

Talking to your child about their additional needs

We may feel we want to protect our child from knowing their diagnosis in case it makes them more aware of being different.

However, children are often the first to know that they are different in some way, even if they can't tell you.

Talk naturally and simply about their condition when the opportunity arises.

Explain it in a way a small child may understand, for example, a story.

The whole family will benefit from talking about this subject.

Remember:

Not talking about it may make your child feel more isolated and inadequate.

Children may need to be able to explain their additional needs to others.

