

Dealing with your feelings after bub's burn



It is normal to feel upset, helpless, worried and stressed when bub has a burn, and it can be worse if you saw the burn happen.

Don't blame anyone, accidents happen

You and bub may feel upset or worried for the next few weeks.

Ask bub how they're feeling:

- Talk to them about their worries such as having bad dreams, going back to school, people staring. Their worries may be different to yours.



- Listen to them and comfort them.
- It will take time for you and bub to heal.

You're not alone, the burns team will support you and bub for as long as you need.

Yarn to the team about any worries or question you may have, let the team know if there is something you don't understand.

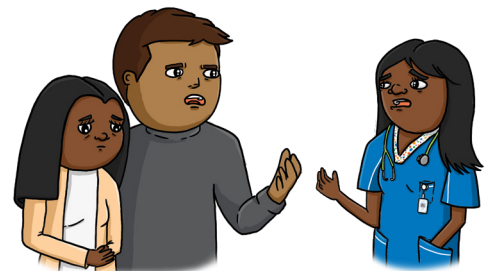


Don't forget your feelings are important too. If you need help or want to talk:

- to friends and family you trust
- visit your church, community centre.

If you are not feeling like yourself please call or see:

- GP or health clinic
- Lifeline 13 11 14
- Beyond Blue 1300 22 36 46
- take any offers of help.



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Child and Adolescent Health Service

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Produced by: Burns Unit / Social Work
Ref: 1414 © CAHS 2021

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