



Speaking from Experience Arthritis in Childhood

Transcript for chapter 9 of 9: Closing thoughts

Peter and Toni have a daughter, 14 years, with arthritis: Don't focus just on the bad parts of arthritis, because it can also bring your family closer together and make you be a closer unit.

David and Michelle have a daughter, 5 years, with arthritis: You've got to accept it. That's probably the biggest thing - accept what they've got. And talk to people.

Sharryn has a son, 12 years, with arthritis: Find more support through the arthritis foundation because there's help lines, there's all manner of things, where you're not alone with the whole thing.

Conrad and Doune have a daughter, 7 years, with arthritis: Really try to develop a good relationship with your rheumatologist, and really try and work on that relationship, because I think they're going to be a very instrumental person in treatment and also support.

David and Michelle: Keep a happy life for them. Don't say that everything has to be done now, or whatever. Keep it light and simple. Don't weigh too much on their shoulders.

Jennifer, 19 years, has Fibromyalgia (FMS): They have to be given room to make mistakes, to say "No, I'm sick of doing this stretching, and eating this food, and doing all this sort of stuff" and getting really angry. They have to be able to do that, and parents say "Okay, we won't do that." The child will realise when they're sore that that wasn't such a good thing. But the child has to realise that for themselves. It's not something that parents can teach.

Robert, 18 years, has Polyarticular Arthritis: Support your kids as much as you can over the years. They really need it. A hand on the shoulder really helps. Just to know that someone's there, and does care, and really understands what you're going through. It really helps with growing up.