

WOMEN WITH BLEEDING DISORDERS PROGRAM

# Talking With Your Daughter About Her Bleeding Disorder

*Thoughtful conversations help girls understand their bodies and build lifelong confidence.*

When your daughter is diagnosed with a bleeding disorder, many families wonder how and when to talk about it. As your daughter grows, understanding her condition can help her feel confident at school, with friends, in activities, and eventually in managing her own health.

## **Strong from the Start**

Young children don't need every medical detail. What they need most is reassurance and clear explanations.

### **You might say:**

*"Your body works a little differently when it comes to stopping bleeding. That means we work with doctors and treatments to help keep you healthy."*

As your daughter grows, you can share more. Sometimes the hardest part is simply beginning the conversation. The conversation doesn't have to be perfect. The important thing is simply to begin.

Open conversations help her understand her condition instead of feeling uncertain about it.

### **Conversation Starters:**

- Have you ever noticed when you bruise more easily?
- Your body may handle bleeding a little differently, and that's okay.
- If you ever have questions about your body, you can ask me and we'll figure it out together.
- Your care team helps us make sure you stay healthy and active.

Answer honestly. If you're unsure, it's okay to say, *"Let's ask your care team together."*

## **Preparing for Puberty**

For many girls with bleeding disorders, periods are an important part of the conversation.

Heavy menstrual bleeding is common and can feel confusing if she's not prepared. Talking ahead of time helps her know what to expect and when to speak up. Reassure her that treatment and support are available.

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## When To Call Her Care Team

Reach out to your daughter's care team if she experiences:

- A period lasting longer than eight days
- Bleeding that soaks through a pad or tampon every 30 minutes
- Large blood clots during her period
- Frequent or unexplained nosebleeds
- Unusual bleeding or swelling after minor injuries
- Extreme fatigue, dizziness, or signs of anemia
- Bleeding after dental work, injury, or surgery that is difficult to control

## Growing Into Self-Advocacy

As your daughter grows, understanding her bleeding disorder helps her feel more confident about managing her health.

She may learn to:

- Tell a school nurse, teacher, or coach about her bleeding disorder
- Recognize symptoms that require attention
- Understand the basics of her diagnosis and treatment options
- Carry treatment or emergency information

## A Family Effort

Bleeding disorders affect the whole family. Siblings, grandparents, and caregivers may have questions too.

Early support helps prevent complications and keeps your daughter feeling her best. Your PromptCare team can help determine whether treatment or adjustments to her care plan are necessary.

Learning together builds a strong support system and reminds her she has people beside her and is not managing her condition alone. When in doubt, it's always okay to ask questions. We're here to help.

## You're Not Alone

You don't have to have every answer. Managing a complex bleeding disorder is a team effort. Your PromptCare team is here to guide your family, answer questions, and support your daughter as she grows.

Every conversation helps her build confidence, knowledge, and resilience.

Care Woven Around You

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