

needs, and circumstances (Knafl, Darney, Gallo, et al, 2010; Nelson, 2002). Normalization may be an important mediator of illness-related stressors (e.g., treatment demands, uncertainty) on family outcomes.

Nurses can assist families in normalizing their lives by assessing the family's everyday life, social support systems, coping strategies, family cohesiveness, and family and community resources. Interventions include encouraging families to reduce stress through delegation of care and family tasks, identifying ways to incorporate care into current routines, structuring the home environment to encourage the child's engagement in age-appropriate activities, and ensuring families have access to appropriate community support services (Jokinen, 2004; Knafl and Santacroce, 2010). Being supportive of the child's illness and treatment and actively including the family in all aspects of care will improve their self-esteem and promote further development (Jones and Prinz, 2005; Knafl and Santacroce, 2010).

Home care represents the return to a system and set of priorities in which family values are as important in the care of a child with a chronic health problem as they are in the care of other children. Home care seeks to achieve goals that are consistent with the developmental model (Stein, 1985):

- Normalize the life of the child, including those with technologically complex care, in a family and community context and setting.
- Minimize the disruptive impact of the child's condition on the family.
- Foster the child's maximum growth and development.

With appropriate training and support, families provide complex procedures and treatments in the home. Parents are challenged to retain a homelike setting among monitors, ventilators, and other sophisticated equipment. Throughout the text, home care is discussed as appropriate for specific conditions. The process of transition from hospital to home is elaborated on in Chapters 19 and 20.

Paralleling normalization and home care is the process of **mainstreaming**, or integrating children with disabilities into regular classrooms. Children who attend school have the