

Examples that you might use as a parent:

Explain: It's just a scar that makes her face look different, but she is just the same as anyone else.

Reassure: She had a burn but she's ok now.

Distract: The food here is great, isn't it?

Explain: He had a skin graft following a burn.

Reassure: That's where they took the skin from, it's ok now.

Distract: Does your son collect these cards too?

Explain: She grabbed at a cup of tea when she was two.

Reassure: It's ok, she is fine with it.

Distract: Have you been here before?

Explain: He had an accident when he was little.

Reassure: He's safe now, it doesn't hurt him.

Distract: Look at his jumper, his gran knitted it!

Examples that your child might use:

Explain: I had a burn and I had to stay in hospital.

Reassure: It's fine now, I just need to protect it from the sun.

Distract: Have you read Harry Potter?

Explain: My skin is bumpy from where I was burnt in an accident when I was young.

Reassure: It's a scar, you can't catch it!

Distract: Which football team do you support?

Explain: I spilt my dad's tea when I was a baby.

Reassure: I don't remember it, it doesn't hurt now.

Distract: Do you want to play with this?

Explain: I've got itchy skin because I have a scar. My arm got burnt last year.

Reassure: It's ok now, I just need to put moisturiser on it and then it doesn't itch so much.

Distract: Have you seen that new film?