

All brains are beautiful

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

How to guide and frequently asked questions

Why was this fact sheet developed?

The families of survivors of childhood stroke asked for a resource to help younger friends, relatives and their families better understand stroke in children. This fact sheet is designed to help children understand what stroke is and how it may affect their friend.

It also aims to promote inclusion. This means helping children understand how they can support their friend, include them in play and activities, and show kindness and patience. Our goal is to build understanding and create environments where children who have a stroke feel accepted, valued and included.'

How to use this fact sheet

This fact sheet was designed to read with your child. Older, primary school aged children might be able to read this on their own.

We recommend allowing enough time for your child to go through the fact sheet and ask questions afterwards. The fact sheet could be a conversation starter for your family. You can refer back to it as needed.

Frequently Asked Questions

You or your child might have questions after reading the fact sheet. Here are answers to frequently asked questions.

StrokeLine's nursing and allied health professionals provide information, advice and support. StrokeLine is a free and confidential service.

Call **1800 787 653**, Monday to Friday 9am to 5pm, AEST (Australian Eastern Standard Time).

Email strokeline@strokefoundation.org.au



Why don't all kids go to hospital after a stroke?

Stroke can happen before someone is born. Sometimes parents and doctors don't find out until the baby is older. They might have trouble using one hand or learning to crawl. Because the stroke happened a while ago, they might not need to be in hospital. Doctors and therapists will take care of them at appointments instead.

Will my friend have another stroke?

The chance of your friend having another stroke is usually low, but it depends on what caused the stroke. Doctors do tests to try to find out what caused it and do everything they can to stop them having another stroke. If your friend had a stroke when they were a baby, the chance of them having another stroke is very low.

Will I have a stroke?

Stroke in kids doesn't happen very often. It's very unlikely you'll have a stroke. Approximately 120 babies and 400 children have a stroke in Australia each year.

Is my friend going to get better?

Stroke affects everyone differently. It might be harder for your friend to move their hand, walk around or get their words out. If your friend has trouble with things like this, they might see therapists to help them get better. The therapists will help their body get stronger and learn new ways of doing things. Your friend will continue to improve over time.

What is a therapist?

A therapist is someone in your friend's care team who helps them get better. They might help your friend do things they use to before the stroke or learn new ways of doing things.

For more information on childhood stroke visit <https://strokefoundation.org.au/About-Stroke/Learn/Childhood-stroke>

There are different types of therapists that can help with different things.

Occupational therapists help kids with:

- › Everyday tasks like eating and getting dressed.
- › School.
- › Playing.

Physiotherapists help with:

- › Walking.
- › Balancing.
- › Moving around.

Psychologists can help with:

- › Feelings.
- › Thinking.

Speech pathologists help with:

- › Talking.
- › Reading.
- › Writing.
- › Understanding.

Why is my friend always tired?

The stroke has injured your friend's brain. It takes a lot of energy to do things. Your friend might have lots of appointments and special exercises to do. All of these things can make your friend tired.

Can they still play sport?

The doctor will tell your friend when they can play sport again and what type of sport is best. They might need to go back slowly, play in a different way or use special equipment.

What is the brace my friend wears on their leg?

Some kids have trouble standing and walking after stroke. They might need to wear a brace, called an ankle-foot orthosis (AFO). An AFO helps keep the foot and ankle in the right place to stand, walk and play.

About us

Stroke Foundation partners with the community to prevent stroke, save lives and enhance recovery. We do this through raising awareness, facilitating research and supporting survivors of stroke.

Contact us

 **StrokeLine 1800 787 653**

 **strokefoundation.org.au**

 **@strokefdn**

 **/strokefoundation**

 **@strokefdn**