

Caring for the caregiver

Having a child in hospital can be a stressful time for the whole family. As a caregiver it is important to take time to look after yourself so you can ultimately care for your child. The stress of being in hospital, work demands, other children to care for and get to school and home commitments can seem overwhelming. Some things you may find helpful are to:

- Develop a support network to allow yourself time out of the hospital so you are able to:
 - spend time at home with other children
 - take a walk around hospital grounds
 - spend some time with spouse
- Take pleasures in the simple things such as having a long relaxing shower/bubble bath
- Ensure you eat regularly and healthily, with roster of support people to bring in meals if these are not provided in hospital
- Talk to friends or family about how you are feeling or perhaps begin diary to aide self-expression. A journal is also good to refer back to when talking with the doctors and reminders about any questions you may wish to ask.