

## Dear Healthcare Professional,

As you talk to me, a parent of a child living in hospital,  
**please remember:**

When no-one else is in the room, I am carer, teacher, play specialist, nurse, healthcare assistant, clown, counsellor and sometimes, punchbag. I am often getting my child to do something they don't want to do.

I've been in many medical spaces with my child, had conversations with many healthcare professionals, and been there for countless procedures. I have been dealing with their health since they were born and hold their health history in my head.

I'm my child's personal assistant. I am trying to be their place of safety, their champion and their voice when they need it. I am also the point of contact for everyone else who cares about my child.

**Please remember:** I want my child to be well. The idea of anything bad happening to them is awful for me. If my child is in pain or worried, then I am too. I might be scared and upset but I don't want to show it in front of them.

I have responsibility for making choices for my child and I must live with the impact of those choices. I don't understand everything you say, but it's sometimes my job to explain it or reinforce it with my child. I have no control over what is happening, and very little agency

It is my child's room. I sleep on a camp bed which gets put away every day. I have no space, no privacy and no time to myself. Everything in this room revolves round my child and it is difficult to look after myself properly. I might not be getting much sleep. If my child is on a monitor or a machine, then I am sensitive to its every beep.

I have other caring responsibilities beyond this room. I have another child, a husband, a house, a cat, family, friends and a job. I have houseplants. Yet, if I am outside of this room and away from my child, I feel like I am in the wrong place.

**Please remember:** Whilst you are here doing your day job, I am in the middle of a crisis

**Thank you for all of your care and expertise, I am so grateful for all that you are doing to help my child.**

Liz



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#LexisLetter