



## HELPING A CHILD OF AN AMPUTEE PARENT

### INTRODUCTION

The incidence of loss of body segment/s results in very traumatic & embarrassing situation in person and their family members. The amputee & the family faces severe psychosocial states. Being a child; unaware of so many societal stigma & barrier; feel scared, unsecured and sad. It is very important to understand their feeling and clear all their questions & doubts. Also, it is important to help children find healthy ways to work through these emotions.

You know your child better respect their cause & concerns and give them enough time to understand the situation. Be patient & prepared to assist children with answer that are appropriate for their developmental age and emotional maturity.

### SOME COMMON QUESTIONS CHILDREN MAY HAVE

- *Where is your arm/leg? What happened to it?*

**Reply:** Avoid giving in detail information, don't shy away from telling children an appropriate version of the truth e.g. "I was very sick"; Doctor Said- "you will be doing great without it"

- *Does it hurt?*

**Reply:** Explained it by reminding the past incident that happened with them and they had overcome it happily.eg. "Remember when you fallen from bicycle and your knee hurt" etc. At the same time explain that as time passes it gets better.

- *Can this happen to me?*

**Reply:** Try to alleviate fears by giving information your child can understand. Use explanations which reduces additional fears or anxiety.

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- **Is this my fault?**

**Reply:** Make clear your child that they did not do anything to cause this. And Also, try to make it clear that fault does not lie on any one person's specific actions.

- **What are you going to do now?**

**Reply:** Explain your future plan and briefly share rehabilitation process information that you have received at the time of discharge.

- **What is the Prosthesis?**

**Reply:** Explain in simple language they can understand. For Example- "It is a manmade device which will replace my lost part"

- **Will You walk, run and jump like earlier days?**

**Reply:** Explain about the achievable activities which is safe & secure; they will feel relaxed. Quotes the name of some great amputee personality.

## FEW OTHER TIPS

- ✓ Explain that still you are the same parent and it does affect how much you care & love them.
- ✓ Inform them that it is not "contagious". It would not "infect" someone else by touching & hugging.
- ✓ Explain that limb loss is not a "punishment" Or, "Karma of previous life."
- ✓ Encourage the child to help in their natural ways.
- ✓ Encourage the curiosity, remove their mysteries about prosthesis by seeing, touching of prosthetic device or visiting the prosthetic fitting centre.
- ✓ Encourage the child to express their feeling by drawing, poetry or writing
- ✓ If possible, take them to peer support group, where they can interact with other children of amputee parent.

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