



caring matters now



0-3 YEARS. GUIDES FOR PARENTS

Guide to when your baby looks different

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Guide to when your baby looks different

Like any parent, you are probably feeling overjoyed (and exhausted) following the birth of your baby. Discovering that she has a visible difference may also leave you feeling overwhelmed and concerned about what the future now holds. Many parents remember this time as the most difficult stage in their child's life because they not only have to absorb so much new and complex information but they also have to deal with many conflicting emotions.

She may have needed medical treatment at birth, soon after or be facing treatment throughout childhood. You may have a clear picture of how your child's condition or difference will affect her or this may still be uncertain. You may be feeling left out whilst other people take care of your baby. You might have lots of support or you might feel hurt by the reactions of medical staff, friends and family.

Just as every family's experience is different, so too are the ways that families start to move forward. This guide can help you to understand and manage what you may be experiencing at this time. It also provides some practical suggestions to help you and your baby to adjust to this unexpected journey.

1 FINDING OUT ABOUT YOUR BABY'S CONDITION

Learning that your newborn son or daughter has CMN is a shock for every parent.

Some parents are informed about their baby's condition in a clear and considerate manner which is backed up by offers of support. Other parents may feel rushed, upset or confused by the content or the unsympathetic way the information is given. Feelings of grief and loss at this time are understandable and it helps to look for support for you and your family at this time.

Gathering accurate information about your child's condition and its treatment or management can help you to feel less anxious and helpless and many parents often spend a lot of time doing this.

The main sources of information are from professionals (e.g. a consultant or specialist nurse), Caring Matters Now Support Group or the Internet.

If you are looking for information on the Internet or from Caring Matters Now Support Group, it is important to remember that CMN affects children in different ways so it is extremely helpful to pass on the information you gather to the health professional (e.g. consultant or nurse specialist) caring for your child so that you can discuss how it relates to her in particular.

For further information on CMN and advice on gathering medical information via the Internet visit the following websites:

Caring Matters Now Support Group

www.caringmattersnow.co.uk

Great Ormond Street Hospital for Sick Children

<https://www.gosh.nhs.uk/conditions-and-treatments/general-medical-conditions/birthmarks>

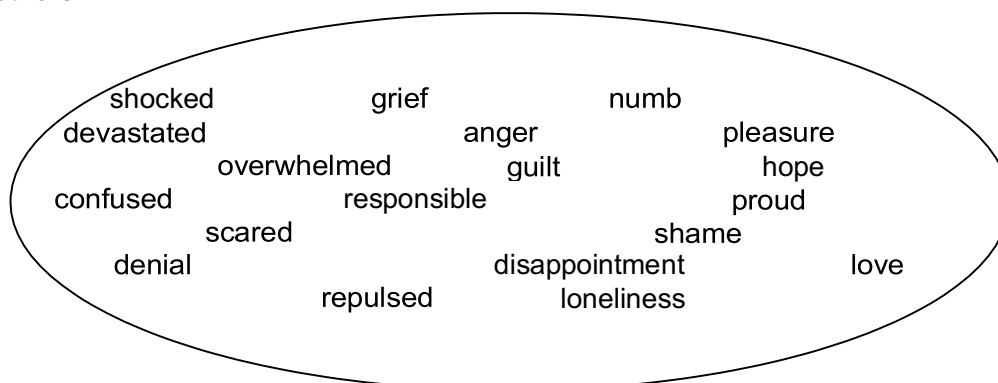
Changing Faces

<https://www.changingfaces.org.uk/>

2 YOUR FEELINGS

Having a baby who has a visible difference can trigger some powerful and conflicting emotions and the force of them can take many parents by surprise. Some parents report swinging from joy to devastation, from grief to hope, from anger to pride in their baby. Others may feel stuck in their feelings of anger or self-blame and feel unable to move forward.

You may have experienced some of these feelings after the birth of your child. It can help to recognise that they are part of the process of adjusting and coming to terms with your baby's appearance and unexpected medical needs. Parents often feel guilty about these feelings, so we have listed the most common feelings that parents describe to reassure you that they are all natural, understandable and shared by many others.



Some parents speak with us about how they find it hard to look at or hold their baby. Others say that they feel embarrassed or ashamed of their baby. If you are struggling with these very difficult feelings don't be hard on yourself. Try to think about your baby in terms of something other than her appearance or condition. For example, when you look at her you can think, "She is alive. What a miracle." or "She seems so peaceful." or "She is so lively."

Remember, you can have mixed feelings about your baby. It doesn't mean that you don't love them.

Many parents find it helpful and reassuring to talk to someone who understands the unique situation they are in. It can be liberating to be able to express your feelings openly either on your own or with a partner about having a baby who has a visible difference.

You can contact *Caring Matters Now Support Group* on 07786 458883 or email info@caringmattersnow.co.uk for support, information and advice.

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Alternatively, you could speak to your GP or to a specialist or nurse at the local hospital. Do try talking to your partner, your family or your friends if you feel that they can listen and accept your feelings at this time.

3 BONDING WITH YOUR BABY IN HOSPITAL

In some cases, medical treatment may be recommended either at birth or throughout childhood. It is very distressing to see your child having medical treatment and you may naturally feel quite powerless and scared. It's essential to keep reminding yourself that you are protecting, nurturing and loving your baby by enabling her to have the care she needs from skilled professionals even if it means she is separated from you for a little while. Prior to seeking medical treatment, Caring Matters Now Support Group would advise parents to contact the CMN clinic at Great Ormond Street Hospital. This can be done through referral from your GP or hospital consultant. Further information on the Caring Matters Now website <https://www.caringmattersnow.co.uk/support/referral-to-specialist/>

4 CARING FOR YOUR BABY AT HOME

Many new parents feel uncertain about how to look after a baby when they bring them home. Not only do you have a tiny baby, but you are in a stressful situation which has unique challenges. If your partner, a friend or a relative is happy to help care for your baby or sit with her, then let them as it will give you time to adjust or just have a break.

If you are worried about how best to care for your baby at home, try talking to the staff at the hospital or your local health visitor as they are familiar with these situations and can offer support and advice.

5 CARING FOR YOURSELF

Often parents are so thrown by the whirlwind of emotions and experiences that they forget to take care of themselves. Remind yourself that the more you take care of yourself, the more you will be able to take care of your baby. Take the time to have a soak in a hot bath, go for a coffee with a friend or ask for a cuddle from a loved one. Ask others to help out by having your other children to stay for a night or making up some food for your family. Accept offers of help or support.

Many parents talk to us about how hard they find it to talk with other family members or friends about feelings that they think are shameful or wrong or make them sound like a bad parent. But the way you are feeling, although this may be intense, changeable and overwhelming, is natural and shared by other parents in similar situations. It is helpful for a Mum or Dad to talk over these feelings as a way to start moving forward and adjusting.

6 ANNOUNCING YOUR BABY'S BIRTH

Announcing your baby's birth can cause anxiety if you are unsure what to say about your baby's CMN or if to say anything at all. If you can share a little information about your baby to help people over their initial surprise or shock it can ease your own worries about other people's reactions.

Some parents send out a birth announcement card which includes a photo of the whole family, their baby's name, weight and date of birth, and a little information about the condition. It's best to keep this information simple – the name of the condition, what it looks like and how it affects your baby. Also include one way that she is similar to you.

EXAMPLE

We're delighted to announce the birth of our daughter Hannah Louise on 8th May 2006. She weighed in at 6lbs 8oz. She has a giant mole on her cheek. She's got masses of jet-black hair just like Mummy. We'll be home soon and would love to see you.

Love from Martin, Rosie and baby Hannah.

Some parents prefer to tell people over the phone or in person. Again, it helps to mention things other than just her appearance or condition so that people can get to know her.

EXAMPLE

"I am looking forward to seeing you. I wanted to let you know that Sabine's right arm has a large mole on it. It is a bit of a shock when you first see her. We are getting used to it now and she's got the biggest smile you've ever seen."

Getting support from friends and family

The response and levels of support from friends and family to your baby's appearance can vary. Some family members and friends are caring, helpful and accepting and will give invaluable support to you and your baby. Others might not know how to react and may dismiss the CMN as they do not know what to say.

Sometimes you might not feel like talking about your baby's condition and it's OK to let your friends and family know this. By being gentle and firm about what you want, you can get the support you need.

EXAMPLE

"I am looking forward to seeing you but don't want to talk about it a lot. What I really want is a hug and to enjoy your company."

But it can be hard when some family and friends act as if nothing has happened or don't call and visit as often as you expected. If you sense that someone is avoiding you or doesn't know what to say, it can help to make the first move as you will feel more in control of the situation. Try calling or sending an email saying something like, "I hope you're well. We've all been really busy with Amy and it would be great to catch up soon so I can tell you about her and find out what's happening with you."

If this doesn't open up the lines of communication, it can be painful. Try giving the person a bit more time and put your energies into family and friends who are supportive.

Taking your baby out

For information and advice on managing the reactions of strangers when you are out and about with your baby take a look at the Guide called *Meeting People and Feeling Good*.

7 INTRODUCING YOUR BABY TO HER VISIBLE DIFFERENCE

It may seem unnecessary to speak with your baby about her CMN, but she is learning and soaking up all that goes on around her even though she cannot communicate through language. She can also discern emotions from early on and will respond to how you say things. Being able to talk confidently and openly about your baby's visible difference will show her that you are happy to talk about the way she looks and are comfortable with it.

Start talking about her difference from early on by introducing the topic through daily activities. Bedtime stories, playing, face-to-face contact, photos, bath time, looking in a mirror or applying cream are some of the opportunities you can use to talk to your baby.

EXAMPLE

When looking at your infant you may comment on her hair colour or name her features, or you may hold her up to the mirror so that she can see herself. "This is your nose, your mouth, your ears." If you are pointing out your child's nose, eyes and mouth, don't forget to mention their birthmark. It is natural to talk about appearance and a baby will, over time, pick up if something is left out of the conversation.

The key to explaining things is to keep it simple, be open and honest and use language that your child will grow to understand.

- Finding a whole sentence or two to say about your child's appearance can feel uncomfortable. Try just giving it a name to start with.
- Use words that describe what a visible difference looks like e.g., think about the colour, shape, size and texture of your child's difference.
- Use the medical name in conjunction with simple explanations about what the mark looks like and how it affects your child.
- Positive names for a child's CMN like "your special mark" is fantastic in helping a child feel confident about their appearance but use the medical name too so that she learns it is OK to talk about her condition.

EXAMPLES

- "This is your special mole."
- "You were born with a large mole."
- "This is your birthmark."

You can then move the conversation on to something else (e.g. the sounds you and your baby can hear, the things you can see around you).

If you are finding it hard to talk about your baby's CMN, it might help to contact your CMN regional support contact. Details on the Caring Matters Now website <https://www.caringmattersnow.co.uk/support/support-contacts/>

8 SIBLINGS

When a baby is born with CMN, there are unexpected adjustments for siblings too. They may be left with relatives or friends while you spend time at the hospital with your baby. Siblings may not only be jealous of the attention the new baby is getting but also worried about the way she looks and her health.

It is useful to know that most siblings cope well with a having a brother or sister with a visible difference. They will be curious and concerned so it is helpful if they can be supported to understand and accept their brother or sister's appearance. You can do this by giving them information about the condition, why she is in hospital or having medical treatment and how they can explain her visible difference to others.

For information and advice take a look at the Guide called *Guide to having something to say*.

9 THINKING ABOUT YOUR CHILD'S FUTURE

Although you may feel bowled over by everything that has happened, babies, parents and families are able to adjust just as we all do with other events in our lives.

Sometimes it's useful to think of other difficult situations that you coped with or acknowledge that your negative feelings about the event are not the same as your feelings about your baby.

Many parents tell us how they find ways to bond and love; find ways of coping with their baby's medical needs, her appearance and the challenges these may bring.

You may already be thinking about whether your child will fit in at school, whether she will be teased, whether her condition will affect her physical and mental abilities or whether she will be loved by others for who she is. These anxieties may be influenced by your personal experiences (you may have been teased at school or struggled to fit in) or they may be influenced by your beliefs (only certain people fit in and get good jobs) or present feelings (feeling overwhelmed).

Whatever their origin, these are normal anxieties shared by many parents. If you find yourself overwhelmed by concerns for the future it can help to focus on the present and what you need to support, you and your baby right now.

Give yourself time, try not to judge yourself, praise your achievements and abilities, let others help you with practical support, emotional support and take advice from people who have experience in this area. Feelings of sadness or helplessness do subside and give way to new hopes for your child.

As time goes on you can move away from focusing constantly on your concerns or the difficulties and start to focus on what is happening for your child now. You can start to acknowledge and enjoy your child's latest achievement (like eating her first solids, sitting up, walking or going to playgroup) and look forward to the future with new hopes and realistic expectations.