

Why did this happen?

How will this affect family?

How can I make informed choices?

How can we prepare for the various cardiac procedures?

Can I leave my child with a sitter?

What happens when my child starts school?

Will my child be able to lead an active life?

Parents for Heart® can help answer your questions.

When you learn your child has a heart problem, the news can be overwhelming. Where do you go for more information? How do you deal with ever changing emotions? What do you tell family and friends?

Parents for Heart® is a nonprofit organization, established in 1975, that provides mutual support and education for parents of children who have congenital heart defects, hypertension or acquired heart problems. Some children are awaiting or have had surgery. For some, no corrective treatment is available or needed at this time. Our members have gone through experiences similar to yours and can

offer their support and share their experiences. **Parents for Heart**® provides support and social opportunities for its member families. Because of the individual nature of congenital heart defects and their treatment, Parents for Heart does not endorse, criticize, or compare hospitals, clinics, doctors, or institutions where its members are receiving care



Meetings –

Regularly held:

Pick up a newsletter or ask your clinic or doctor for an exact date and time or check our website at www.parentsforheart.org. Professionals are invited to speak on a wide variety of topics including open heart surgery, new cardiac developments, genetics, catheterization, diet, dental exams, pacemakers,

directed blood donation, emotional issues, CHD updates and coping skills. There is also an opportunity to share your feelings and concerns with others. Heart children and siblings are welcome too.

Newsletter – A newsletter, **Heart to Heart**, provides health related articles, member experiences as well as news of upcoming meeting and events. It also provides connection and support between families.

Website – www.parentsforheart.org

The website is updated regularly and full of information, schedules and details of past meetings and events. It also has helpful links to other heart related sites.

Kids for Heart – This is an active children's group for all ages with activities scheduled the same time and place as the Parents for Heart meetings. Check the newsletter and website for upcoming scheduled activities.

Teen Group – Our heart teens are important to us. They need to know they are not the only one like them. They need to meet and get to know each other. Our heart teens need to know how to take care of themselves as they develop into an adult. Our PFH teen group meets for social activities and meetings for them on nutrition, healthcare and coping skills. Check the newsletter and website for upcoming scheduled activities.

Library – Books, software and resource materials are available at our meetings or in the Family Resource Centers at Children's Hospitals and Clinics, Minneapolis Campus, St. Paul Campus and University of MN library.

Family Fun– Several annual family activities offer an opportunity to socialize with other members; they include a CHD Awareness/Heart party in February, fall activities, participation in the American Heart Walk and Madelyn's Pacemaker5000 provides connection and support between families.

If you are interested in becoming a member, please complete and return this section to:

Is recognized by The America Heart Association, Minnesota affiliate.

Donated by
One Plus Two, Inc. – Little Canada, Minnesota
651.483.8626

Parents for Heart®

Of Minnesota, Inc.

Attention: 32-P190
2525 Chicago Avenue South
Minneapolis, MN 55404

Parent or Guardian Name(s)

Address

City, State, Zip

Phone (Include Area Code) Daytime Evening

Child's Name

Date of Birth

Diagnosis

Email address

Please check to receive:

- Newsletter
- Telephone contact by a member

Parents for Heart® *of Minnesota, Inc.*

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Minneapolis, MN 55404

PARENTS



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