

How are your child's JIA treatments and treatment-related pain affecting you?

A study involving mothers of children with JIA across Canada identified four key themes for how JIA treatments and treatment-related pain might impact parents and caregivers. Can you relate? We're here to help: cassieandfriends.ca

Shifting Roles

Treatments increased mothers' caregiver burden and advocacy, thereby shifting their roles within the family



Altered Relationships

Treatments positively and negatively impacted mothers' relationships with others



Emotional Well-Being

Treatments elicited various emotional responses in mothers, inevitably affecting their well-being



Internal Conflict

The uncertainty, risks, and benefits of treatments sometimes evoked an internal conflict in mothers



Parent/Caregiver Self-Check: How are You Coping?

- 1 Reflect on your own feelings about your child's treatments as well as your child's reactions to those treatments. How do you feel? Can you relate to any of the themes above?
- 2 If you feel you could use extra support, be sure to ask your Pediatric Rheumatology team about the pain management programs and/ or mental health supports accessible at your centre.
- 3 You can also check out [this resource](#) from our partners at [Solutions For Kids in Pain](#) and great sites like [The Meg Foundation](#) to learn more about various strategies such as humour, deep breathing, distraction, and talking about things other than pain – strategies that tend to be associated with better pain reports.
- 4 Consider joining [Cassie + Friends Online Support Network](#) - a great place to meet and talk with other parents of affected children in a safe and supportive environment.
- 5 If you are a healthcare provider, please check in with parents about how they are managing with their child's treatments – and if they need any support.