

# Children's Compression

Children with lymphedema will need to wear different types of compression garments throughout their life. It is therefore important that parents/carers pave the way to independence based on well-founded specialist knowledge and personal body awareness. Compression should be something positive, not a daily fight!

Depending on the competence of the child, these are some tips to encourage the child to wear their garments or have bandages applied.



## WHAT IS RECOMMENDED

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- Explain lymphedema and the need for compression in a child-friendly manner.
- Create a routine to make the treatment part of their normal life.
- Make it a team effort between the carer(s) and the child to manage the lymphedema.
- Give the child a sense of ownership of their self-management such as rolling up bandages.
- Make bandaging fun by helping them bandage their favourite cuddly toy or doll – or another family member.
- Make compression fun and fashionable. Examples include, allowing the child to choose their favourite colour of garment, applying stickers, and using colourful tape to secure the bandages.
- Connect with other families with children with lymphedema for support and to create a sense of normality for the child.
- Consider involving social networks (i.e., school, recreational activity groups) and share information about lymphedema and compression with them. Reach out to your patient association for support.



## WHAT YOU SHOULD NOT DO

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- Don't put additional pressure on the child. Show understanding by saying: "I can understand that you don't feel like it today".
- Don't allow the lymphedema to progress by not wearing adequate compression.