

## 6 Top Tips

- Encourage effective communication techniques. Your baby cannot tell you what is wrong or your child may not be able to tell you what is wrong either and you may need to use various ways of finding out what is upsetting your child. Children can use techniques to communicate, for example drawing and play. Playing is the universal language for children and therefore it is so important to understanding a child's needs.
  - Illness in babies, children and teenagers is as distressing for them as it is for you so it is important to have special training to help you identify, understand and help with their individual needs.
  - Children are excitable, energetic and mischievous even when they are ill. It is important to take measures which minimise disruption to the physical, psychological, social and intellectual development of the child, which may arise due to illness.
  - Children with special needs are children first. Just like all children, they need love, acceptance, friends, opportunities to participate, and chances to excel. Don't focus on problems, focus on the child's individual strengths.
  - It is important to acknowledge that you too need a break. Allocate time for yourself. Arrange a night out or a night in with friends and family or just some time alone in the knowledge that special care is available through myhomecare.ie.
  - Guide your child in choices that offer quality of life in all areas: medical, educational and recreational. Advocate for your baby or child, listen to what they are saying and understand how they are feeling.
- “myhomecare.ie gave me the support and comfort I needed knowing my baby was safe, secure and cared for”
- Jennifer, Monaghan*

my  **homecare.ie**



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## **Paediatric care**

- Children with special needs
- Tracheostomy care
- Respite care
- Convalescent care/post-op care
- Palliative care
- Peg feeding/NG feeding
- Postnatal care

*(This list is not exhaustive)*

Affordable Rates from

**€17 per hour**

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