



## Transition Guidelines Birth–5 Years Old

The Medical and Scientific Advisory Council (MASAC) of the National Hemophilia Foundation developed Transition Guidelines for people with hemophilia. These guidelines acknowledge that there are many types of transitions for people with bleeding disorders and that the transition process should start at the time of diagnosis and continue throughout life

Goals and objectives for families of children with hemophilia from birth to 5 years old include:

### *Social Support*

1. Family: find avenues of support such as parents of children with hemophilia and support groups
  - Child: meet and socialize with other people/children who have bleeding disorders
2. Hematuria or blood in the urine can occur due to a back injury, infection, or irritation to the urinary tract
  - In most cases, drinking fluids along with decreased activity or bed rest are the only treat

### *Health and Lifestyles*

1. Parents:
  - understand the importance of a safe environment and take measures to ensure safety (car seats, childproofing home)
  - understand the concept of healthy lifestyle behaviors such as the use of safety gear like helmets, knee/elbow pad

### *Educational/Vocational/Financial Planning*

1. Parents: always view your child as a contributing member of society

### *Self Advocacy & Self Esteem*

1. Parents:
  - advocate for the medical and physical needs of your child
  - teach your child to express symptoms of bleeding/pain
  - understand your rights and responsibilities for health care regarding care outside the HTC, billing/insurance issues, and services available at the HTC
  - understand your rights to information and decision making—you have rights when it comes to confidentiality, access to medical information, consenting to health care options, and making decisions for your child

