

Helping bub with their dressing

Changing bub's dressing can be a difficult part of their treatment. It can be stressful for both of you. To **help reduce stress**, you can try:

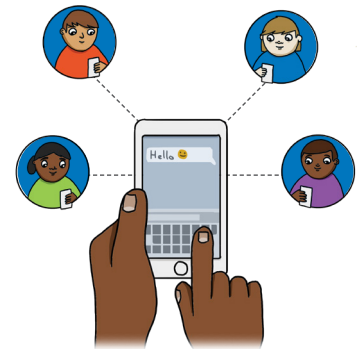
- Letting bub know what's going to happen and why the dressing needs changing.
- Let them listen to music.
- Tell them a story.
- Hold bub so they feel safe.
- Let them take a toy or blanket that makes them feel safe.
- Ask them if they would like to help the nurse change the dressings.
- Ask the doctors or nurses if you can give bub pain medication before changing the dressing.
- Ask for support from PCH's Keeping Kids in No Distress (KKIND) service to help bub cope with anxiety and distress.



Bub may be upset or shamed about their scar. It's important to be careful what you say to others about the scar when bub is around.

Some parents like taking photos at each appointment to see how the burn is healing. If you want to take a photo, ask bub if it is ok and let them know why you what the photos so they don't get upset.

If you want to show the photos to family or friends ask bub if they are ok with other people seeing the photos before you show/send them.



It's good for bub to feel like they have some control.



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