

My child's name is

..... was born with a congenital heart defect (CHD).

This means he/she was born with an abnormality in the structure of his/her heart.

It is not unusual for a child with a congenital heart defect to look just like a child with a normal heart. However may show signs that will require attention.

SIGNS TO BE AWARE OF;

Colour: Most commonly, a blueness of the lips and nail-beds. This is caused by reduced oxygen in the blood flow to the body.

Exercise: Children with CHD may tire more easily and become breathless after exercise. This is because of their heart condition, not a behaviour issue. Please see below for specific exercise requirements if applicable.

Susceptible to infection: Children with CHD may be more susceptible to infections, flu's and colds.

Development: The fact that a child with CHD may have to spend time in hospital or at appointments, and tires easily, can impact on their learning development. Please inform us of any changes that you might see.

Specifically please make note of these individual requirements for

Medications & Side Effects: _____

Exercise: All sports – note the above comments re: exercise.

Competitive Sports _____

Contact Sports _____

Other notes:

..... may have a serious heart condition, but he/she is a child with the same needs and hopes as any other child. Please help us keep his/her life as normal as possible.

This factsheet is only a guideline and we will update it regularly. In an emergency please contact

Contact Name: _____ Contact No: _____



Factsheet for Schools - Guidelines

Please follow these guidelines when filling in your child's school factsheet.

- Include a passport picture of your child
- Fill in your child's name in the relevant spaces
- Signs to be aware of: This is to highlight the general signs teachers and schools should be looking out for with any child who has chd. You know your child best – let the teacher know which of these is commonplace with your child and what is not normal.
- This specific section is for you to fill in based on your individual child. Your child's Consultant Cardiologist will be happy to help you with this. A good idea is to bring the factsheet to your next appointment so you can write down all the relevant information.

Every child with congenital heart disease has different care requirements. Even children with the same heart condition will require individual information. Examples as below for the sections;

Meds & Side Effects: ie. Warfarin can cause bruising

Exercise: Ask your child's Consultant what exercise your child can do

Other Notes: Upcoming surgery/ equipment needed/ feeding issues and anything else that may be relevant for your child.

- Include the best way to contact you in an emergency.

It is important to update the factsheet as your child's condition or requirements change. Your child's teacher and school need to know the nature of your child's heart condition and any implications it will have in school.

This factsheet is the first part of a booklet for schools that Children's Heartbeat Trust are developing, and as such please let us know what you think would be relevant for further correspondence with schools and any information the schools are particular about. Please also ask your teacher/schools if they found the factsheet helpful and reassuring. Please email us at info@childrensheartbeattrust.org with any feedback.