Épilepsie MONTÉRÉGIE



Guidebook for the family

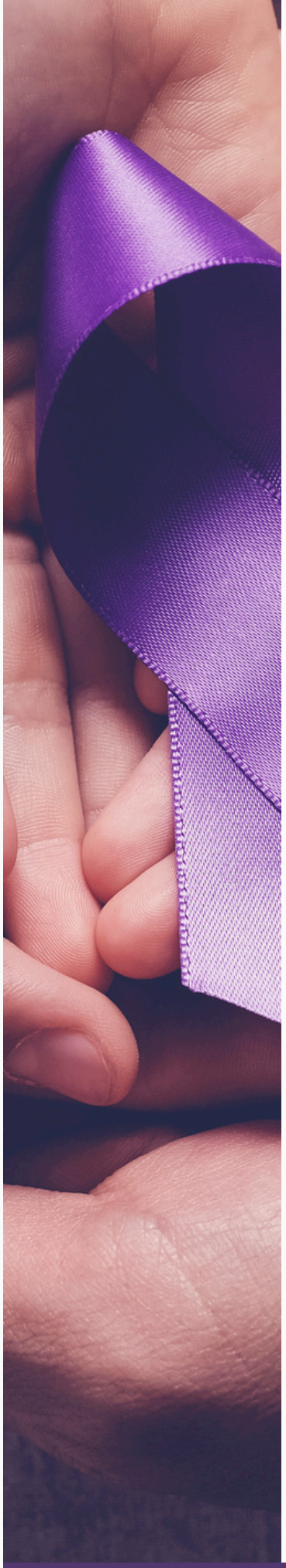
BEING A PARENT

IN THE WORLD OF

EPILEPSY

Whether you are dealing with epilepsy or your child has this condition, this guide is for you!

www.epilepsiemonteregie.org



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Introduction



HELLO!

Hi! I am Anie and I am a psychosocial counselor in the community. I have been working with people living with epilepsy and their families for over 10 years. My expertise lies more in the area of the **daily life of the person living with epilepsy, on the impact of the condition on their life and that of their loved ones.** I am also a neurotypical and a mom of 3 young adults.

My oldest child has high-functioning autism, highly intellectual potential with a severe anxiety disorder. At first glance, they do not fit the image of autism or the image we have of it. Yet this form of autism, the high intellectual potential that dances with anxiety, is an invisible disability. It makes me think a lot of epilepsy. I refer to it regularly, and I see significant links. I feel close to you, to your concerns and fears, because I share them.



"Managing your own illness is one thing, but when your children's health is at stake, you often lose your cool and your anxiety is at its peak."

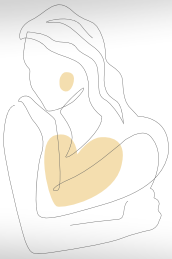
-Marie-Soleil Dion, mother of a 17-month-old child..

Being a parent is the most significative and magnificent adventure of my life. My children are my treasures! I also come up against my limits and apprehensions with torments, of course, which is probably the same for you. However, when epilepsy gets involved, it's a big "**WELCOME to a mysterious world where anything can happen!**" isn't it? It is fairly like living with a Damocles sword above your head, because seizures can happen anywhere, anytime, regardless of your plans for the day or the safety of your children.

These situations are anxiety-provoking, delicate and can easily become a taboo! Parents often come to me about their distress and are looking for solutions and ways to talk about epilepsy with their children. **Whether you are living with epilepsy or your child is, sometimes epilepsy takes over and you don't have the energy and courage to have these conversations, which is quite understandable!**

My goal with this document is to walk you through the possible emotions to unravel and to present effective and helpful tools to better cope with this neurological disorder. Let's start with the illustration of a possible journey in the world of epilepsy from pre-diagnosis to resilience.

Time is often your ally.
It's okay to take the time to get informed, to take care of yourself
with gentleness and delicacy.
You will find the right words.



YOUR JOURNEY

INTO THE WORLD OF EPILEPSY



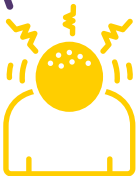
Resilience

Reorganizing your life

Epilepsy diagnosis



Confusion



Before the diagnosis





Explanatory Form

"This timeline is a valuable guide to accompany you in the world of epilepsy and above all, to live as harmoniously as possible."

-Anie

BEFORE THE DIAGNOSIS



- The shock: having the first seizure(s). Experiencing an episode can be marked by fear and apprehension. You may feel as if you're being in the nothingness.
- Understanding the health care team: doctor, neurologist, epileptologist. What is the difference?
- To be well prepared for appointments is crucial for the future and for a better management of epilepsy.
- Dealing with waiting time (EEG, CT, etc.)

EPILEPSY DIAGNOSIS



- Learn about epilepsy.
- Epilepsy and emotions associated with it. It is important to understand the emotions you may feel and you may feel overwhelmed. It is normal.
- Make peace with uncertainty. Sometimes, it takes a while to get answers to your questions. Epilepsy has its gray areas even for the best specialists.

CONFUSION



- Your daily life may be disorganized. In fact, epilepsy affects many areas in your life: your family, your career, your relationships and your personal life. It may even affect your dreams and your life goals.
- Managing a multitude of emotions.
- Demystify epilepsy: Dare to look at your own prejudices and the judgments of others. Simplify the medical world.

REORGANIZING YOUR LIFE



- This is when you integrate epilepsy into your daily life.
- Draw a portrait of your epilepsy. Become aware of your most vivid emotions, your needs, obstacles and the limits related to the disorder.
- Recognize the issues and impacts of epilepsy in your life.
- Knowing your allies is essential.

RESILIENCE



- Adapting to a new rhythm of life.
- Stop asking yourself, “why?” and try focusing on solutions.
- Bounce back and see the situation in a new way:
  - Find and use tools that will help you every day.
  - Recognize and apply the protective factors.

Receiving

THE DIAGNOSIS

Our child's illness is terrifying, and so are the consequences!

It can be unsettling to be diagnosed with epilepsy and parents may feel insecure about it. When their child is diagnosed with epilepsy, parents can feel shaken and helpless, especially since the balance of the family is disturbed and everyone reacts differently!

There are more frequent periods of **insomnia**. The fear that your child will have a seizure during the night is present and can be disturbing. A few mothers have lately told me that they are distressed. This **hypervigilance** mode is also exhausting.



Time is your ally!

There are **different stages** in your journey in the world of epilepsy. At first, one of the two parents may always imagine the worst and surround itself with a maximum of precautions in order to avoid possible difficulties. The smallest event may then take enormous proportions and affect all the family. Don't worry! With time and useful strategies, a lot of parents share that they never accepted their child's epilepsy. What has changed, then? They learned how to live with it, just like their child.

With epilepsy, depending on the child's situation, some difficulties are more visible than others. It is difficult for a parent to see their child experience embarrassment, especially when **it is visible to other children and adults around them**. For example, knowing your child had a seizure in class, urinated in their pants, seeing how tired your child is after a seizure or anxious when thinking about returning to school.

It is a necessity to understand epilepsy and its consequence.

Talking about epilepsy is a great way to demystify this condition and to clear up some unknowns about it!

Learning to live with epilepsy depends on many factors. One of the best ways to help your child adjust to the world of epilepsy is for the parents to understand this **neurological disorder**, which is equally important for all family members.

At Épilepsie Montérégie, we encourage transparency and the sharing of information about epilepsy. As for the parents, the main challenge is to **say enough about the disorder to your child without going too far with information!** The important thing is also not to avoid moments that are likely to be difficult. Understanding epilepsy gives a boost and confidence to your child, allowing them to be **better prepared for sensitive and sometimes unpleasant situations**, such as having a tonic-clonic seizure at school!



In my experience, I believe it is best to welcome the gray areas surrounding epilepsy, because you may not get all the answers you wish you received. It also creates a smoother atmosphere on a daily basis.

SOMETIMES, CHILDREN ARE NOT THE ONES WITH TABOOS AND PREJUDICES, WE ARE!

Let's be brave and take the lead!

"Courage is the light of adversity" Vauvenargues

When you are about to discuss about epilepsy with your child, it is best to choose a time when your child is calm and relaxed. **It is crucial that you are too!** Discussing epilepsy in a nervous state, or with a serious look on your face, may unnecessarily stress your child. In fact, studies have shown that children are most receptive to attitude and non-verbal communication.

Epilepsy shakes the life of all family members!

Siblings of the child living with epilepsy need attention and transparency. Indeed, it is essential that siblings know what epilepsy is and the effect the neurological disorder may have on the family daily life. This will help them understand why you are spending more time with your child. It will also give them a chance to talk about their feelings.

Emotions that siblings may feel:

- Fear that epilepsy is contagious;
- Sadness because their sibling has a disease;
- Anger and hate towards epilepsy that ruins a party or other outing;
- Being embarrassed in front of friends and ashamed of being teased;
- Not knowing what to do when a seizure occurs;
- Fear of a seizure happening;
- Fear of the sibling's death.



Siblings may also react more to parental stress than to epilepsy. Without realizing it, we can pass on our anxieties to our children.

What about me? – growing up with a special needs sibling
This book features young people who share their lives with a sibling with special needs.

Edith Blais *Les livres des Éditions du CHU Sainte-Justine.*

The most asked question from siblings:

"Why can they stay at home to relax but I have to go to school?"



As the child grows, the amount, the words used, and the type of information needed will vary.

"I will always be there for you!"

The best people to explain epilepsy to their children are the parents. At the announcement of the diagnosis, it is important that both parents be present.



We are here to support you at Épilepsie Montérégie!



The virtue of balance! Quick info!

- Give essential information to your child according to his age. **Make sure not to repeat yourself too often!**
- You want your explanations to be simple but clear. **Don't pressure yourself on giving the perfect speech, as you can always talk about it another time.**
- When discussing more difficult topics, **try balancing the challenges and their solutions.**
- Make sure that your child understands clearly. **You don't want their imagination to worsen the situation.** We'll come back to this later.*
- **If your child doesn't ask questions, there is no need to worry.** You can come back to the topic another day.

"It is common for children to have no questions while parents have a lot of them!"

-Stéphane Auvin, neurologist

The brain



THE HYPER-SPECIALIZED LEADER OF OUR BODY

How to take good care of your brain!

Neuroscience research is teaching us a lot about the incredible power of our brain. Luckily for us, there are a lot of things we can discover about the brain in order to know who and what our enemies are, so we can fully invest ourselves towards our allies. To take good care of your brain, there are simple things you can do. The best is to ensure that you get plenty of good quality sleep. You can also be careful of what you eat, spend time in nature, do some physical activities, meditation, concentrate on positive emotions, etc. These good lifestyle habits are important for everyone. However, they are even more important for people living with epilepsy, which can be frustrating sometimes.

Diving into the world of the brain as a first step is fascinating to do with your child.

" Your brain is made up of nearly 100 billion neurons, which is as many stars as there are in our galaxy! A neuron is like a messenger that carries its message in the form of an impulse or an electrical signal. The human brain is often compared to a computer! It controls what we do, what we think, say and feel! "



Did you know?

- The brain is composed of 80% water. In case of dehydration, the brain is the first organ to be affected: lack of concentration, headaches, dizziness…
- Children between 6 and 13 years old should get between 9 and 11 hours of sleep per night. For teens between 14 and 17 years old, they should get between 8 and 10 hours of sleep.
- The brain is such a complex organ that it takes 25 years to form.
- You can think of the brain like play dough. Indeed, it is always changing, modifying and sculpting itself as you learn and grow.
- **To stay healthy, the brain must be used as a whole through its various cognitive functions.** For this, activities that require the use of vocabulary, various knowledge, logic and memory are appropriate. A lot of games make you use the whole functions of your brain, such as Scrabble, Bridge, Sudoku, crossed words, chess, card games, etc.

Suggestions to go further: into the captivating world of the brain and the function of neurons.

- A guide to the brain: https://epilepsiemonteregie.org/wp-content/uploads/2022/05/le-cerveau.pdf
- What the brain is used for: v=8aq5xQsmxRk&t=36s
- "100 billion neurons", Annie Sanscartier *Édition Midi Trente*
- Your child's brain development: https://naitreetgrandir.com/fr/etape/1_3_ans/developpement/fiche.aspx?doc=naitre-grandir-developpement-cerveau-1-3-ans
- Brain Break, 27 minute activities to energize the body and the neurons from *Midi Trente*.
- The brain, a galaxy in your head Dr. David Fortin Press of the University of Quebec.

TALKING ABOUT

EPILEPSY

USING THE RIGHT WORDS!



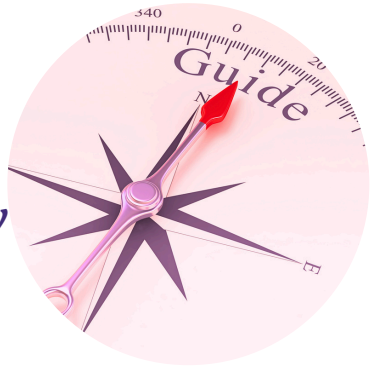
Anticipate concerns by putting yourself in your child's shoes.
A few examples...

- After a blood test, a child may wonder if the hole in the needle will close.
- Children sometimes think that they can swallow their tongue and never be able to speak again.
- Being afraid of dying when a seizure occurs.

When children don't have enough information, they may "fill in the blanks" with inaccurate facts that can cause a lot of worry and concern.
AboutkidsHealth

The lil' guide

Suggestions for dealing with epilepsy according to your child's age.



To create this guide, I have found my inspiration from you, my different experiences, my various readings on epilepsy and also from the Canadian Cancer Society.



<u>For children under 3 years old:</u>
Hold them in your arms, cuddle them, rock them...



0 to 18 months: Even if a baby doesn't understand everything, you can simply explain the situation in a reassuring tone. For example, you can say:
"You will stay in the hospital tonight to get some care,but I will stay by your side."

8 months to 3 years old: Talk to your child about epilepsy with few words or using an illustrated children's book. You can say:
"Your head is hurt. We will often go to the hospital to get you treated but don't worry, I will always be with you."

The brain may be abstract for children of small age. Talking about the head is often enough, because it is the head that commands the whole body in a children's mind.
- Stéphane Auvin, neurogolist

If you are a parent living with epilepsy, this is the kind of things you can say for your child to understand:
"The doctor told Dad that he has an illness, his head is hurt, and that's why he's tired and needs to rest."

It is suggested to keep the daily family life as usual as possible.

As a parent, it is natural to wonder if when the baby is having a seizure and has spasms and cries, if the baby is afraid or hurt.

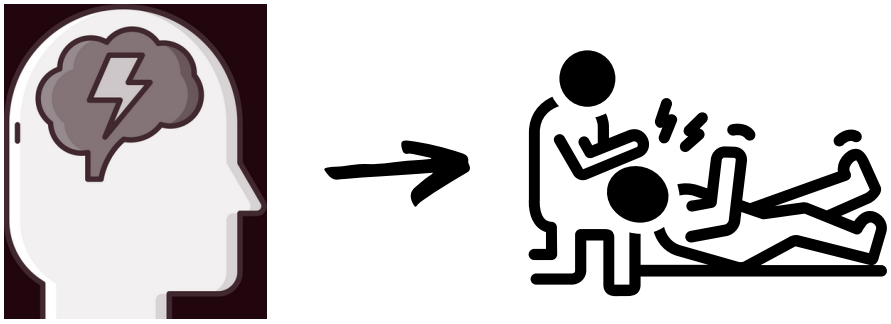
According to Olivier Dulac, a neuropediatrician at the Necker Hospital in France, when epilepsy begins very early, especially before the onset of language, the child may have no memory of the period before the onset of epilepsy and their condition may appear to them to be a normal state, like a form of mother tongue.

Children from 3 to 7 years old:
Energy overflowing!



At this age, your child knows what it is like to be sick, and also understands that the doctor and treatments help cure or help the person. Older children will surely ask a lot of questions!

Suggestion: "In your head, there is an organ called the brain. Your brain has a disorder called epilepsy. It means that sometimes, you can have seizures. They don't last very long. Let me explain: The brain is made of billions of millions of little electrical cells. When you have epilepsy, the little cells in your brain suddenly get all excited, agitated like a flea! It doesn't last long, but it makes you have a seizure."





Having a seizure looks like an electrical storm with lightning, wind, and thunder. The clouds in the sky get all excited and angry. At home, we sometimes run out of electricity. Well, an epileptic seizure looks a little like this!

Loose examples to talk about epilepsy depending on the type of seizure:

If you have absence seizures:

- Sometimes, you stare blankly, and you even forget that we are here.
- It is a little like you are spaced out. You stop moving and you look up, sometimes.
- It is like the lights are off in your head for a few minutes.
- It's like a storm in your head, a kind of short circuit. It lasts a few seconds and the little cells in your head get all worked up.
-





If you have tonic-clonic seizures:

- You fall to the ground and your whole body shakes and jump.
- You fall to the ground, and your body moves without you being able to control it. Your arm and leg move as if you were a robot. Sometimes the neurons in the brain don't signal properly and cause a sudden burst of electrical energy in the brain. This is what we call an epileptic seizure.
- It's like there's a storm in your head and that's when we see that you're sick. You are fine for the rest of the time!

Things you need to discuss with your child

- What do you feel during a seizure and right after it?
- Do you feel like your daily life has been turned upside down? Sometimes, children have night seizures happening without them noticing it. For a child with early onset or medication refractory epilepsy, special care should be adopted regarding physical activity such as swimming and climbing. It is also recommended to take showers instead of baths or to provide close supervision when the child is taking a bath. Reassure your child that these special measures are in place until the right treatment is found.
- What are the impacts of epilepsy in your child's life? Are they experiencing consequences at school or elsewhere? How is it going with their friends and classmates?



Seizures are not your fault!

Important

The post-ictal phase (which occurs after the crisis)

The post-ictal phase represents the transition between the seizure and the return to normal state.

- You may not remember a thing!
- After a seizure, you may feel tired and need to rest.
- You may also feel sad for a couple of days, which is normal.

"Even when sick, a child will live in the present moment. Children don't have the same worries as adults. They also don't think about the long-term consequences of their condition. What is important for them is their daily life and their activities."

-Naître et Grandir team

Your child may live better with epilepsy than you do. They don't perceive themselves with the condition. Parents and siblings often suffer and are facing more distress.

ÉPILEPSIE MONTÉRÉGIE ON THE ROAD! WHEN I TRAVEL TO TALK ABOUT EPILEPSY!

For the next section, I present to you, in all simplicity, the toolbox that I carry with me when I travel to daycare centers, classrooms and your homes. I adapt to the age of the children I am meeting. I really enjoy these moments which are often very funny. I explain epilepsy and take the opportunity to talk about the importance of sleeping, I make classmates aware of what to do in case of a seizure, etc.



ANIE ON THE ROAD!

WHEN I GO INTO KINDERGARTEN CLASSES TO TALK ABOUT EPILEPSY!



Epilepsy is an illness affecting the brain.

The brain is the boss of your body, and it controls everything you do! Scratch your nose, talk to your friends, or kick a ball.

Our brain sends different messages to our body. When living with epilepsy, the messages sometimes get all mixed up, which leads to a seizure.





It is like a storm in your head! A big storm and then you lose control of your body. You are spacing out, and you stop moving.

When it happens, you must see a doctor and take medicine to help you stay strong and healthy.



PSSST... EPILEPSY IS NOT CONTAGIOUS! YOU CAN'T CATCH IT LIKE A COLD.

MY TOOLBOX EPILEPSY ILLUSTRATED!

My plasma ball lamp represents the electricity in the brain! This is a must-have!

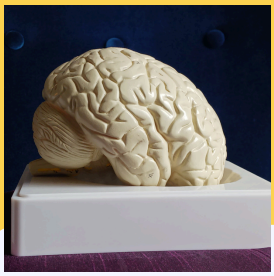




Crafting!



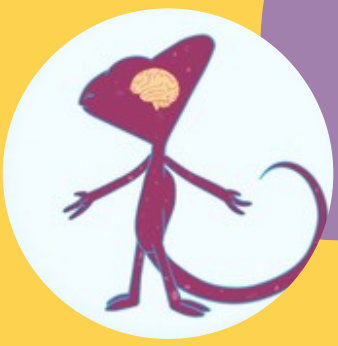






Cauliflower or cabbage to represent the brain!

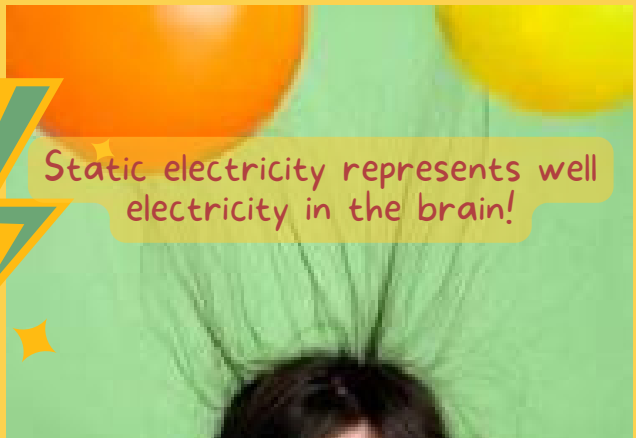




Tic Doc video about epilepsy:
https://epilepsiemonteregie.org/boite-a-outils/os lignes
https://www.youtube.com/watch?



Static electricity represents well electricity in the brain!



Children between 7 and 12 years old:

The curious ones



With children of that age, you can explain a little bit more epilepsy and you can use the right terms. Explaining the type of seizures your child has is also important. At that age, children ask a lot of questions because they want to understand the whole condition process.



Be patient and encourage your child to come to you whenever they need explanations.



Example:
You have _____ type of epilepsy. That means that when you have seizures, your legs or arms move without you being able to control them.

- Short version: "Your brain controls your whole body and everything you do by passing small electrical currents."
- Extended version: "Your brain is used to move your body and to move around. It organizes all your voluntary movements according to the muscular apparatus, the information perceived from your environment and the goal to be reached. All of this happens by passing some kind of small electric currents.
- *During an absence seizure, you seem to be lost in thought for a few seconds.*

DID YOU KNOW?

Epilepsy affects your brain. When experiencing a seizure, it is because there is too much electrical current at the same time!



During a seizure, neurons discharge up to **500 times per second**, whereas they usually do so only 80 times. Therefore, we often compare a seizure to a storm or an electrical short circuit! Then, after a few seconds or minutes, the storm passes, and the brain resumes its normal functioning.

During a so-called **focal** or **partial** epileptic seizure, the abnormal activity of the neurons only concerns a limited sector of your brain, which affects only a specific part of your body.

During a **generalized** epileptic seizure, the brain activity affects both hemispheres of your brain, which affects both sides of your body at the same time!

LIVING DAILY

WITH EPILEPSY

The impacts of epilepsy for parents: What are they?

EMOTIONS → Before and after the diagnosis

"In addition to the trauma of the diagnosis, the child's illness often leads to feelings of guilt on the part of the parents, which contributes to their anguish." (Graindorge, 2005)

TAKE THE TIME TO UNTANGLE YOUR EMOTIONS!

A decisive step in your journey through the world of epilepsy is when you take the time to untangle your emotions and figure out the elements making you uneasy. It is also an important step, because it makes you face your prejudices.

One of the feelings felt is that of guilt: believing that you were not able to protect your child from the disease. This idea, buried and well hidden in our unconscious, is the source of great pain.

One day or another, all parents feel guilt. This feeling is natural and can even be useful. In fact, accountability can serve as a guide to challenge ourselves to be more responsive to our child's needs. We always want the best for our children, and this feeling shows that we care and that we feel empathy for them. However, too much remorse can paralyze our actions and quickly become toxic of our value or parent skills, which is false. Indeed, **we are not born a parent, we become one**, and no one is ready to face the illness of their child.

BEING SO EXHAUSTED



"I'm at the end of my rope, at the end of everything! Said a mother of three, the youngest of whom suffers from refractory epilepsy."

Your nights may be hunted by the vision and the sounds of seizures. This fear may follow you during the day. Always apprehending a seizure, choking, relapse or injuries.

You can experience other emotions such as the fear of being judged by others, being confronted with a certain lack of understanding from neighbors, friends and family, depression, anxiety, impatience, doubting the good care received by the school team, feeling frozen when faced with the extent of the epilepsy in daily life, etc.

These are all emotion parents are often going through.

Challenges you may encounter during this emotional journey!

- **Everyday stress** is a pitfall for clarifying our feelings. Moreover, when we are exposed for a long time and often to stressful situations, stress becomes chronic and affects your health badly. **It impacts your emotion and can cause insomnia**. It can even disrupt the proper functioning of the body and increase the risk of health problems.
- Epilepsy comes with a **lot of changes, adaptations and misunderstandings that disrupt the daily life of the family unit**. Also, the fact that everyone reacts in their own way can be a source of conflict.

"I always feel under pressure."

MAKE ROOM FOR KINDNESS



There are **ways of thinking** and **things you can do** to see the light at the end of the tunnel, to reduce the discomfort and allow you to find, or find again, a pleasant, positive and benevolent family routine:

Meet Épilepsie Montérégie!

- **Meeting other parents whose children are living with epilepsy.** However, keep in mind that every child is unique, and that so is epilepsy and its treatments.
- **Talk about it** with the Épilepsie Montérégie's counselor.
- **Inform other students, school or daycare staff about epilepsy.** Épilepsie Montérégie visits schools and daycare centers, and our main goal is to raise awareness about epilepsy.
- **Learn about epilepsy and the emotions related to it.** Talk about it, dare to express your feelings, your needs and your worries.
- Take the time to **fully understand the possible journey through the world of epilepsy** and try to determine where everybody in the family is situated in the different steps. This exercise allows you to understand better your emotions and can also be an opening for a family discussion.

- Know your allies.



Family solidarity

- Be aware that there may be an adjustment to make about the family ideal that you had. **It is a good idea to revisit your definition of good parenting.** For example, make your own grid of family values and reasonable goals;
- **Celebrate the fact that you are parents!** Sounds simple, doesn't it? However, this can improve the sense of parenting competence;
- **Be confident.** Trust yourself, your judgment and your instinct. Indeed, you are the parents of your child, so you know what is good for them. It is also important to trust your child.
- **As a couple:** Communicate and think together about the best solutions for the family. There will never be anyone better than your partner to understand what you are going through.
- **Don't hesitate to ask for help.** Let someone you trust take care of your child to allow you some rest and recharge your batteries for a couple of hours.



Be Your Own Best Friend

- Practice **self-compassion** to reduce self-depreciation. Studies show that being more self-compassionate gives you the opportunity to become more open-minded, optimist and flexible.
- Don't forget self-care. Even if you worry for your child, it is essential that you take some time for yourself. **You know what makes you happy**, you just need to allow yourself to take some time for yourself.
- **Cardiac coherence and tools to reduce anxiety.** A lot of tools exist to help you manage your anxiety. If you can't find any, we have some ideas we can share with you!

Epilepsy

AND CONFLICT



"Children will not necessarily be worried about their future right away, because what matters to them is the quality of their daily life."
Enfant différent, 2019

The art of adapting without prohibiting everything!

Among parents, how to respond to seizures and how to manage daily life can sometimes become a point of tension and conflict. Indeed, some parents tend to react differently, one being **overprotective** and the other one coping better with the situation and being more confident. Others will downplay the diagnosis while some parents adopt an overprotective attitude towards the child living with the neurological disorder and thus become a caregiver in the extreme. Unfortunately, tension will set in and the atmosphere will become heavy for everyone!

It is terrifying to feel helpless when your child is having a convulsive seizure and you don't know if injuries will occur. I encourage you to open up the subject to loved ones, talk about it or consult a professional for psychological support. This will greatly help you to know how to react together to adversity.

Some parents verbalize fears about limitations because they don't want to further burden their child who is already suffering. However, limits are a good way to reassure your child and to help them adapt to a safe environment in case of seizures or to prevent them. Time screen limits or sleep schedules are great examples. However, keep in mind that being too strict will make your child feel oppressed and make them blame epilepsy for what is happening.

BEING A PARENT

ONE DAY AT THE TIME

IN THE UNIVERSE OF EPILEPSY



Final word

The love for our children and our family gives us an immense feeling. When illness strikes, it adds an impressive number of worries and tasks to a parent's already full list: accompany their children to their appointments, make sure that their child takes their pills and ensure that epilepsy is being treated, guide their children with school and homework and still make time for the rest of the family.

When epilepsy is not controlled, stress increases in intensity, and love and family relationships are shaken. Very often, everything is about the well-being of your child and medical care, which is why it is important to remember to allow yourself some self-care time and to call your allies when you need them.

Dear parents, I salute your courage and thank you for taking good care of yourself, because it is a sign that you care about your family and want the best for them! The biggest challenge, in my opinion, is worrying about seizures and being hypervigilant. However, with time, we accept the fact that we will always be a little bit worried about our children.

As a parent, I invite you to listen to your heart and to listen to your inner voice. Remember that YOU are the best person to take care of your children. I am available to offer you support whenever you need it, and to demystify the world of epilepsy and its challenges.

Anie Roy
Psychosocial Counsellor

Thank you for helping us change beliefs!
P.S. - If you want to know the positive impacts of your donations, follow us on Facebook | Instagram | TikTok
And visit our website: www.epilepsiemonteregie.org

> It will get better. Maybe not today, or this week, but it will.
>
> –Valérie Sugg

Appendix

READINGS



Books you can read on the daily

Petit guide pour parents épuisés
Vers un quotidien plus serein
Francine Ferland Editions CHU Sainte- Justine

Cohérence Kid
La cohérence cardiaque pour les enfants
Dr David O'Hare
Éditions Thierry Souccar

Par amour du stress
Sonia Lupien, Ph. D.
Éditions Va Savoir



Article sur le web qui fond du bien

LA CULPABILITÉ PARENTALE... Faut-il en faire un drame ?

https://www.montrealpourenfants.com/2081-articles/psychologie/la-culpabilite-parentale-faut-il-en-fairedrame-.html#:~:text=La%20culpabilit%C3%A9%20parentale%20est%20directement,venir%20%C3%A0%20paralyser%20l'action.

L'auto-compassion

https://www.cavamaman.com/blog/l-autocompassion-pour-mieux-naviguer-a-travers-les-tempetes

https://cepia.ulaval.ca/blogue/article/news/l-auto-compassion-en-apprendre-un-peu-plus/

https://www.quebecscience.qc.ca/sciences/pouvoir-compassion-soi/

La charge mentale

https://www.psychologies.com/Couple/Vie-de-couple/Hommes-Femmes/Articles-et-Dossiers/Charge-mentale-comment-s-en-liberer#5

Sites Internet utiles

Centre d'Études sur le stress humain

www.stresshumain.ca

Les Belles Combines

Une tonne de listes, de trucs et d'astuces

https://lesbellescombines.com/gclid=CjwKCAjwkaSaBhA4EiwALBgQaFksvjUVNsm878A5Q5Jpu3i0e_9YPtcZKCesTbtwPvFWy4_yM0qzARoCpagQAvD_BwE

Le magazine Ça va maman

https://www.cavamaman.com

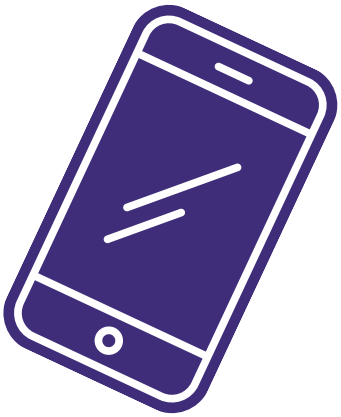


Nicole Bordeleau en balado

https://nicolebordeleau.com/
Nicole Bordeleau est un maître en yoga et de méditation, une auteure et conférencière bien connue des Québécois.
Depuis le début du confinement, elle publie une ou deux vidéos de méditation guidée par semaine pour nous aider à nous sentir mieux, à apaiser la peur et l'anxiété qui en domine plus d'un depuis plusieurs semaines déjà.

Applications essentielles

Le **RespiRelax+**
« L'application qui m'a fait découvrir la cohérence cardiaque ! » Cette application développée par les Thermes d'Allevard est gratuite. Elle se consacre à la gestion du stress au quotidien. Elle est très simple d'utilisation, bien qu'elle ne présente que peu de fonctionnalités.



Petit Bambou
Quelques méditations de base sont offertes gratuitement, mais la plupart sont téléchargeables une fois qu'on est abonné.
Elle offre une option de cohérence cardiaque totalement gratuite.

Insight Timer
Cette application vous permet de faire une multitude de méditations, du yoga ainsi que d'améliorer votre sommeil. Il y a des milliers de cours gratuits disponibles à faire!

Créatrice du contenu: Anie Roy
Mise en page: Èva Perreault-Gagnon
Correction: Kaïlane Cook



N'HÉSITEZ PAS À NOUS CONTACTER POUR DE L'AIDE!