

PARENT'S GUIDE

to the restorative stream

6 ways to help you and your child get the most out of your stay

Tips for parents from parents

1. Take it one day at a time

You and your family are in the early stages of the rehab journey. The road to recovering from a brain injury does not end after a single therapy session. It continues throughout the day and even once you leave Holland Bloorview. Take time to learn and adjust.



2. Everyone's rehab journey is different



Every brain injury is different and recovery time varies for everyone. Try not to compare your child's rehab or recovery time to another child. Every child's program will be unique to the child's needs. Your child's team will respond to your concerns.

3. There is more to "therapy" than just therapy

Therapy comes in many different forms such as physiotherapy, occupational therapy, and speech language therapy. Your child will benefit just as much from the many other integrative therapies that Holland Bloorview offers such as recreation, music and art therapy. Meeting other kids, attending school or doing activities that your child enjoys will help with recovery.



4. Make your time meaningful



Restorative clients generally tolerate short spurts of therapy throughout the day. This means balancing therapy sessions along with other activities and regular breaks. Ask your team for suggestions (or come up with your own ideas) to make the most of your time. See the Activity Board for when other programs are scheduled.

5. Take care of you too

Parents often minimize their needs to ensure their child is taken care of but it is important that parents' needs are met as well. The Family Resource Center is an excellent source of information and peer support. We offer parent groups and one-on-one counseling. Your team will work with you to make sure you have the knowledge and tools to care for your child.



6. Be proactive and plan ahead



Parents are encouraged to take an active role in the rehab process. Get ahead by doing activities with your child, network with other parents, research therapeutic recreation programs in your community. Making plans now will make your transition home smoother. The team is here to help you and your child succeed.