

When someone close to you is critically ill (1)



Someone in your life, or the life of your child, is critically ill and you are worried.

The below tips can help you deal with this difficult situation, both when someone close to you is in hospital, but also when they are critically ill at home and you are unable to visit.

Worries and hope

- You need to walk the line between worrying and hoping. Hope is fine, but it also needs to leave space for legitimate worries 1) so as not to be alone with this, and 2) to prepare yourself for what may come.
- Emphasise who is looking after everything and what is being done to help the ill person, but also be honest when the situation gets worse (e.g. the body becomes weaker, gets worse or they need more help).
- If your child is concerned that they will also fall ill, explain to them in a calm and confident manner what you would do in this situation, that you know what you are doing and how children are particularly good at getting better.

Contact and setting up strong roots

- Keep in contact with people who steady, soothe or distract you or your children.
- Get support for times when you are emotionally strained and time is limited. Maybe there are other adults, trusted people in your child's life who can get involved in a part of the daily ritual with your child. This can be a photo message with a lovely image or something like an evening query about how the day was.
- Also think about who will be good for them. Either because they can offer a friendly ear, solace or distraction, or because they can offer help and support.

Trust and balance

- Keep to structured and existing routines, as best you can. This can be hard in exceptional situations, but gives your child the opportunity to orientate and ground themselves at a challenging time. This is not for order and discipline, but to give the impression of "knowing what you're doing".
- Make sure they receive enough space for any discussions or activities offering distraction, a break from concerns, the opportunity to find their strength or a feeling of security and comfort
- Also remember that conversations your child "just hears" can still be stressful and overwhelming.

Forgiveness and bonding

- Be forgiving to yourself! At exceptional times when we are worried about a loved one and the whole world has been turned on its head, we do not always manage things as well as we would like. This is unfortunately part of it, but does not mean that you are not up to the situation.
- When you are sorry for your behaviour towards the child, be open and honest. For example, say to them: "I'm sorry I was so angry/loud/unfair. At that time, my emotions were all over the place because I was very stressed/tired/sad."

Getting information and support

Wenn Sie zu diesem Thema Fragen haben oder sich Unterstützung wünschen, holen Sie sich fachlichen Rat. Ihre örtliche Beratungsstelle oder unser Beratungsteam überlegen mit Ihnen gemeinsam, welche Erklärungsschritte gerade anstehen und wie Sie diese gehen können.

Telefon unter 089 / 997 40 90 20
E-Mail an beratung@aetas-kinderstiftung.de
Chat-Beratung über unsere Homepage
www.aetas-kinderstiftung.de

Sie erreichen uns
Montag bis Freitag
zwischen 10.00 und 14.00 Uhr