



## Parenting Tips

**Like all children, boys with hemophilia go through different stages as they grow and develop—here are some tips to make parenting a little easier**

Start early to make sure that your child with hemophilia learns to take responsibility for his own health care:

1. Just like tying shoes, reading or riding a bike, taking responsibility for one's own health care is a process which takes many years to complete
2. Starts in childhood with basic explanations
3. Continues as children get older with increasing participation in prevention and treatment
4. It takes a village: growing up with hemophilia requires help from many sources—HTC, family members, etc.

### *Infant*

1. The main way that an infant communicates is by crying
2. Learn to tell the difference between hungry or sleepy cries and pain cries
3. Although spontaneous bleeds in infants are rare, an infant cries and avoids using an arm or leg when it hurts

### *Preschool Child*

1. Offer your preschool child easy-to-understand information about hemophilia and remind him that he gets factor treatments to stop the bleeding and make him feel better
2. Make sure that your child understands that factor treatments are not punishment for something that he did wrong—never threaten a child with factor treatment
3. Explain to him that these treatments make the pain go away so that he can play and have fun
4. Watch for signs and symptoms of bleeding

### *School Age Child*

1. A school age child is capable of thinking logically and reporting a bleed
2. Encourage the child to be cautious about certain behaviors
3. Do not set too many OR too few rules
4. Provide clear and consistent rules and the freedom to develop interests and abilities
5. School age children with hemophilia belong in regular classrooms and should take part in most school activities
6. Hemophilia camps can be a very rewarding experience for boys with hemophilia helping them to make new friends and build self confidence

