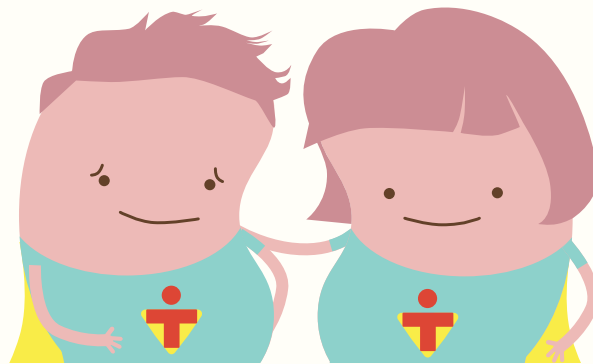


HEALTHY KIDNEYS MY COPING



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
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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.

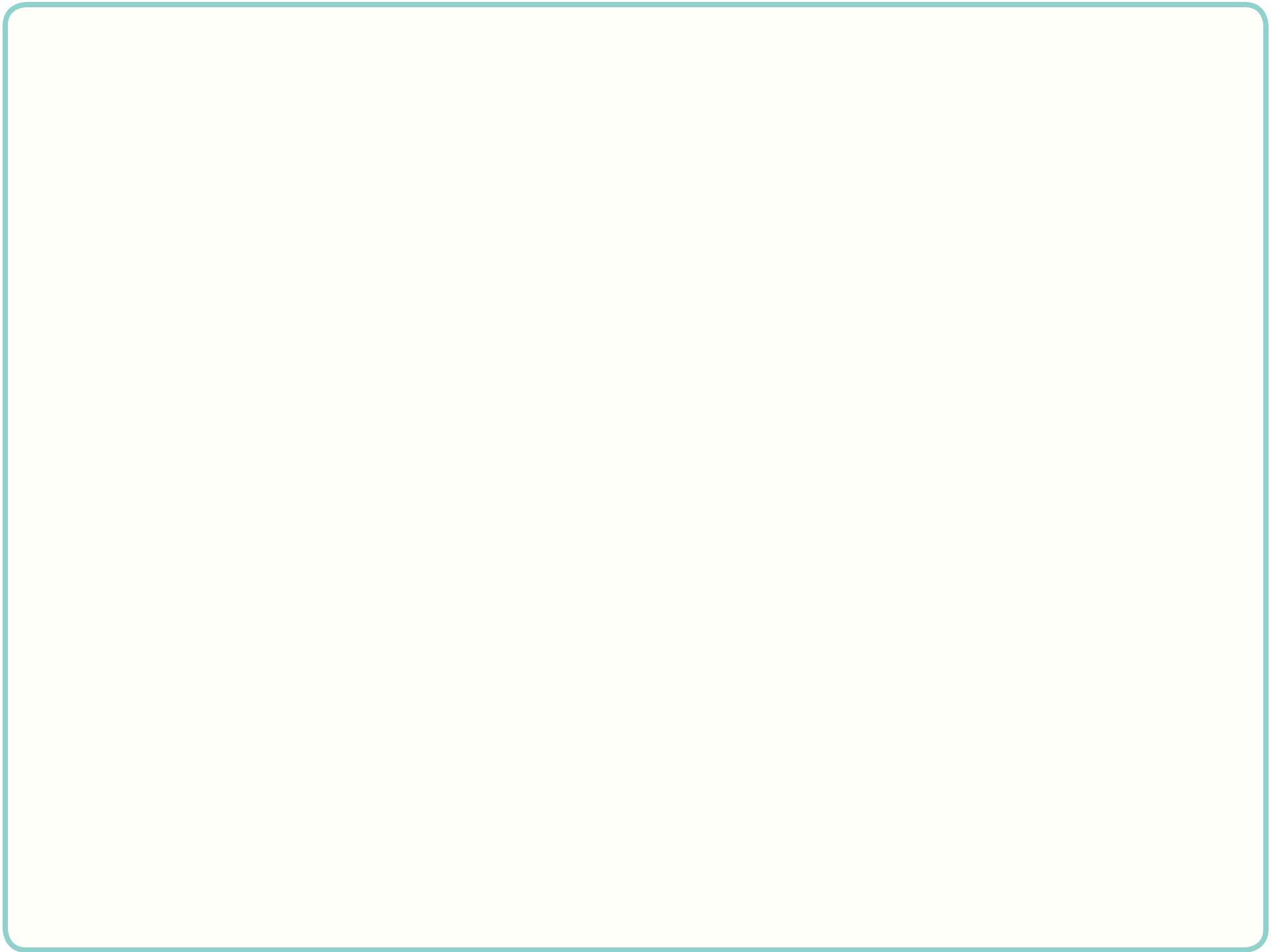
Finally, we thank the Children's Hospital Foundation of Manitoba for their financial support in the development of this resource.

Developmental levels within this resource:

PRE-SCHOOL LEVEL

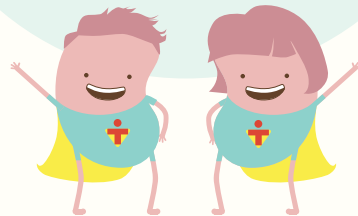
SCHOOL AGE LEVEL

ADOLESCENT LEVEL



MY COPING

PRE-SCHOOL LEVEL



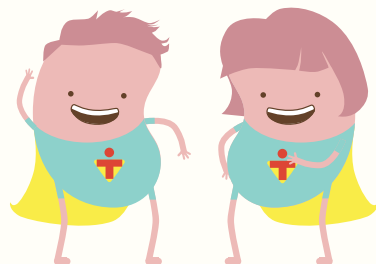
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We are happy you came to the **Kidney Health Clinic**. Lots of other kids come here too.
We can help.

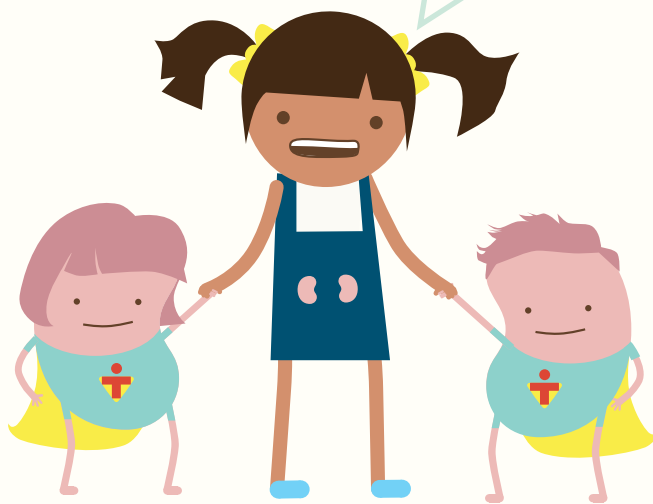


You are here to get your
kidneys checked!

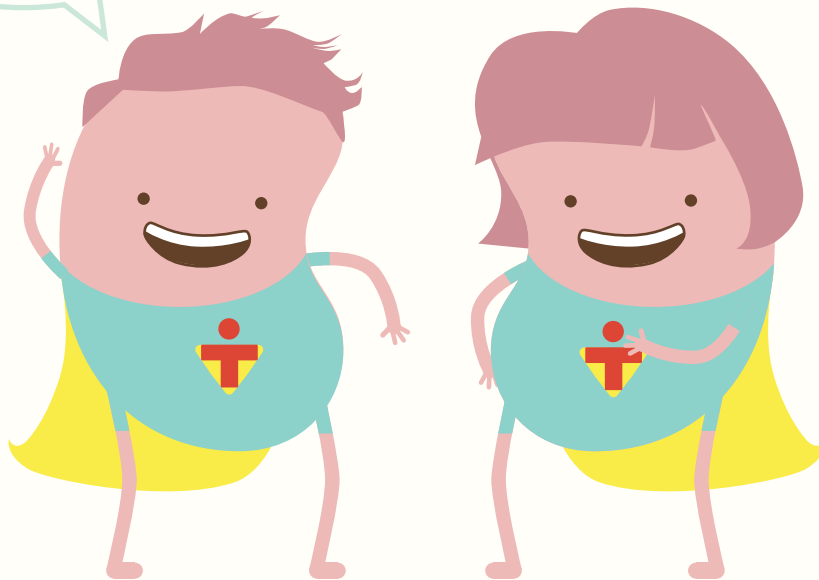




I have **Chronic Kidney Disease**, or **CKD**.

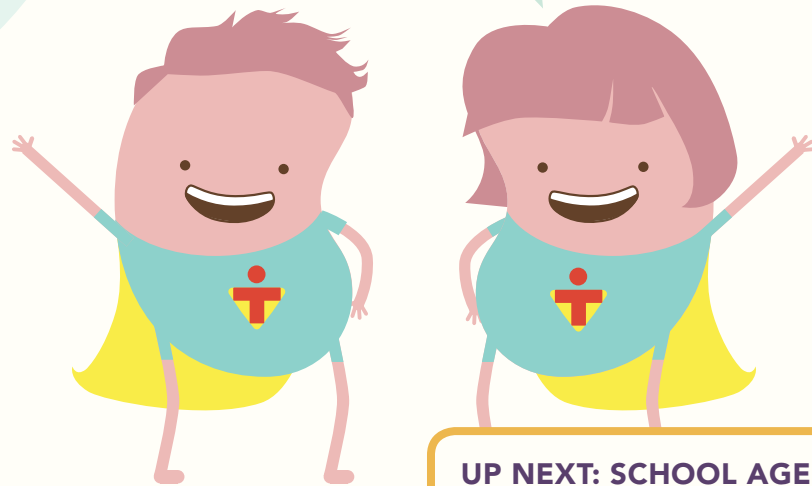


What are you
thinking about?

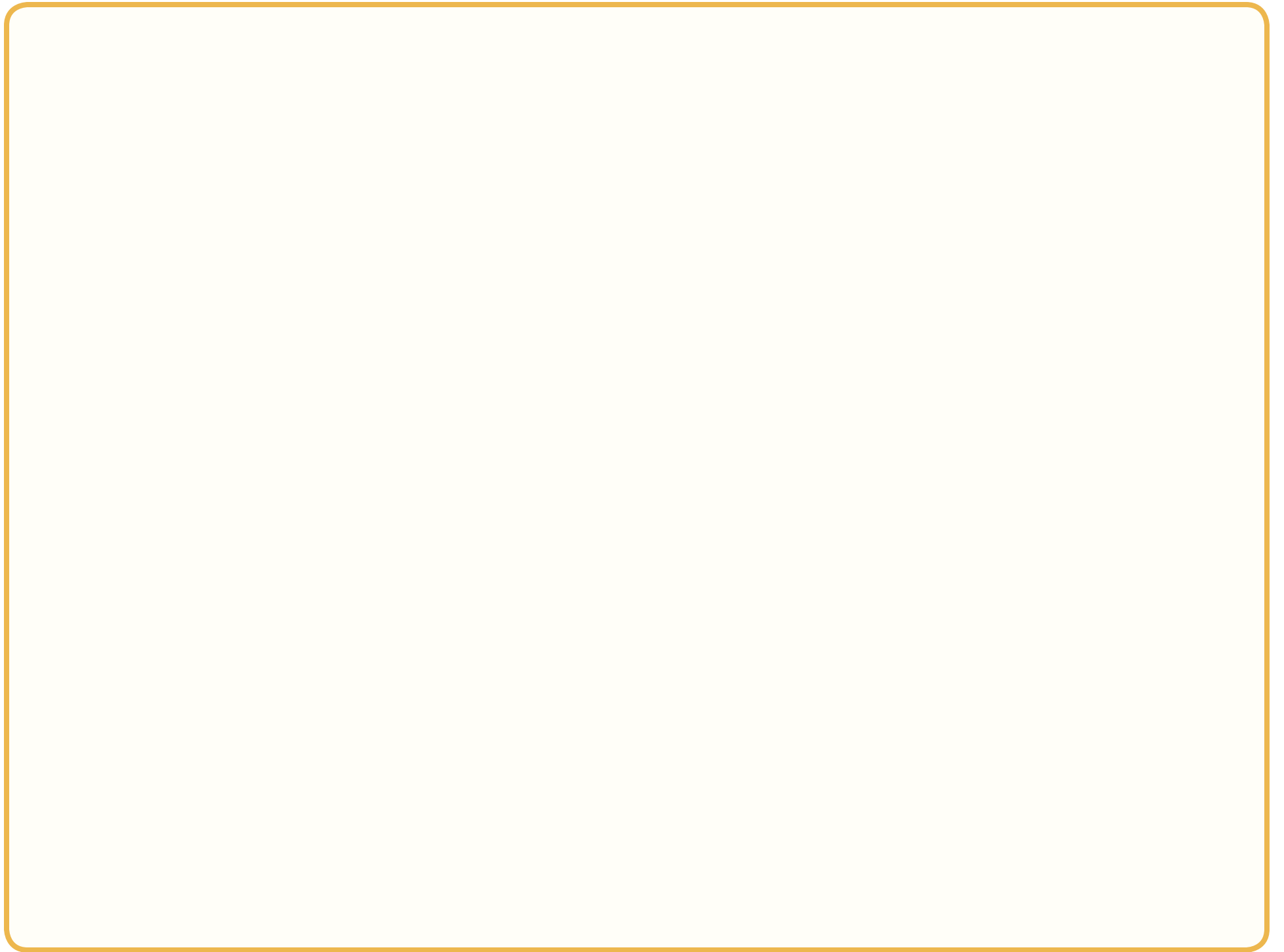




The **Kidney Health Team** wants you to share how you're feeling!



UP NEXT: SCHOOL AGE LEVEL



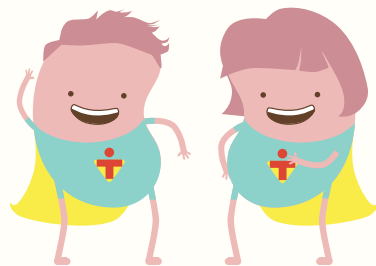
MY COPING

SCHOOL AGE LEVEL



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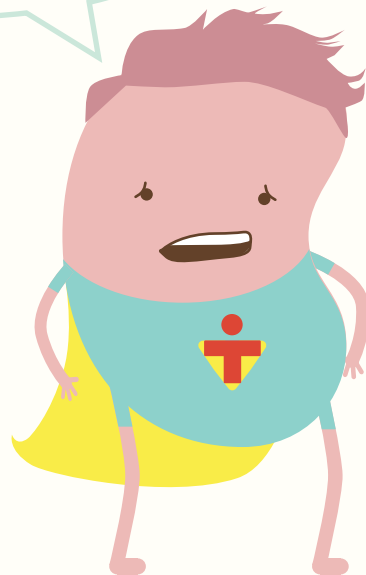
We are happy you came to the **Kidney Health Clinic**. We can help.



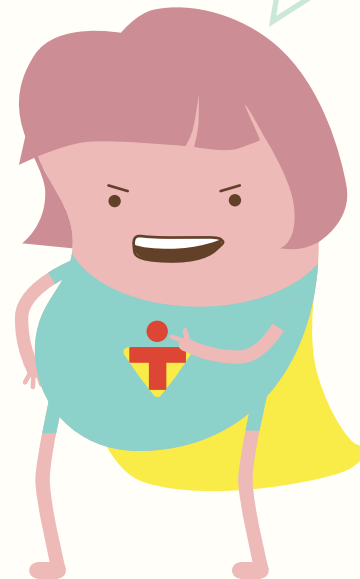
There are lots of kids who come to the Kidney Health Clinic.

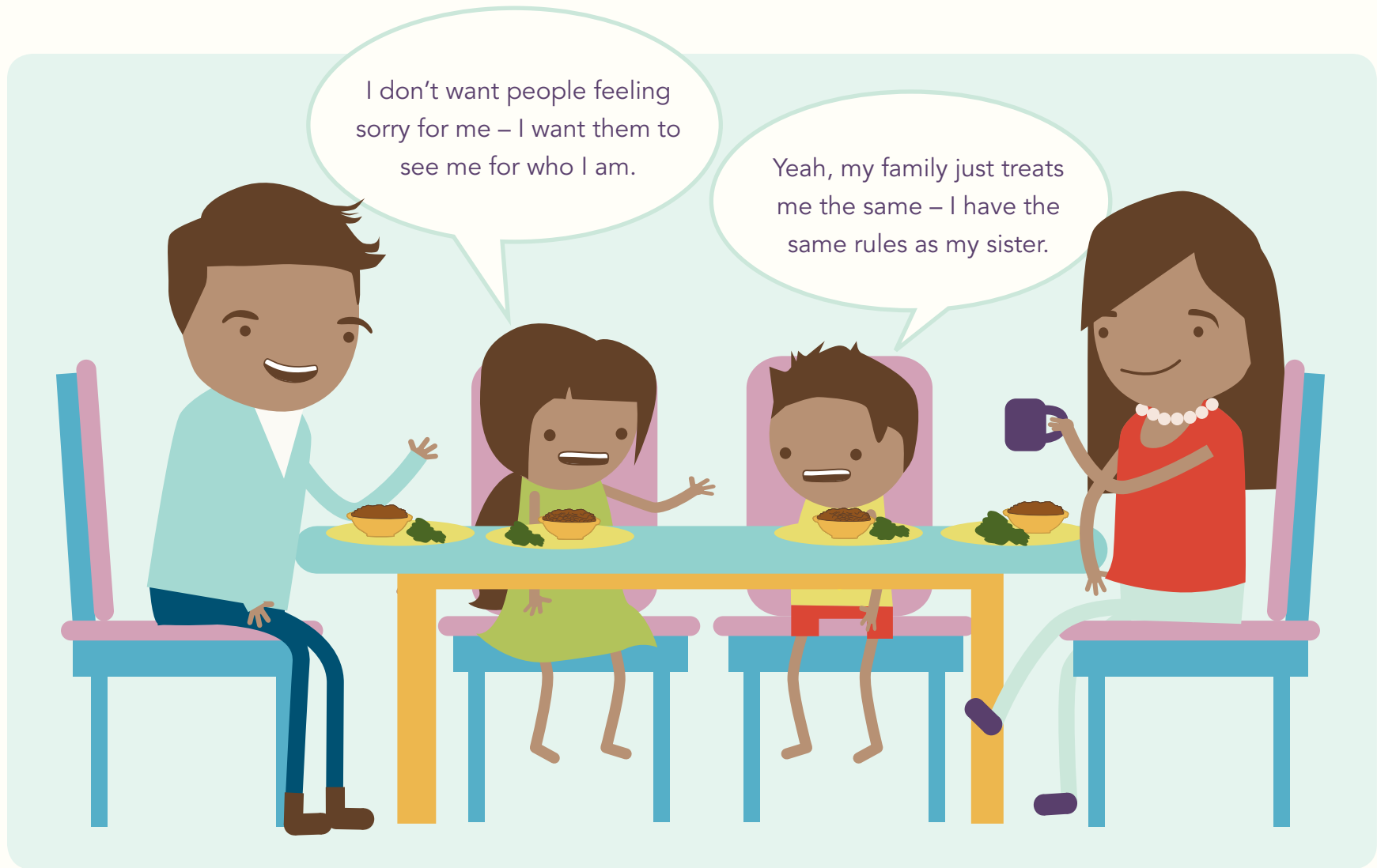


Sometimes people feel sorry for me because I have **Chronic Kidney Disease**. I feel worried.



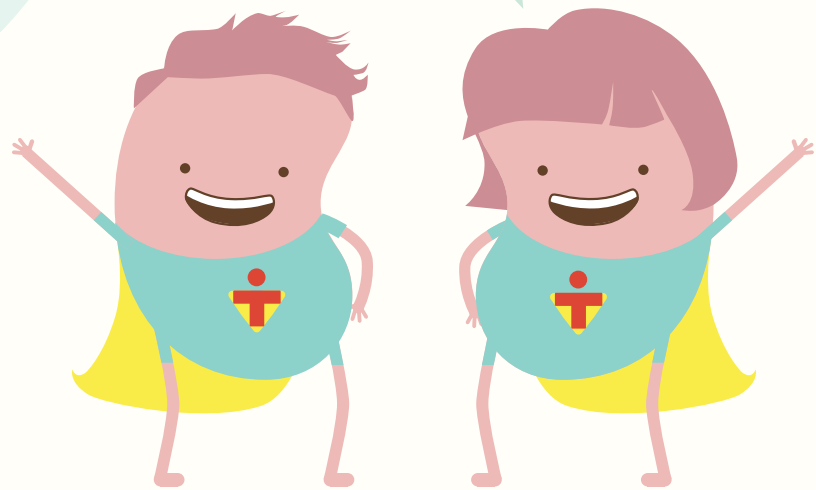
I don't like it when people feel sorry for me – it makes me angry.







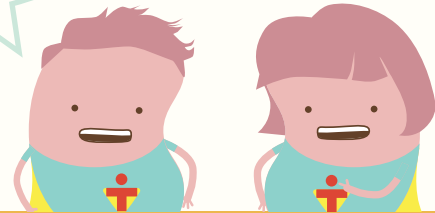
The Kidney Health Team
wants you to share how
you're feeling!





I have different feelings about chronic kidney disease.

Everyone feels a bit different.



When our kidneys need help, there are things we do to stay healthy.



eat healthy foods



take **medicines**



talk to the **Kidney Health Team**
about how you're feeling





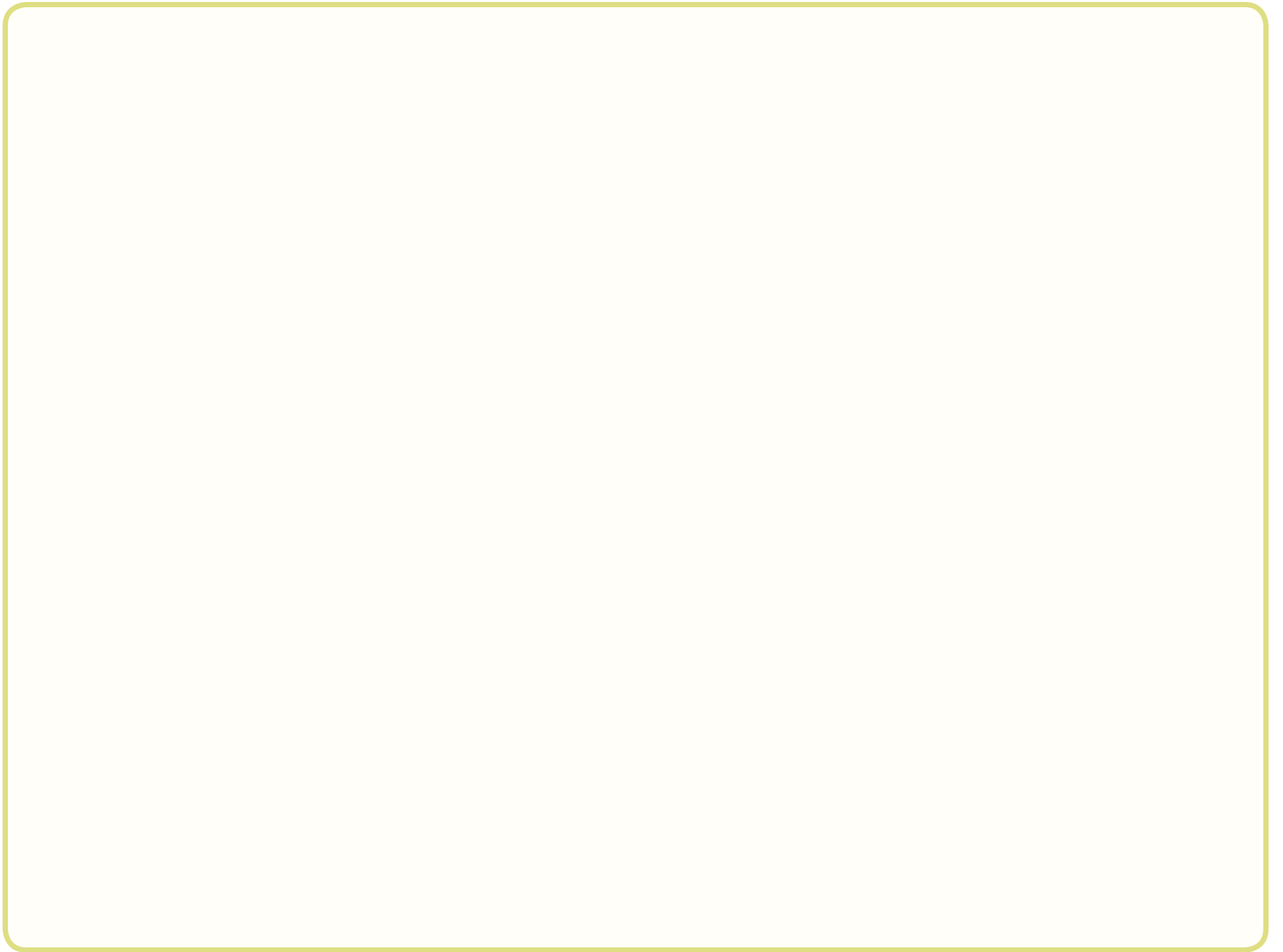
Everybody does things to stay healthy!

You know, lots of people have to do different things to stay healthy.

Yup, it's just part of life!



UP NEXT: ADOLESCENT LEVEL



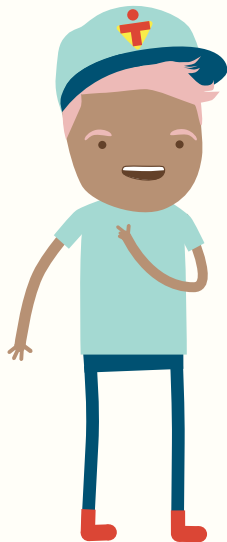
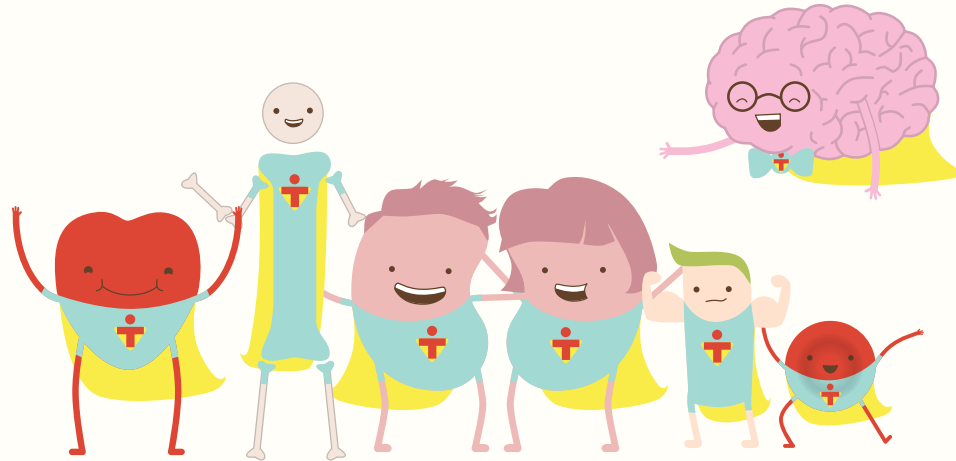
MY COPING

ADOLESCENT LEVEL



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I have some problems 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 many parts of my body and my life.





Remember every time you come to clinic, your Kidney Health Team checks a bunch of things. Sometimes, they say “**monitor**” which means to keep checking regularly.

Yes, they do **blood tests** and **urine tests** and ask about how I am eating. Then they talk to me about changes to my **medicines** and what I eat. That helps to get the right **balance**.

Right, so we always need to be checking and changing. Our Kidney Health Team helps us learn what we can do to be as healthy as possible.



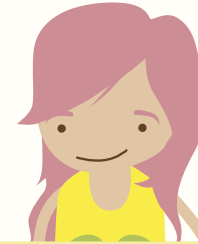
CKD is a **chronic disease** – it's a part of my life but not my whole life.

Yeah, there are things I do every day to live well with my CKD.





There are lots of people who have to do different things every day to stay healthy.



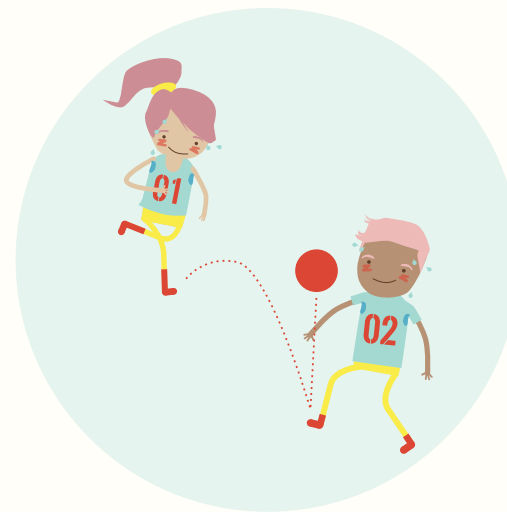
You're right, we all have things we need to do to stay healthy. Some days it's easy to forget that.



Sometimes people feel sorry for me because I have CKD. I don't like that - it makes me angry.

I don't want people feeling sorry for me either. I want them to see me for what I can do. I'm just like everybody else in my family. I have the same rules they do.

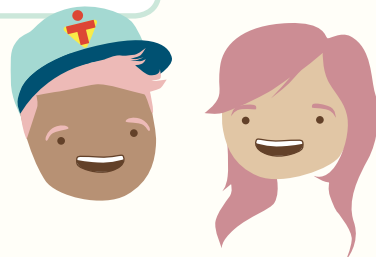




Sometimes I feel annoyed that I have to do different things to be healthy. It is easy to feel like my whole life is about my kidneys.

Yeah, I know what you mean. Most of the time though, I feel like I have made friends with my CKD.

What do you mean?

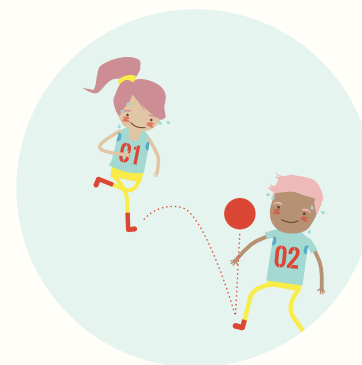


MY COPING RESOURCES

Well, my CKD isn't going anywhere. So, instead of letting it control my life, I do a bunch of things to keep it in control. Now it feels like part of my life instead of too much of my life.

Wow. That sounds hard to do.

Yeah, it was. But with time and help from my family and friends and the Kidney Health Team, it works.



Yeah, my teacher uses a puffer for his asthma and my neighbour is on a special diet for diabetes.

There's lots of famous people living with health issues too. Do you know any?





There are lots of things to adjust to. But the Kidney Health Team wants you to share how you are feeling.



No question is a dumb question either. It's **always ok to ask!**



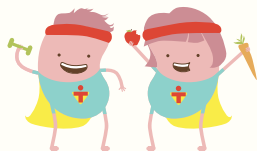


The Kidney Health Team has lots of people that can help me learn to live with my CKD.

Yeah, I found that I talked to different people at different times. My friends and family helped too.

It helps to know that lots of people just like me live with CKD.





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>