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Helping Your Child Thrive Through a Chronic Illness

A chronic illness impacts the lives of your child and the entire family. You never know how your child will feel when they wake up, they may not understand why they are dealing with unique challenges, and you must maintain flexibility with family plans.

The good news is that you're not alone. Many parents have a child with a chronic illness, and there are practical ways to help your child flourish in mind, body, and spirit. Below, [BMG Journals](#) lays out a few steps you can take to foster your child's health and wellbeing in the days ahead.

Study the Condition

The first step you want to take when it comes to helping your child to maintain their quality of life is to learn as much about their illness as you possibly can. While you may run across some scary statistics and other information that adds stress to your life, it's essential to be informed so

you can make sound decisions going forward. Research the web, buy or borrow [books](#), and take any other measures necessary to learn the ins and outs of the condition.

You can go a step further and pursue a nursing degree. Online programs now provide you with the flexibility necessary to [get a degree](#) while also taking care of your child and other family responsibilities. You may even be able to keep working full-time as you study. Along with equipping you with new medical knowledge and skills that can help you assist your child, pursuing a nursing degree can lead to a fulfilling career. Start researching accredited online schools to compare tuition rates.

Keep Up With Appointments

Chances are, you will have your fair share of appointments to attend with your child. It's essential to keep track of these appointments to ensure that you are up to date on your child's health and make any necessary adjustments to help them thrive in the coming years.

Consider including your child in this process; if they are old enough, you could allow them to make their appointments, help them write a [few questions](#) before each visit, and teach them how to ask for their medications at the pharmacy. Moreover, you can discuss with your child how their treatments are working, why they have been prescribed a special diet and other factors.

Get the Support You Need

Navigating the challenges of a chronic illness diagnosis is hard enough when you have plenty of [support](#) around you. But if you are relying solely on your immediate family for help, you could be positioning yourself to be overwhelmed for the foreseeable future.

That's why it's essential to surround yourself with friends, relatives, and healthcare professionals who can help you along the way. Don't hesitate to get the support necessary to keep your child healthy and your family strong.

Seek Your Financial Assistance Options

Your child may qualify for federal financial aid when it comes to prescription medications, doctor visits, clinical trials, and other routine expenses. And chances are you could be eligible for specific state and local programs to [assist](#) your family on your journey. Look into all of your options, and consider hiring a financial adviser to help you reassess your budget.

Practice Parental Self-Care

Lastly, you will be severely limited in how much you can help your child if you do not care for yourself. Be sure to [foster](#) your self-care so that you can have the energy necessary to parent your child through the challenges that come with a chronic illness, as well as bolster your

[long-term health](#) so that you can stick around for the long haul. Along with eating a balanced diet, exercising regularly, and getting quality sleep, prioritize activities that help you de-stress and regain a healthy perspective.

If your child has recently been diagnosed with a chronic illness, remember that many other parents are in a similar situation. Learn what you can about your child's condition, go to every appointment, and surround yourself with support. Also, explore your financial assistance options and keep up with your personal care routine. Most importantly, try to be strong for your child and enjoy the precious moments together.

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