



Family Support Toolkit

Showing Up Matters: Meaningful Support for Families of Children with Complex Medical Needs

When your child has complex medical needs, life can feel like it runs in many directions. Appointments, hospital stays and medical decisions can take over, affecting every part of your family’s life—your finances, work, home routines and the care of siblings.

This toolkit is designed for *you*. Our goal is to help you build a supportive community around your family and to offer practical tools that can keep life moving outside of the medical crisis.

Every family experiences and manages stress differently. Some families feel comfortable asking for help, while others hesitate because they do not want to feel like a burden. Even when friends and loved ones sincerely say, “Let me know how I can help,” it can be hard to know what to ask for—especially when you are already overwhelmed. Over time, support may fade, not because people do not care, but because they are not sure how to help.

This toolkit will help bridge that gap. Inside, you will find tools and resources to make it easier for others to support your family in meaningful ways—so you do not have to carry everything alone.

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How to Ask for and Receive Help

How to Ask for and Receive Help

It may be difficult and uncomfortable to utilize the people who care about you the most. There are many reasons why you may feel hesitant:

- Fear of burdening others
- Fear of rejection
- Fear of judgement
- Fear of losing control
- Perfectionism
- Lack of confidence
- Lack of trust
- Desire for independence
- Past experiences
- Self-reliance
- Vulnerability

The truth is, most people are generally happy to help a friend or family member in need. When caring for a child with medical complexity, your focus should be on supporting the child the best that you can. Here are some ways to ask for help.

Since asking for help can be intimidating, here is a quick review of the 4 main types of communication:

1. **Passive Communication** often looks like not communicating at all due to fear. This can lead to misunderstandings.
2. **Aggressive Communication** tends to be driven by anger and judgment and can also result in inflexibility. This can create a hostile environment.
3. **Passive-Aggressive Communication** might mean you do not directly communicate your feelings, but rather hold on to negative emotions and let those affect your actions. This can cause confusion and resentment.
4. **Assertive Communication** is confident but also respectful of others' thoughts and feelings. Assertive communication creates space for honest conversations and promotes healthy connections between individuals.

It's important to ask in an assertive manner to not leave room for confusion. Be direct and to the point. Be ready to be open and honest.

Here are some examples:

"We are really struggling with _____ right now. Can you _____?"

"Could you help me by _____?"

"On _____ (day and time), we are in need of _____. Are you available?"

How to respond when others offer you help

Saying “yes”

“That would be so helpful. Thank you!”

“Thank you for your offer, here are three tangible ways you can help right now.”

Saying “no”

“I appreciate your offer, but I’m not sure that would be beneficial for us at this time.”

“That is a great idea, but this_____ would actually be more helpful right now.”

“I would love to accept your help, but don’t have the bandwidth to coordinate at this time.
Can you please reach out to_____. They are aware of our current needs.”

Self-Reflection:

What barriers do I face when asking for help?

What feeling am I having that is prohibiting me from asking for help? (anxiety, fear, sadness)

What is my typical communication style?

1. Passive 2. Aggressive 3. Passive-Aggressive 4. Assertive

How can I adapt this communication style to best ask for help?

When was the last time I asked for help?

1. Last week 2. Last month 3. Last year 4. Cannot remember

What was the outcome?

What are some specific things I could use help with? (refer to Needs Assessment - See page 28*)

What burden would those things ease? (stress, sleep, time with other children, finances)

How can I be clear in what my needs are?



Forming Your Support Team



Forming Your Support Team

When your child has a life-altering diagnosis, support becomes more than a comfort - it is a lifeline and a necessity. The right people can help you carry both the emotional and practical load, allowing you to direct your energy where it matters most: your child and family. In the last section, we focused on how to ask for help. This section focuses on who can support you, based on your needs, timing, and circumstances.

Forming a Support Team means surrounding your family with people, both personal and professional, who can step in to do what will best serve you and your unique situation. We will use the results of your Needs Assessment coupled with the consideration of your pre-existing relationships, offers from those who have expressed care and concern, and logistics such as proximity, to set up a solid framework for your family's individual team.

Some of you will come to this reality with the helpful structure of a natural, built-in network. For others it may require a little more thought or effort to piece together. There is no right or wrong way.

This module will help to provide ideas for building meaningful connection and support in other ways.



BRAINSTORMING

1). Start with who you already trust.

Think of the people who have shown up for you in the past - friends, relatives, neighbors, faith community members or coworkers. Long-standing friends or family may already understand your rhythms, boundaries, and communication style. **These people are your foundation or the core of your team.**

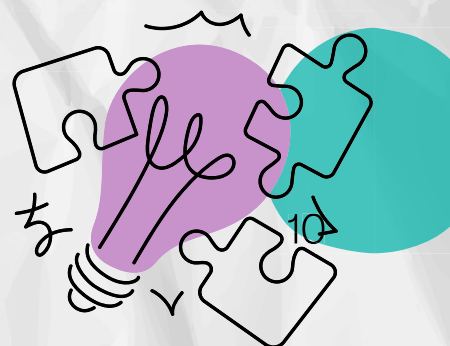
Questions to consider-

- Who could and would come to for help if you needed it, today?
- Who listens well and respects your boundaries?
- Who makes life feel easier, not heavier?

2) Recall offers for help and/or begin to intentionally notice who reaches out consistently, even if they are not close.

Most people who offer to help are genuinely willing and want to help. As we work through this building process, it's okay to be very particular with who you allow to help as well as how you want them to help. **You are the expert on your child and your family.** You will always be the one to decide:

- Who is part of your core team?
- What information to share with whom?
- What boundaries protect your family's peace?





3) Include your professional support system.

Your child's various teams are a core part of your care network. It's okay to ask them for emotional resources and recommendations for logistical help. If you have not already accessed the PPCC's [Care Plan Book](#), we encourage you to do so to help with this step. **Ask your care team: "Who else can I add to help us manage this phase?"** They often know resources you may have not yet discovered.

Everyone's team will look different, so include those who meet the needs of your family. Some suggestions include:

- Doctors, Nurses
- Social Workers, Case Managers, and Chaplains
- School Counselors and Teachers
- Local Non-Profits and Faith-Based Volunteers
- Hospice and Respite Professionals
- Child Life Specialists

Important Considerations

Proximity

Support can come from many places, in many ways. Some will come through local connections and some from across the country (or even the world). Each type of proximity brings its own strengths and challenges.

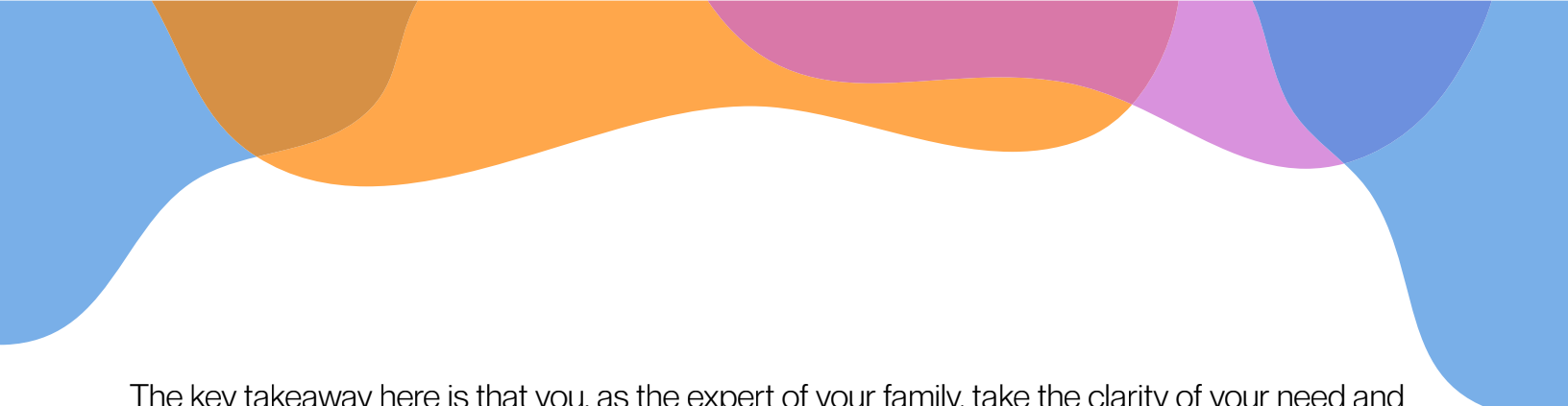
In many cases, it is most practical for nearby help to step in for daily tasks - but, distant help can still play an important role in supporting you and your family by alleviating burdens in other ways. In fact, you may be surprised by how much strength comes from people you cannot see every day, and how deeply nearby helpers appreciate being given clear, specific ways to help.

It can be helpful to consider people who live out of town but travel often, work remotely or can step in during key times. Some examples include a sibling who visits monthly, a grandparent who stays during treatment weeks or a friend who helps remotely but flies in when needed.

Clarity

Getting clear on *what* you actually need and being clear in communicating that will be a game changer when it comes to logistics and the load you are carrying. We maintain that people want to help, but need direction to do it well. Likewise, remember that needs change over time — and so do people's capacities to help. Some people shine in the early crisis stages, while others are better for the long haul.

As you already know, living a life accompanied by medical complexity means that much of the “plan” is fluid and requires flexibility. So does the team. In many cases families find that new people may enter their lives through care connections or through school systems. Always remember, you can gently rotate roles or take breaks from certain supports when needed. You may even consider revisiting the makeup of your team at regular intervals (every 3-6 months, for instance).



The key takeaway here is that you, as the expert of your family, take the clarity of your need and the offers for help and make the most of what's at hand. In the next section we will help you identify the specifics of what you need in your own individual situation, but once you have that outlined, you can match your helpers with their strengths.

Maximization

When you complete the upcoming Needs Assessment, it might be helpful to think of things in terms of reverse engineering. If your goal and hopeful outcome is a smooth and healthy life for everyone involved, then it will be beneficial to consider all the possible ways people can help.

For instance, those who are local can help with transportation (school drop-offs, appointments, errands), sibling care or playdates, and household tasks (meals, cleaning, laundry, groceries). Additionally they can help by sitting with your child while you nap, shower or take a short break and even providing in-person emotional presence — hugs, coffee chats, and companionship.

Likewise, those at a distance can help by managing online updates or a care page (so you don't have to repeat news); sending encouragement — letters, cards, voice notes, video messages - contributing with gift cards, meal deliveries, or transportation funds; doing research: local respite programs, grants, or equipment options; and, maybe most importantly, planning visits that give you something positive to anticipate.

Tips for maximizing local support:

- Having someone identified as your “lead” can be a great advantage in many ways – even if nothing more than serving as the communicator of your needs to your extended circles. Likewise, having an old-school, emergency phone chain can alleviate the demand on you.
- Consider identifying two or three people you can text for urgent, “I need someone now”, moments. When something pops up, you know they are reliable and will do all they can to show up quickly. Communicating this need and expectation to them will set you up for success.

Tips for maximizing support from a distance:

- Consider designating a “remote coordinator” — someone who can rally faraway supporters and organize logistics (meals, donations, communication).
- When possible, schedule visits intentionally (for key appointments or respite needs) to avoid overwhelming your calendar.



The Ring Theory

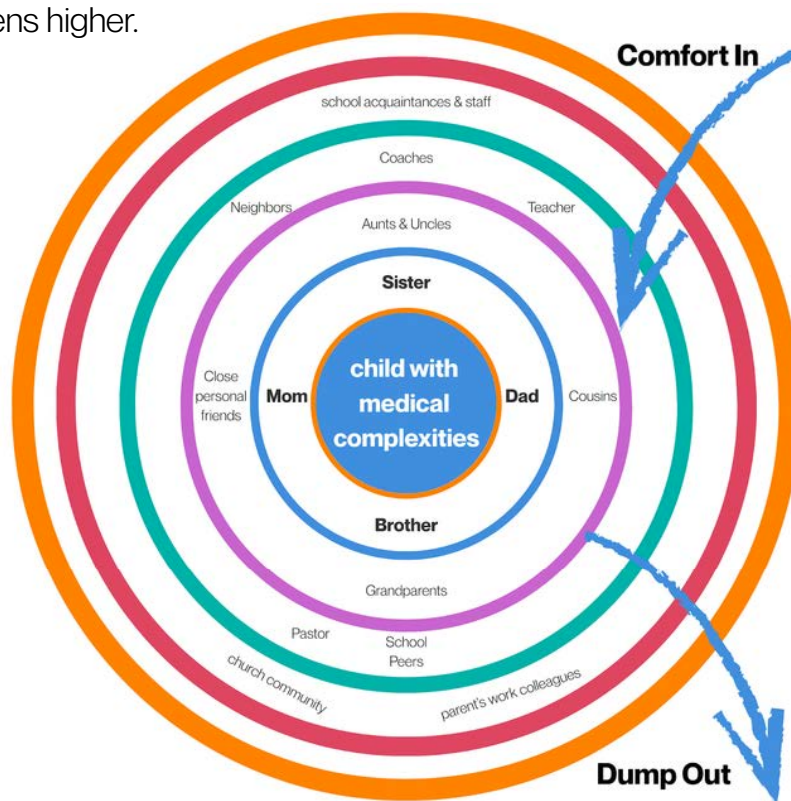
The Ring Theory

One helpful approach easily illustrates who can/should support others during times of crisis when looking at a person's network of support. Psychologists Susan Silk and Barry Goldman suggested a simple exercise in their 2013 article, "How Not to Say the Wrong Thing," called the Ring Theory. The theory follows a simple principle: "comfort in, dump out."

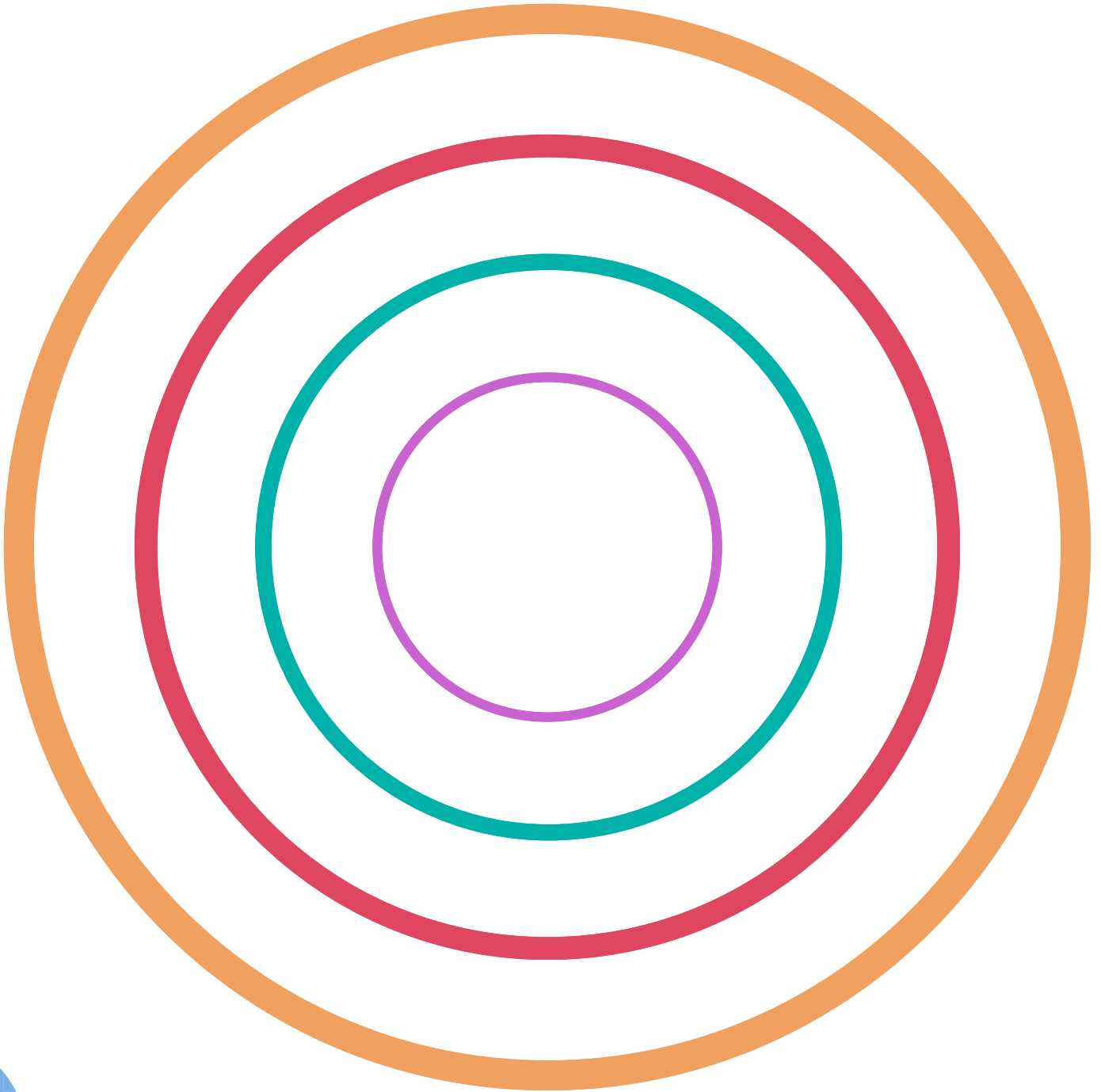
Here's how to apply it:

1. Draw a small circle and write the name of the child with the diagnosis inside.
2. Draw a larger circle around it and write the names of those closest to the child—usually immediate family members such as parents/guardians and siblings.
3. Continue drawing outward rings, placing people based on their closeness to the child. The next layer out might include close extended family and best friends.
4. Keep drawing circles outward as you move further out into the network of support.

This exercise helps clarify where you stand in that person's support network to avoid “dumping” additional emotional weight in the wrong direction. During a highly emotional situation, it is normal to want to vent or talk about your feelings. It is imperative that you only do so with someone who is in your ring or outward. Adding stress and extra feelings to those closest to the situation only makes their burdens higher.



Build Your Ring



Reference:

Silk, Susan and Goldman, Barry (2013, April 7) *How Not to Say the Wrong Thing*, Los Angeles Times,
<https://www.latimes.com/opinion/story/la-timeless/how-not-to-say-the-wrong-thing>



Family Needs Assessment

Family Needs Assessment

Supporting Your Family

Families caring for a child with medical complexity carry an extraordinary weight—emotionally, physically and mentally. Understanding your family's needs, and naming what helps and what doesn't, allows you to create conditions where everyone can thrive. What restores one may overwhelm another and recognizing those differences helps friends and loved ones offer meaningful, practical support.

It's important to remember that having needs doesn't mean you're weak; it means you're human.

Giving voice to your needs is an act of strength and love, because when families are supported, the entire ring of care becomes stronger.

Purpose

This assessment helps identify strengths, challenges and support needs within the family— including siblings, daily life, finances and caregiver wellness. The goal is to create a holistic picture of what can make life more manageable and sustainable for your family.



Family Needs Assessment

SECTION 1: SIBLING NEEDS

EMOTIONAL & SOCIAL WELLBEING



How are your children coping with their sibling's medical needs?

- ☐ Doing well overall
- ☐ Occasionally struggling
- ☐ Often sad, anxious, or withdrawn
- ☐ Unsure



Do your children have opportunities for:

- One-on-one time with a parent or caregiver?
☐ Yes ☐ No
- Social activities or time with friends?
☐ Yes ☐ No
- Counseling or emotional support?
☐ Yes ☐ No



Do you feel your children understand their sibling's medical condition and needs?

- ☐ Yes, age-appropriately
- ☐ Somewhat
- ☐ No, they seem confused, scared and/or worried



What additional support might help your children?

- ☐ Peer support groups
- ☐ Family therapy or sibling counseling
- ☐ Respite activities for siblings (periodic trips to zoo, museum, festivals, seasonal activities, etc).
- ☐ Education/resources about their sibling's condition
- ☐ Other: _____

Use this page to learn more about siblings so your
Support Team can make them feel extra special!

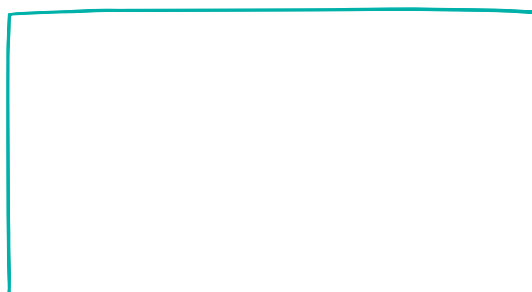
FUN FACTS ABOUT

insert sibling name here

My favorite food is:



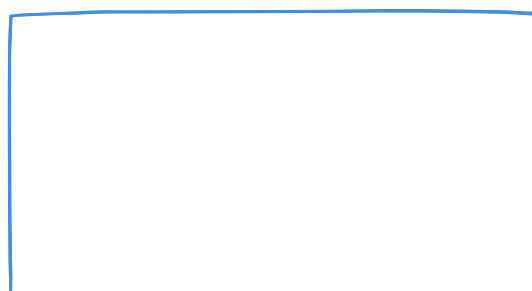
My favorite restaurant is:



My favorite toys right now are:



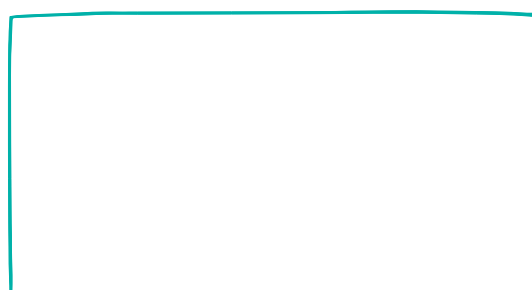
When upset, my comfort item is:



My favorite outing is:



My favorite books right now are:



Use this page to learn more about siblings so your
Support Team can make them feel extra sepcial!

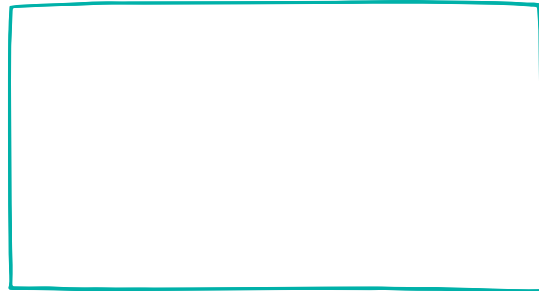
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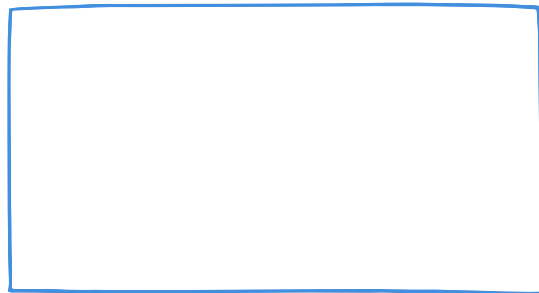
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My favorite toys right now are:



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My favorite books right now are:



FAMILY NEEDS ASSESSMENT

SECTION 2: DAILY HOUSEHOLD RESPONSIBILITIES



HOW WELL ARE HOUSEHOLD RESPONSIBILITIES GOING (MEALS, CLEANING, ERRANDS, ETC.)?

- ☐ Well
- ☐ Manageable but tiring
- ☐ Overwhelming most days
- ☐ Unable to keep up



WHICH AREAS FEEL MOST CHALLENGING? (CHECK ALL THAT APPLY)

- ☐ Meal planning/preparation
- ☐ Cleaning/laundry
- ☐ Transportation
- ☐ Scheduling/appointments
- ☐ Night time routines
- ☐ Other: _____

WHO HELPS WITH DAILY HOUSEHOLD TASKS?

- ☐ Partner/spouse
- ☐ Extended family/friends
- ☐ Paid caregiver/household help
- ☐ No regular help available

WHAT SUPPORTS WOULD MAKE DAILY LIFE MORE MANAGEABLE?

- ☐ Home health aide
- ☐ Volunteer assistance
- ☐ Meal train or grocery delivery
- ☐ Organizational/planning support
- ☐ Other: _____



FAMILY NEEDS ASSESSMENT

SECTION 3: FINANCES

How would you describe your current financial situation?

- ☐ Stable and manageable
- ☐ Some strain
- ☐ Significant difficulty meeting needs

01



02

Do you currently receive any financial support related to your child's medical condition?

- ☐ Medicaid or waiver program
- ☐ SSI or disability benefits
- ☐ Charitable or foundation support
- ☐ None

Are there unexpected expenses that create ongoing stress?

- ☐ Transportation (gas, parking, etc.)
- ☐ Medications/supplies not covered by insurance
- ☐ Lost work income
- ☐ Childcare for siblings
- ☐ Other: _____

03



04

What financial resources would be most helpful?

- ☐ Assistance navigating benefits
- ☐ Grants or emergency funds
- ☐ Budgeting or financial coaching
- ☐ Gift card drive or cash fundraiser
- ☐ Connection to community aid programs
- ☐ Other: _____

FAMILY NEEDS ASSESSMENT

Section 4: RESPITE & PERSONAL WELLNESS

HOW OFTEN DO YOU GET PERSONAL TIME TO REST OR RECHARGE?

- ☐ Daily or almost daily
- ☐ Once or twice a week
- ☐ Rarely
- ☐ Never

DO YOU HAVE ACCESS TO RESPITE CARE (SOMEONE QUALIFIED TO CARE FOR YOUR CHILD SO YOU CAN REST)?

- ☐ Yes
- ☐ Occasionally
- ☐ No



WHAT ACTIVITIES HELP YOU FEEL RESTORED OR SUPPORTED?

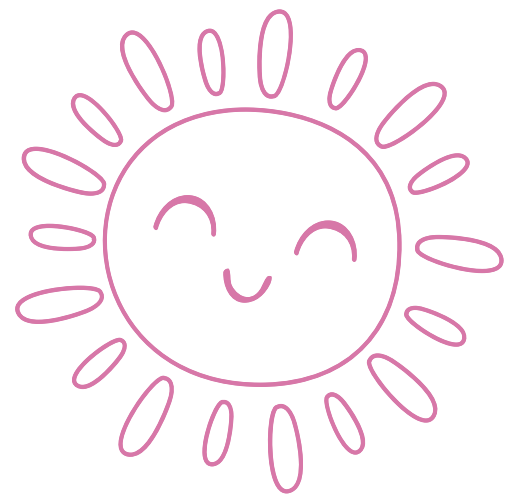
- ☐ Exercise or outdoor time
- ☐ Faith or spiritual practice
- ☐ Quality time with friends/family
- ☐ Counseling or therapy
- ☐ Quiet/alone/rest time
- ☐ Other:

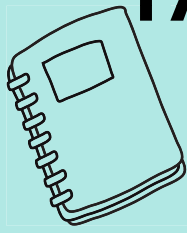
WHAT PREVENTS YOU FROM TAKING TIME FOR YOURSELF?

- ☐ Lack of respite care
- ☐ Guilt or worry about leaving
- ☐ Financial cost
- ☐ No time in schedule
- ☐ Other:

WHAT WOULD HELP YOU CARE FOR YOURSELF MORE CONSISTENTLY?

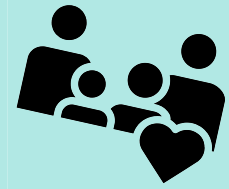
- ☐ Access to trained respite providers
- ☐ Counseling/peer support
- ☐ Support group or caregiver community
- ☐ Flexible work or childcare options
- ☐ Other:





FAMILY NEEDS ASSESSMENT

SECTION 5: STRENGTHS & PRIORITIES



What are your family's
greatest strengths?



What areas feel most
urgent to address right
now?



What would "feeling
supported" look like for
your family?



GET TO KNOW YOUR FAMILY SURVEY

This section will help people get to know your family, your routines and what matters most to you. Every family caring for a child with medical complexity is unique. By sharing your story, we can better understand how to support your family's needs, strengths and goals.

Section 1: Basic Family Information

Primary Caregiver(s) Name(s):

Address: _____

City/State/ZIP: _____

Preferred Phone: _____

Email: _____

Best way/time to reach you: _____

Primary Language(s) spoken at home:

Cultural or faith traditions important to your family:

Section 2: Child with Medical Complexity

Child's Name: _____ Date of Birth: _____

Primary Diagnosis: _____

Other Medical Conditions:

Current Care Team (doctors, therapists, specialists):

Preferred Hospital/Clinic: _____

Current Medications/Equipment:

Describe your child's personality, interests and what brings them joy:

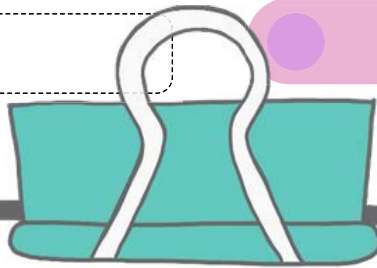
GET TO KNOW YOUR FAMILY SURVEY

Section 3: Family Members and Supporters

Please list all members of your household :

★	
★	
★	
★	
★	

Other important people who help care for your child (family, friends, aides):



Do you have pets?

Yes No

If yes, please list and include any important information (temperament, feed schedule/location, care needs, health issues, vet contact information):

GET TO KNOW YOUR FAMILY SURVEY

Section 5: Strengths, Values, and Goals

What does a typical day look like for your family?

What are the most challenging parts of your day?

What helps your family feel most supported or at ease?

What does a 'good day' look like for your child?

What are your family's greatest strengths?

What priorities guide your family's decisions?

Section 5 Continued

What goals or hopes do you have for your child and your family this year?

1

2

3

Is there a spiritual practice that is encouraging to you and your family?

Is it helpful to you if people keep you and your family in thoughts or prayers?

Use the space below if you feel comfortable writing down your spiritual needs and preferences.



Inner Circle Resources

Inner Circle Resources

When you are caring for children with medically complex needs, the ripple effects touch every heart in the family. Parents often carry the weight of constant care decisions, juggling love and logistics while grieving the loss of “normal” routines and life expectations. Grandparents may struggle between wanting to help and feeling unsure how, their hearts are compassionate but their hands sometimes tied by fear, distance or uncertainty. Siblings, too, live this story—learning compassion beyond their years, and needing reassurance that their own needs and feelings matter just as much. Every member of the family is deeply affected, not only by the challenges, but also by the profound love, resilience and connection that grows in the process. Understanding each person’s experience within this circle helps the family move together—stronger, seen and supported.

For Parents

50 Great Websites for Parents of kids with special needs

Care Mapping is a process that guides and supports the ability of families and care professionals to work together to achieve the best possible health outcomes.

Courageous Parent Network

Courageous Parents Network (CPN) Video – Mom discusses realities of nursing shortage affecting self-care. **Watch here**

Courageous Parent Network (CPN) Video – Mom shares how others can approach the reality of not taking her burdens away. **Watch here**

GIVE IN KIND is a versatile, flexible, virtual support tool anyone near or far can use. Organize providing meals, rides, childcare, gift cards, donations and more. All for free.

Government services for Children with disabilities and their families

Inner Circle Resources

For Grandparents

Family Voices helps close the gap between special care needs and coordinated healthcare.

AARP Blog for Grandparents of kids with special needs.

Critically Loved Grandparents corner for chronically and critically ill children.

For Siblings

PPCC Sibling Toolkit Resources that give special attention to siblings who live and share their lives with a brother or sister with medical complexities.

Ryan's Case for Smiles Sibling Coping Space Helping siblings adjust to family care and routines due to medical needs.

Family Voices helps close the gap between special care needs and coordinated healthcare.

Siblings with a Mission is dedicated to creating opportunities for brothers and sisters of medically complex children to receive the information and resources they need to support their families and themselves.

Wish Resources

A Kid Again

Children's Wish Foundation

Dream Factory grants dreams to critically and chronically ill children from the ages of 3-18 nationwide.

The Granted Wish Foundation grants sports and celebrity athlete wishes to children and young adults from ages 5-25 nationwide.

Hunt of a Lifetime provides wishes for individuals 21 and under interested in hunting and fishing.

Jamie's Dream Team organization that grants dreams to children 18 and under.

Kid's Wish Network grants wishes to children ages 3-18 nationwide.

Make-A-Wish America grants wishes to children 18 and under nationwide.

The Quinn Madeleine Foundation grants wishes to children under the age of 3.

Starlight grants wishes to hospitalized children nationwide.

Sunshine Foundation organization that grants wishes to children ages 3-18 with serious or chronic illnesses, or have suffered abuse.

Team IMPACT matches children with a college athletic team.

Emersyn Isla Shining Star Foundation our-services PA-based organization that sponsors day trips for children and their families.

PPCC Resources

PPCC Toolkits:

- [PPCC Care Plan Book](#)
- [PPCC Self-Advocacy Toolkit: A Guide for Parents, Caregivers, Children and Adolescents](#)
- [PPCC Creative Expressions Toolkit](#)
- [PPCC Caring Conversations Toolkit: For Parents and Caregivers - How to Talk With Your Child's Providers](#)

PPCC Resource:

- [PPCC What is Pediatric Palliative Care? - FAQs](#)

PPCC Briefs - One page bulletins for Families:

- [Finding Your Community: Parenting a Child with a Rare Disease](#)
- [Staying Organized in the World of Medical Complexities](#)
- [Managing Complex Care in the Home Setting](#)
- [Making Wishes Come True](#)
- [Organizational Tools for Back to School](#)
- [A Parent's Perspective on Advocating for Your Child](#)
- [Advocating for Your Child: Steps Parents Can Take to Advocate for Their Child](#)
- [How to Work with your Local Legislator on Advocating for Your Child](#)
- [The Challenge of Being a Caregiver: The Unique Perspective of a Parent and a Provider](#)
- [The Value and Use of Photo-Narratives for Children with Medical Complexity](#)

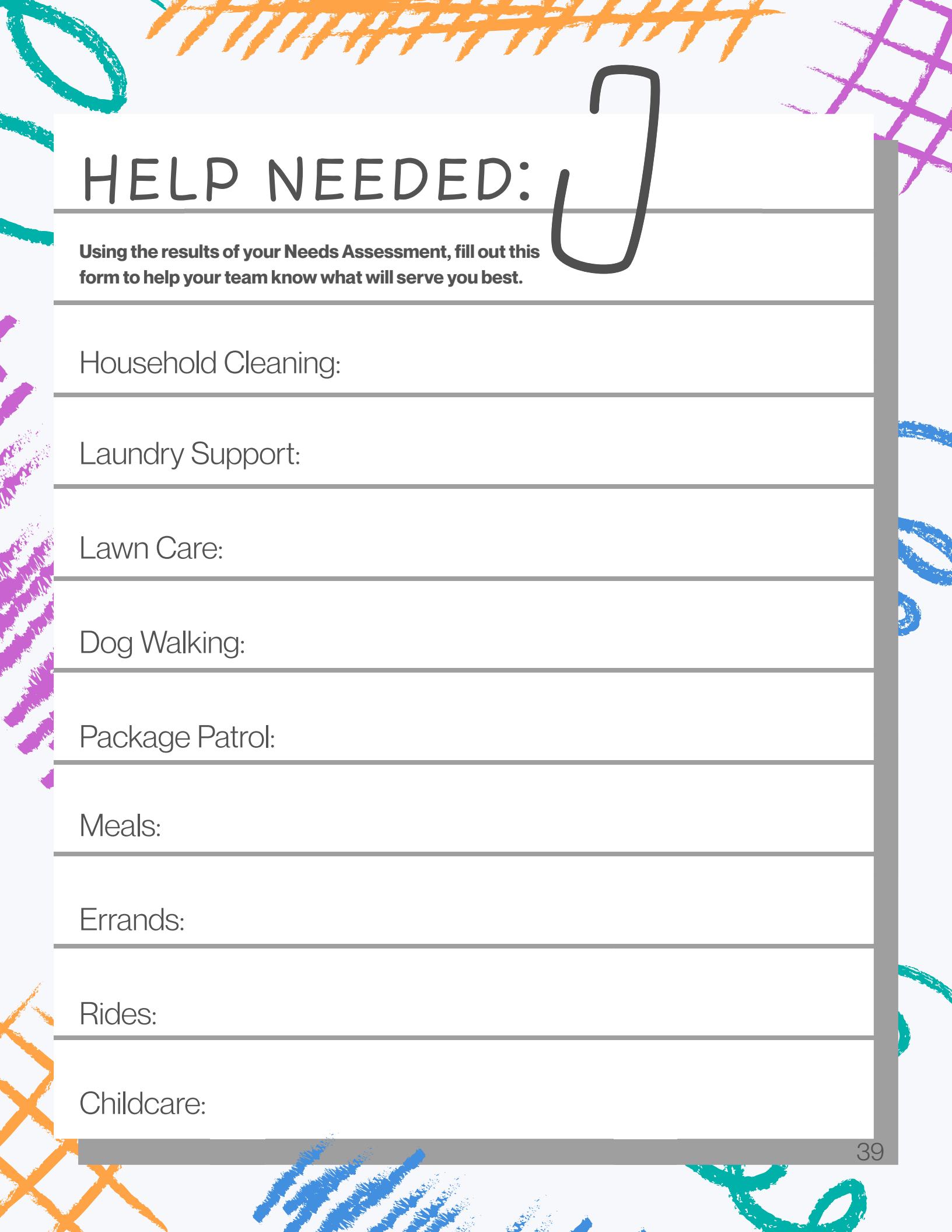


Tips for Your Team



Tips for Your Team

Even with the best intentions, the words or actions of others can sometimes miss the mark and in effect cause more harm than good and leave the family feeling misunderstood, overwhelmed or even hurt. This doesn't usually come from a lack of care but rather from discomfort, uncertainty or the desire to "make it better." Knowing and internalizing this can help you respond with grace and hopefully, by communicating these tips to your team, you can help your supporters approach your circumstances with more awareness. In this final section, you will find many printable resources to complete and distribute so that everyone is on the same page.



HELP NEEDED:

Using the results of your Needs Assessment, fill out this form to help your team know what will serve you best.

Household Cleaning:

Laundry Support:

Lawn Care:

Dog Walking:

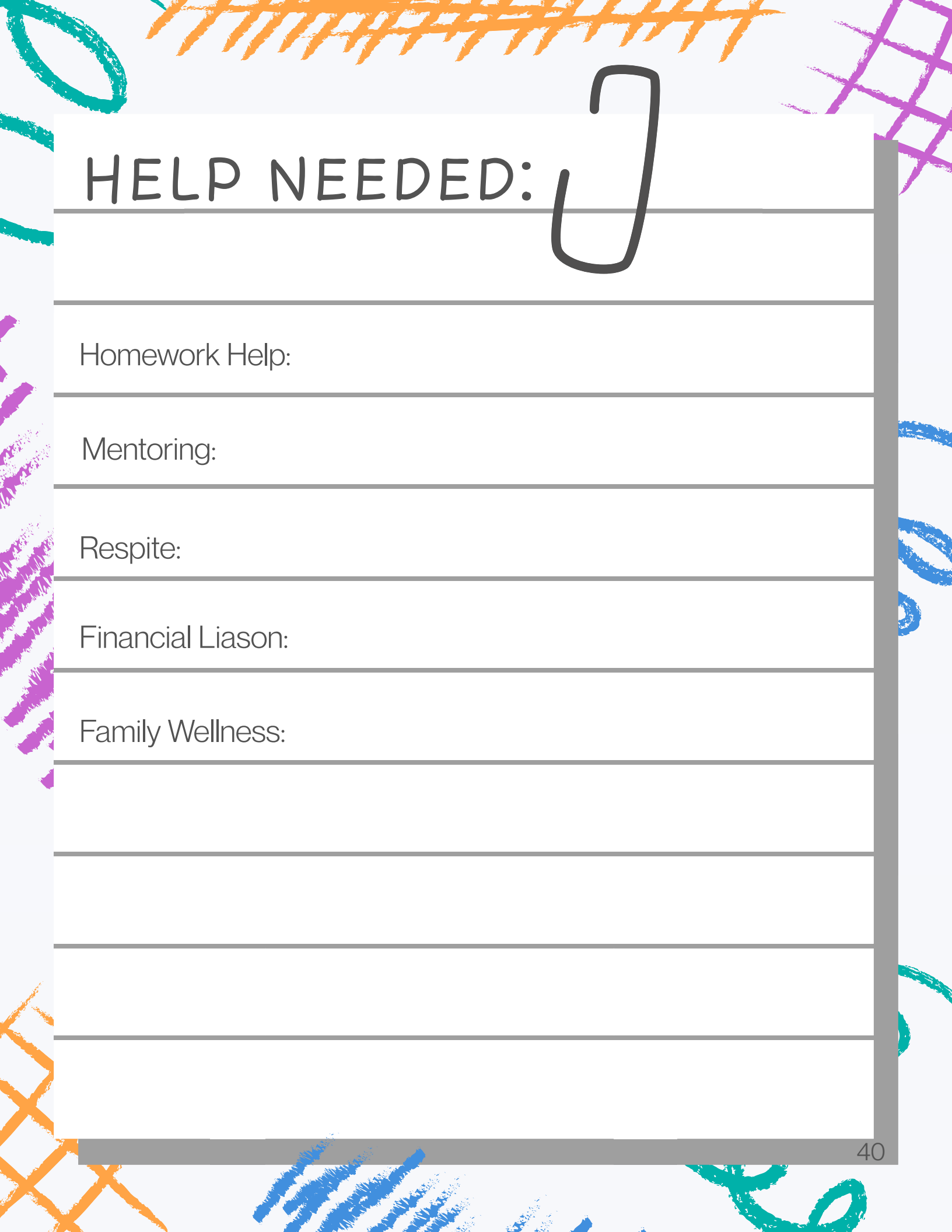
Package Patrol:

Meals:

Errands:

Rides:

Childcare:



HELP NEEDED:



Homework Help:

Mentoring:

Respite:

Financial Liason:

Family Wellness:

The Family Team

WHO'S WHO

LOCAL LEAD

Mobile: _____

Email: _____

REMOTE COORDINATOR

Mobile: _____

Email: _____

FINANCIAL LIASON

Mobile: _____

Email: _____

MEALS COORDINATOR

Mobile: _____

Email: _____

VOLUNTEER

Mobile: _____

Email: _____

Role Filled: _____

VOLUNTEER

Mobile: _____

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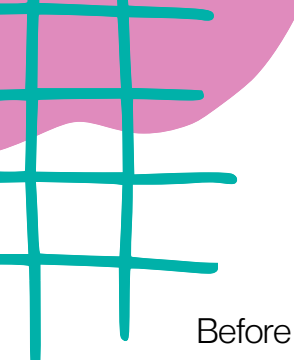
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PRACTICAL & SENSITIVE ADVICE

Before offering help, take a moment to check in with yourself. You can't support others effectively if you're not grounded. Think about the advice we hear on every flight: "Put your own oxygen mask on before helping others." You need to be in a stable place yourself in order to truly be there for them and avoid actions that may unintentionally add stress. Depending on how you are coping with the situation will also help to guide you on how to best support the family.

Consider the following sentiments in your posture and subsequent interactions with the family:



Respect the family's routines

Avoid intruding or making assumptions about their needs or availability. Similarly, respect their pace. Keep showing up gently without pressure or expectation.



Maintain confidentiality

Do not share personal details unless the family has explicitly asked you to do so.



Always get consent

Before taking action, make sure you have consent, especially if it involves entering the home or sharing personal information, such as in a fundraiser, a care calendar or on social media.



Be emotionally prepared

If you're not in a place to provide comfort, consider indirect ways to help. The family needs support, not additional emotional weight.



★ **Be a team player**

Remember that when families designate a trusted friend or relative to manage offers of help and share updates about their child, the purpose is that the “point person” helps reduce the emotional strain on parents who may otherwise have to repeat difficult news again and again. Be thoughtful not to circumvent their efforts. Recognize that communicating directly to the team leader is actually serving the family well.

★ **Give without expectation**

In times of crisis, expressions of gratitude may be delayed or forgotten, but your support is still deeply valued. Giving extra heapings of grace is more than likely what most families will need.

★ **Actively listen**

There's no need to try to fix or relate. Give your undivided attention, validate feelings, ask open ended questions, leave advice at the door unless asked and be comfortable in silence. Sometimes the most powerful support is simply being present.

★ **Assess your resources**

Think about your skills, time you can commit as well as those you know in the community who can join you in on your efforts. Be careful not also to overextend yourself but rather find realistic tasks that can be seen through to completion.

★ **Stay flexible**

When parenting children with medical complexity, life can change in an instant. Plans are hard to make when the next day, or even the next hour, is uncertain. In this kind of unpredictable environment, flexibility and understanding are essential.



Organizational Resources

Organizational Resources:

Online Planners:

[Care Calendar](#)

[Give in Kind](#)

[Lotsa Helping Hands](#)

Communication Websites:

[Caring Bridge](#)