



Communicate

- Have open communication with your child
- Encourage your child to openly communicate with doctors

Have a Routine

- Set a routine as a family and write it down
- Treat your child normally, discipline them and do things together as a family unit

Allow yourself to take Action

- Exercise together (i.e. go on walks)
- Help your child eat healthy & plan meals together

Reach Out

- Create an online support group
- Start a lupus group in your school

Love Yourself

- Self-care is important
- Stay informed of your child's medical needs

Always Stay Connected

- Supportive counseling can be helpful for the family
- Stay involved - parents need support too!

The following tips were created by the parents of the Charla de Lupus(LupusChat)[®] Program. Charla is a free national program offering people with lupus and their families, peer health support and education since 1994. These tips are meant to provide other parents with some general advice around coping from parents affected by lupus. For more information about the Charla Program, visit our website at www.hss.edu/CharladeLupus or call 212.606.1958.