

Helping your child talk about their burn or scar



Help your child to tell their story

- Help your child to tell their story and answer questions. People will ask what happened. Let them practise their responses with you.
- It's OK if they say 'no' they don't want to talk about it.
- Help to choose words that your child is comfortable with. Listen to their descriptions. For example, they might want to describe it as 'thicker skin' instead of 'bad scar'.
- Help them with a diary or journal to put their story in their own words.
- Remind them that burns can make them realise how strong they are. Scars can be a reminder of bravery and resilience.
- Explain that most questions are due to curiosity. Bullying is deliberately mean. Help them understand the difference. If you are aware of bullying – seek help. You may need to follow up with the school.

Help your child to answer questions

- Keep explanations short and simple.
- What happened and when. *"My skin got burnt a month or two ago. It's just a scar. That's just what a burn does."*
- What's happening now. *"It hurt before but its fine now."*
- Close the conversation. *"Thanks for checking."*
- Close the conversation more firmly if you want to. *"I don't really want to talk about it. I'm sure you understand."*

Teach your child to reassure then distract

- Your child offering reassurance can help. *"It won't hurt you"* or *"It's not catching"* or *"Don't worry about it."*
- Then distract or change the subject. *"Let's go and (play with ... / do...)"*.