



Communicating with your children...

- Use simple and descriptive words like “sad,” “cranky,” “tired,” “weak,” “worried,” and “grouchy.”
- Reassure them often that they did not cause the problem.
- Let them know that this is not the kind of illness caused by germs. She did not catch it from anyone.
- Let the children know that mom is getting help and will get better soon.
- Let them know that mom may have some good and some bad times as she recovers.
- Ask the children how they can help mom to feel better – like drawing a pretty picture.



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