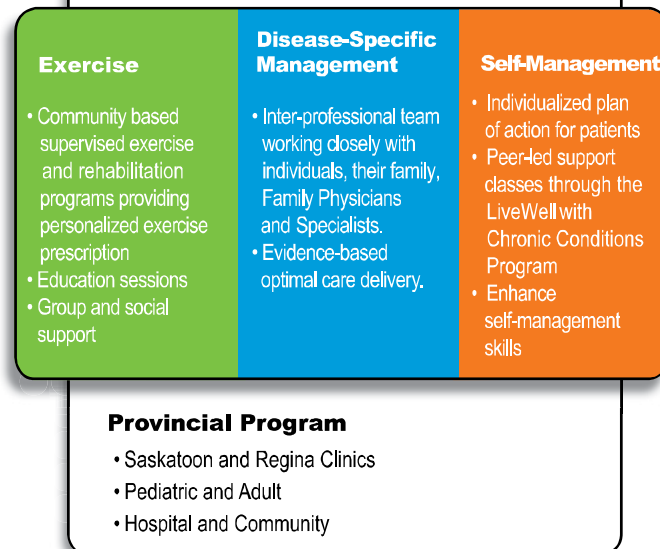


Recreation, Physical Growth and Independence:

- Model a healthy lifestyle. During these years, kids still appreciate family activities. Role model the use of protective equipment in sports.
- Children of this age are concerned about justice. Good guidance means clear respectful communication about the reasons for the rules, but not lengthy debate. Think about the behaviour you want, state the what/when/why clearly, and try not to be drawn into power struggles. Give them a time frame.
- Girls are generally as much as 2 years ahead of boys in physical maturity; they may begin menstruation by age 10. Program staff can help if periods are a problem.
- Sibling rivalry often increases through this period. It is normal for children to feel curious, jealous, ignored or even hostile when a brother or sister has a chronic illness. They may feel they are not as important. Spend some time alone with each child every day. Acknowledge their feelings, and their unique worth and role in your family.
- Step back and encourage them to work out their own solutions. Discretely observe their progress and step in if required.
- There is a balance between safety and over protection. Children who have confidence, knowledge and skills, develop the ability to manage their own health care.

Pillars of Chronic Disease Management Program Design



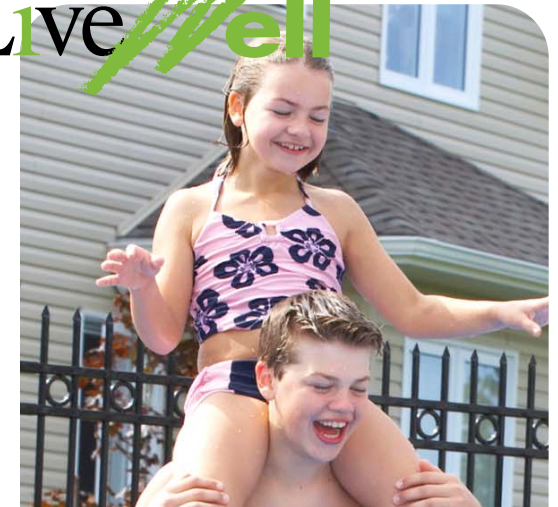
For more information:

Saskatchewan Bleeding Disorders Program
655-6504

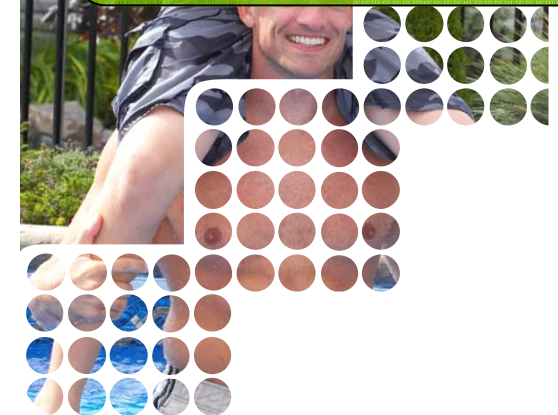
<http://www.saskatoonhealthregion.ca> - click on "Your Health, Patient Services", and look for Chronic Disease Management and then Saskatchewan Bleeding Disorders Program.

Hemophilia Saskatchewan
1-866-953-4366
Or
653-4366
www.hemophilia.ca

LiveWell



Saskatchewan Bleeding Disorders Program (SBDP)



Paving the Way to Independence
8 – 12 years of age





Our goal is to support the next phase in your child's growth to independence.

Education and Understanding:

- Children gradually develop logical ways of thinking. By age 10 or 11, they are able to understand ideas without hands-on experience and consider several parts to a problem.
- They begin to see parents and other authority figures as human beings who make mistakes.
- Review your child's understanding of the bleeding disorder by asking them to explain it to you. This is an opportunity to correct mistaken beliefs and to provide more detail.
- Use simple terms to explain about being an inherited disorder.
- As your child's understanding increases, they may grieve. This is a part of the process of accepting a bleeding disorder. Acknowledge and allow these feelings.
- At this age they fantasize and daydream about "what if?"
- Teach them about inclusiveness and that it is important to respect differences in others.
- Help them put bleeding disorders in context, by talking about health challenges that other children and families face.

Preparation for School and Outside Activities:

- Prepare your child to tell his peers about the bleeding disorder. Focus on things they can do, not what they can't.
- Talk to your child's school. Program staff are available for in-services.
- Support a variety of friendships and activities.
- At 8-10 years friendships revolve around activities and nearness.
- At 10-12 years, cliques and exclusive friendships begin to emerge. Review how to handle awkward situations and bullying. Start teaching basic conflict resolution skills – teach them about "I" messages rather than blaming. When you state – "I think, or I feel" it is harder for others to argue with you.
- Encourage them to share daydreams about the future. Discuss how bleeding disorders might affect their choices.
- Children become more competitive as they master physical skills. Continue to encourage appropriate physical activity and use protective equipment correctly.
- Summer camp provides an opportunity to become more comfortable with self infusion, and to be with others who understand.
- Be sure your child gets vaccinated for Hepatitis A and B; these are provided through Public Health, usually in grade 6.

Preparation for Treatments and Clinic Visits:

- Review signs and symptoms of bleeding and pain. Does your child identify bleeds early and seek treatment promptly? If not, it's time to talk about what's happening.
- Check with your child about their Factor First card. Review their current use of the Medic-Alert system - Does the bracelet still fit? Do they prefer a different style?
- Have your child help with home treatment and set goals for becoming independent with self-infusion. The SBDP staff will support, review and teach your child self-infusion.
- Consider your own strengths and fears as you learn to "let go" and your child moves towards the teen years. Talk with other parents, and clinic staff and review on-line resources.
- Continue to support your child in bringing questions or concerns to clinic. You are helping them learn the skills needed to be their own advocate.
- Explain the need to keep track, store and order treatment supplies. What part of this can they take on?
- Develop habits - set up a routine for record-keeping and have your child complete the log after each infusion.

