IndigoKoi Wellness

A SAFE SPACE FOR
PERSONAL GROWTH AND RENEWAL

A NOTE FROM COACH WINONA

Your First Family Conversation

Finding words when a parent lives with chronic illness

Your child may already feel that something has changed, even if no one has found the words to explain it. Perhaps there are more appointments, quieter afternoons, or plans that need to change. You may be trying to understand your own health while also protecting the people you love. **You do not have to explain everything at once.**

Begin with what your child can hold today

A first conversation is not one flawless speech. Offer a few honest, age-appropriate truths. Leave room for questions and return to the conversation as often as your family needs.

01

Name what has changed

Describe what your child may already notice without giving more detail than they can understand.

"My illness makes some days more tiring, so I sometimes need to rest or change a plan."

02

Name what remains dependable

Reassure them about love, care, familiar routines, and the adults who will help.

"I love you. You will be cared for, and we will tell you who is helping when I need rest."

03

Offer one next step

Give a simple, truthful expectation about the day ahead or when you will talk again.

"I have an appointment tomorrow. Afterward, we can talk about what I know."

Truth and reassurance can travel together

Children and teenagers often need different explanations, but they share an important need: to know that their questions are welcome and that grown-ups remain responsible for the grown-up decisions. You can tell the truth without carrying every uncertainty into one conversation.

For a younger child

"My body is having a harder day, so I need to rest. You did not make this happen. The grown-ups will make the decisions and make sure you are cared for."

Use concrete words, keep the explanation short, and repeat reassurance when they ask again.

For an older child or teen

"I know my health has changed some things at home. I will tell you what I know and be honest about what I do not know. You can ask questions, have your own feelings, spend time with friends, and keep making plans for your life."

Respect their wish for information and privacy. Let them know they can come back with questions later.

Listen to what may be underneath the question

Some children ask the same question many times. Others grow quiet or express worry through frustration. Instead of rushing to correct the feeling, you might say, "What feels most confusing right now?" Then give them time to answer—or to choose not to.

> **One reassurance worth repeating:** "You did not cause my illness. It is not your job to fix it. Your feelings are welcome here." Do not promise health outcomes you cannot know. Promise honesty, care, and another conversation.

A moment to prepare

Before you begin, take a moment for yourself. You may be living with fatigue, uncertainty, or grief while trying to find reassuring words for someone else. Write only what feels helpful. A few honest sentences can be enough for a beginning.

What changes might my child have already noticed?

What reassurance can I offer honestly?

What is one clear next step I can share?

CONTINUE AT A PACE THAT HONORS YOUR FAMILY

The door can remain open

You can return to this conversation more than once. When you would welcome more thoughtful guidance for life with chronic illness, explore the IndigoKoi Wellness, LLC Resource Library.

Explore the Resource Library

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