

normalization practices. For example, home and out-of-home health-related treatments should be planned at times that least interfere with normal daily activities.

Nursing Care Guidelines

Promoting Normalization

Preparation: Prepare child in advance for changes that may occur from the chronic or complex condition.

Example: Tell the child in advance the possible side effects of drug therapy.

Participation: Include child in as many decisions as possible, especially those relating to his or her care regimen.

Example: The child is responsible for taking medications or scheduling home treatments.

Sharing: Allow both family members and child's peers to be a part of the care regimen whenever possible.

Examples: Give the child his or her medication when the other siblings receive their vitamins.

The parent cooks the same menu for the whole family.

If the child is invited to another's home, the parent advises the family of the child's dietary restrictions.

Control: Identify areas where child can be in control so that feelings of uncertainty, passivity, and helplessness are decreased.

Example: The child identifies activities that are