

# Helping your child feel OK about their burn scars



## Help your child feel confident

- Be careful with your own response. This is important because children take their cues from people closest to them. Avoid speaking to others about the scars in front of your child if you find them hard to accept.
- Ask your child how they feel about their scars without offering your opinion. You do not want to add your concerns to theirs. It may be different to the way you feel about them and that's OK.
- Listen carefully, make eye contact, and accept your child's feelings to calm them.
- Remember that scars may remind you and your child of the burn, dressing changes, and emotions felt at the time.
- In time, scars can be reminders of bravery and resilience.

## Help your child with scar management

- Remember that scars improve over time but may not disappear completely.
- Encourage your child to wear their pressure garments to keep the scars flat.
- Massage the scars to keep them supple.
- Use sun screen and clothing to prevent discolouration and damage from the sun.
- Laser helps to realign collagen in the skin to improve appearance.

## Help your child with other people's curiosity

- It is important that a child can tell their story and manage questions.
- Help them understand that most questions are just because people are curious.
- If you are aware of bullying – seek help. You may need to follow up with the school. Children who are bullied might be anxious when meeting new people.