



# Helping Children with Ill or Disabled Parents: A Guide for Parents and Professionals

Julia Segal, John Simkins

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When a parent falls ill or becomes disabled, the pressures placed on family, relations and friends can be very great. Children, in particular, are sometimes forgotten as the adults struggle to cope, yet often have to endure enormous anxiety. The authors, with compassion and common sense, look at the range of issues that can arise, including guilt, anger, frustration and fear. They suggest positive ways in which these can be approached, as well as looking at: \* what children need to know and when they should be told \* issues of dependence, separation and independence \* what issues emerge when other adults are involved \* the role of teachers and schools \* the sense of responsibility commonly felt by the child \* how to help with thoughts and feelings.



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