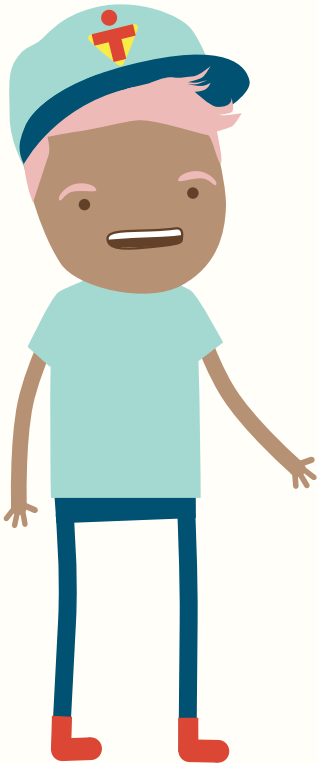


It's scary sometimes. If I feel sick, I don't know if it's serious or what I should do.

That's why it's a good idea to have a plan of who to talk to. My Kidney Health Team told me I should always tell an adult so they can help me make a good decision.

Who do you talk to?





My **feelings** are one thing. But sometimes I'm more worried about how my CKD is affecting my family.

Yeah, I know sometimes my brother and sister seem mad at me about my CKD.

I talked to the Kidney Health Team about that too. They said it's normal for brothers and sisters to need time to adjust to CKD too.

Maybe it's because there's been lots of changes in our family since I found out about my CKD.



Sometimes my Mom and Dad are arguing about my CKD. That stresses me out.

It's normal to feel stressed when your parents are stressed. The Kidney Health Team is here to help your parents and you. CKD can be hard for everyone.

It still makes me really uncomfortable.





I heard my Mom crying. I think she's sad about my CKD.

My parents are arguing a lot about all my appointments and trying to decide what is best for me.

This disease really does affect the whole family.

My parents are getting help from the Kidney Health Team.



Sometimes people feel sorry for our family because I have CKD.

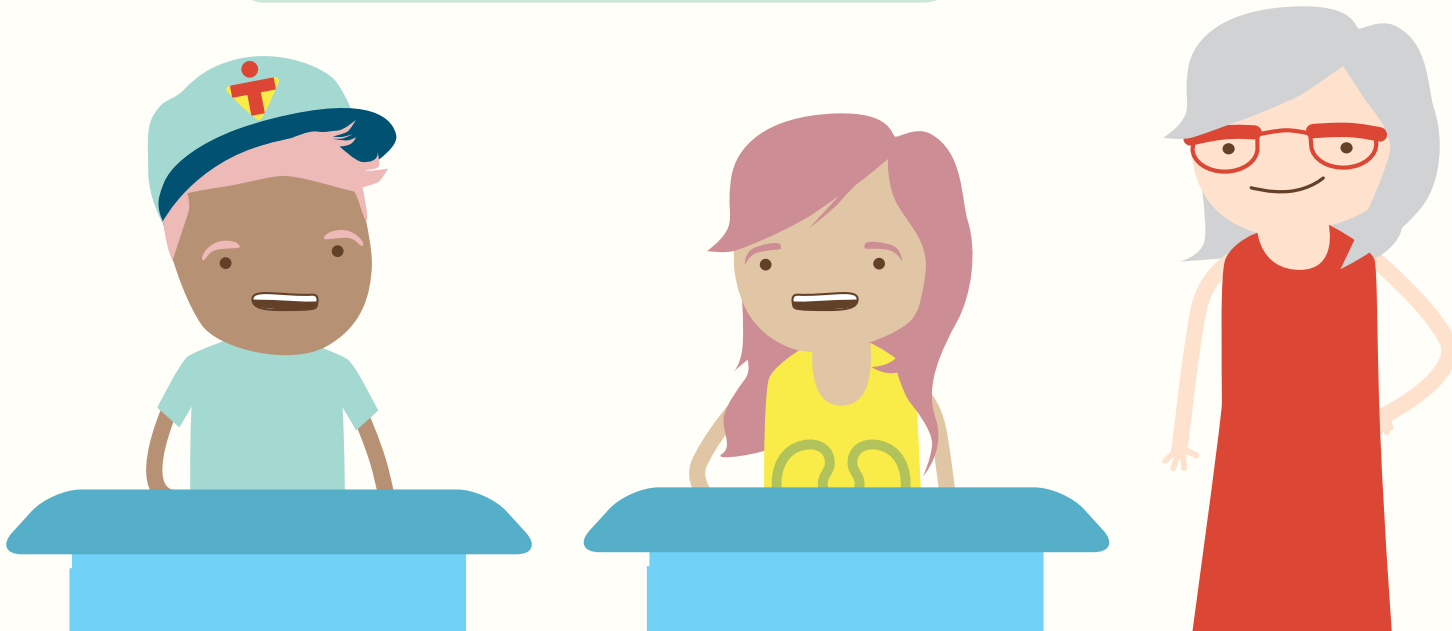
I really don't like it when people feel sorry for us – it makes me angry. They don't need to feel sorry for us. I want them to see us for who we are.



My family finds it hard to talk about how we're feeling sometimes.

Yeah I know. But it's just like we said before, we all have things we have to do to stay healthy. Being able to talk about it together is important.

I feel better talking about stuff with my family. We have dinner together most of the time, and that's when we have our best talks.



Hmm. I guess that makes sense.

Yeah, we talk about the medical stuff and how we are feeling as a family. We also talk about how CKD changes our family.

Talking about it helps. Then we can figure out a plan together.





I found out that lots of other people feel the same way about living with CKD though.

Oh yeah, you mean like a **support group**?
How did you find them?

We got some ideas from the Kidney Health Team and then my best friend and I looked for more information. My parents checked it out too.



The Kidney Health Team has lots of people that can help our family learn to live with CKD.

Yeah, it helped when they talked to my brother and sister and parents too.



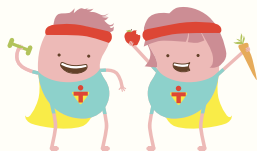
We aren't alone. There are lots of families living with CKD.

It's a family affair. The Kidney Health Team helps us figure it out.





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 or the Children's Hospital Foundation of Manitoba <http://goodbear.mb.ca>