

All brains are beautiful.

Information about stroke for pre-school
and primary school aged children.



A note for parents and caregivers

This fact sheet is for pre and primary school aged friends, siblings and relatives of childhood survivors of stroke. Depending on your child's age, you may like to read this with them.

Find out how to use this fact sheet and get information to help answer questions your child may have strokefoundation.org.au/about-stroke/learn/childhood-stroke/resources

StrokeLine can help answer any questions. Call **1800 787 653** Monday to Friday 9am to 5pm, Australian Eastern Standard Time. Email strokeline@strokefoundation.org.au

What is a stroke?

The brain is amazing. It's in charge of everything we do. How we walk, talk, think, see, feel, learn and play – everything!

A stroke is when blood can't get to parts of someone's brain. If blood can't get through, that part of their brain can be injured.

If someone's brain is injured, it won't work exactly like it used to. How they walk, talk, think, see or feel, can be different after a stroke. How they learn and play can be different too.

Stroke can happen at any age, even before they are born.



Fun fact:

did you know the left side of your brain controls the right side of your body?

What happens after stroke?

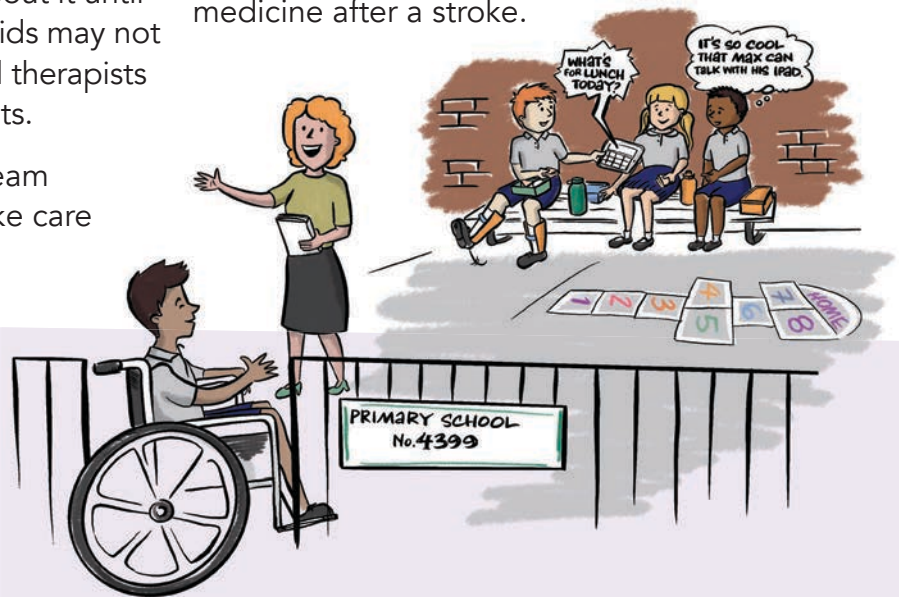
After a stroke, most kids go to hospital. Some kids get better fast and go home quickly. Some kids need to be in hospital longer.

Some kids have a stroke before they are born. Sometimes doctors don't find out about it until they are older. When this happens, kids may not need to stay in hospital. Doctors and therapists will take care of them at appointments.

Whether in hospital or at home, a team of doctors, nurses and therapists take care of kids after stroke.

The team help kids practise the things they need to do. They show them new ways of doing things.

There are lots of appointments with doctors and therapists. It takes a lot of time and kids have to work hard. Some kids take special medicine after a stroke.



How stroke makes you feel

After a stroke kids want to play, laugh, learn and go on adventures like everyone else.

Going to school can be both exciting and scary. Seeing friends and teachers can be fantastic. But kids may worry about keeping up at school after a stroke.

They may not be able to do everything other kids can do. Or for some kids they may not be able to do what they used to do. They may do things differently. They may need help or more time to do some things.

Learning after stroke takes a lot of effort and energy. Kids get tired after a stroke. Busy and noisy places can be too much.

Sometimes it can be hard for their friends and family too. If your friend or family member had a stroke, you may not know what to say and do.



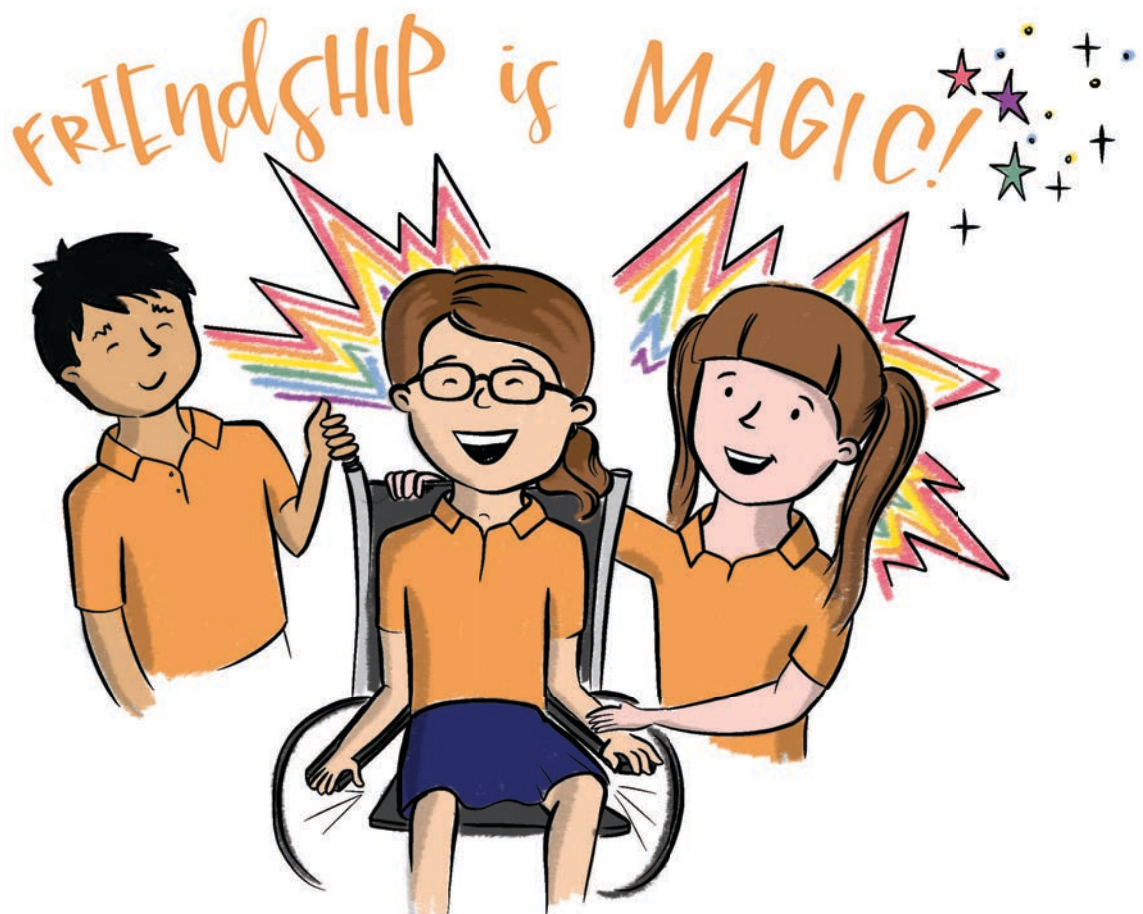
You may worry about saying or doing the wrong thing. You may feel worried and sad for your friend.

You could talk to your friend about how you're feeling. They may know the answers to your questions. You can talk to a grown up about it too.

How you can help

Having good friends inside and outside school is important.

- › Stroke affects all kids differently, ask what helps your friend best.
- › Don't assume they can't do things. Check with your friend, their mum or dad, or the teacher.
- › Your friend might use things to help them walk, talk, play, or learn like an Ankle Foot Orthosis (AFO), a wheelchair or an iPad.
- › When you ask a question, give your friend extra time to find their words.
- › There are lots of appointments. They may miss school sometimes.
- › Therapists may come to see your friend at school sometimes. You can say hello to them. You can ask them about what they do.
- › Like you, some days are easier than others.
- › Your friend might run out of energy quickly. Some days they may leave school early to rest.
- › If your friend has big emotions, they may need time and a quiet place to sit.
- › Don't give up trying to find ways to play with them, even if it's different to before.
- › Keep inviting your friend to parties, they love cake just like you!
- › Please be patient. Give your friend time and space to do things.
- › **Be kind and include them. Friendship is magic.**





Other ways you can help:

More help



Find more information and answers to your questions about childhood stroke.

strokefoundation.org.au/About-Stroke/Learn/Childhood-stroke



StrokeLine provides advice on stroke prevention, treatment and recovery. StrokeLine is a practical, free and confidential service. StrokeLine's allied health professionals will listen, answer any questions and give advice on what to do and how to help.

Call 1800 787 653, Monday to Friday 9am to 5pm, AEST (Australian Eastern Standard Time). Email strokeline@strokefoundation.org.au



Kids Helpline provides telephone and online counselling service for kids.
Call 1800 55 1800. kids-help.com.au







About Stroke Foundation

Stroke Foundation partners with the community to prevent, treat and beat stroke. We do this through raising awareness, facilitating research and supporting survivors of stroke.

Thank you to everyone who contributed to developing the All brains are beautiful fact sheet. Our particular thanks to the Barr Family Foundation for their generous support.



How to get more involved

-  **Give time** – become a volunteer.
-  **Raise funds** – donate or hold a fundraising event.
-  **Speak up** – join our advocacy team.
-  **Leave a lasting legacy** – include a gift in your Will.
-  **Know your numbers** – check your health regularly.
-  **Stay informed** – keep up-to-date and share our message.

Contact us

-  **StrokeLine 1800 STROKE (1800 787 653)**
-  strokefoundation.org.au
-  [/strokefoundation](https://www.facebook.com/strokefoundation)
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