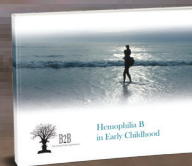


# Development Stages, Safety, and Your Child with Hemophilia

This content is brought to you by Pfizer.



For more information, scan the QR code with your smartphone camera to access *Hemophilia B in Early Childhood*.



Parents and caregivers are a child's primary nurturers, teachers, and protectors. Parents and caregivers of a child with hemophilia may find it easier to care for their child if they understand the stages of physical, emotional, and mental growth all children go through and how these stages can impact hemophilia care.

At every developmental stage, there are special considerations for children who live with hemophilia. When a child is about 6 months old, they can start to become more mobile, which may increase the chances for bruising or bleeding. While it's important to allow a child to explore and expand their newly acquired mobility, it's also important that their environment is safe. These are challenging times for caregivers, as there may be a tendency to be overprotective.

Knowing ahead of time how to prepare for a growing child with hemophilia may help in gauging the types of safety measures needed during these life stages. The following are some special considerations and safety suggestions to consider for a child living with hemophilia, but at all ages, be sure to consult with a child's treatment team when making health and safety decisions or in the treatment of injuries.

## Infants 6 to 12 Months<sup>1</sup>

- Bleeding episodes that need factor concentrate seldom occur during the first year
- Crawling and walking are important for muscle development despite the possibility for a bleeding episode
- Frequent playpen use is discouraged
- Infants with hemophilia may experience more bruising than infants who do not live with a bleeding disorder

- Head injuries should be reported to a health care provider immediately

## The Toddler Years

- Lower the crib mattress to its lowest level to discourage climbing out, or consider putting the mattress on the floor<sup>2</sup>
- Discourage unsupervised climbing and jumping from high places or off furniture<sup>1</sup>
- Always use an approved car seat according to your state's laws<sup>1</sup>
- Avoid excessive roughhousing<sup>2</sup>
- Use a helmet when skating, biking, or riding a scooter<sup>2</sup>

## The Preschool Years

- Use ice to help reduce bruising and ease discomfort<sup>2</sup>
- Encourage a well-balanced diet to assist with staying fit and trim in order to avoid joint stress from excess weight<sup>2</sup>
- Promote regular flossing and brushing teeth with a soft brush<sup>2</sup>
- Talk to the dentist about your child's hemophilia diagnosis<sup>2</sup>
- NHF recommends the hepatitis B vaccine (recommended for all children) and the hepatitis A vaccine (above 2 years old)<sup>3</sup>

Parenting infants, toddlers, and preschoolers can be a challenge for any family. Families may benefit from the extensive resources offered in the hemophilia community, including printed materials, family get-togethers, educational conferences, emotional support, and comprehensive hemophilia care at a local hemophilia treatment center.

**References:** 1. Hemophilia of Georgia. Safety Issues. <http://www.hog.org/handbook/section/5/safety-issues>. Accessed July 8, 2020. 2. National Hemophilia Foundation. Caring for your child with hemophilia. <https://www.hemophilia.org/sites/default/files/document/files/Caring%20for%20Your%20Child.pdf>. Accessed May 10, 2020. 3. National Hemophilia Foundation. MASAC recommendations for hepatitis A and B immunization of individuals with bleeding disorders. <https://www.hemophilia.org/Researchers-Healthcare-Providers/Medical-and-Scientific-Advisory-Council-MASAC/MASAC-Recommendations/MASAC-Recommendations-for-Hepatitis-A-and-B-Immunization-of-Individuals-with-Bleeding-Disorders>. Accessed May 10, 2020.



Patient Affairs Liaisons are Pfizer employees who are dedicated solely to providing support to the community. Your Pfizer Patient Affairs Liaison is available to help you access the support and information you need. To find your Patient Affairs Liaison, go to [pfizerpalfinder.com](http://pfizerpalfinder.com) or call Pfizer Hemophilia Connect at 1.844.989.HEMO (4366).