



When a burn injury happens to someone you care about, it can be as distressing for you as it is for them. This website contains information to help support parents or carers, regardless of the kind of burn, the size or severity of the injury. Other adults, such as grandparents, might also find this resource helpful.



This website has been developed by the Centre for Appearance Research, at the University of the West of England (UWE Bristol). UWE Bristol also funded its development and the research it is based on. It is independent of the NHS but the content has been reviewed by health professionals who work in NHS burns services.

## The information on the website includes:

- Common experiences of parents
- Parent stories
- Stress management
- Supporting your child
- Supporting siblings
- Top tips from parents
- Links to helpful resources and sources of support
- Exercises to assist coping

It is up to you to decide which sections you look at. Please take time to explore the website, dip in and out of it whenever you want to.

We are always looking for feedback on the website. If you have any comments or suggestions, please contact us or complete the survey in the feedback section.

[www.supportingchildrenwithburns.co.uk](http://www.supportingchildrenwithburns.co.uk)

