

Tips for Helping Your Child/Teen Cope with Illness



Having a chronic illness is A LOT! There are so many pieces of our lives that can be impacted by that illness and the clinic or hospital can be a place that brings out a lot of emotions. We are fortunate enough at our clinic to have wonderful child life specialists who focus specifically on helping children and teens to cope.

We also have a new addition to our team, Panther. "I have seen patients relax and calm while petting Panther and I see how much Panther cares about the kids." -Jessica

Here is a list of nine things that YOU can do to help your child cope with their illness.

<https://healthcaretoolbox.org/sites/default/files/images/pdf/AttheHospitalHelpingMyChildCopeWithIllness.pdf>

<https://healthcaretoolbox.org/sites/default/files/images/pdf/AttheHospitalHelpingMyTeenCopeWithIllness.pdf>

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.