

Coping with your feelings about your child's burn



Normal emotions

- It is normal to feel stressed when your child has a burn injury. This can be worse if you saw the burn happen, felt helpless at the time or have had stressful experiences in the past.
- It is normal to worry about different things to your child, especially in the first few weeks. Ask your child what their worries are. They may be different to yours and may help your perspective. Try not to add your worries to theirs.
- It takes a while for the impact of the injury to sink in. Remember that you are not alone in the recovery journey and that care, treatment and support is given by the burns team for as long as you and your child need it.

Seek information

- Write down questions to ask the burns team so you don't forget what you want to know. Write notes about what you are told.
- If there is something you don't understand, ask for more explanation.

How to help yourself

- Ask for help when you want it. Friends and family often want to help but don't know how.
- Also, don't be reluctant to accept help when offered.
- Find a trusted person to talk to.
- Accidents happen, and what has happened can't be changed. Forgive mistakes and try not to feel guilt or deal blame.
- If you feel depressed or anxious please seek help from your GP or another professional service.