

The little book about

Kidneys



A guide for children about kidney disease and treatment
with some help from our storyteller Dougla the Dog!

The little book about Kidneys

by Victoria Hanson
illustrated by Jenny Tulip

The aim of this little book is to help you talk to young children about your kidneys and the treatments you may experience.

Approaching kidney failure can be a stressful and worrying time. Trying to discuss treatments with young children may be difficult and some people can find it quite daunting.

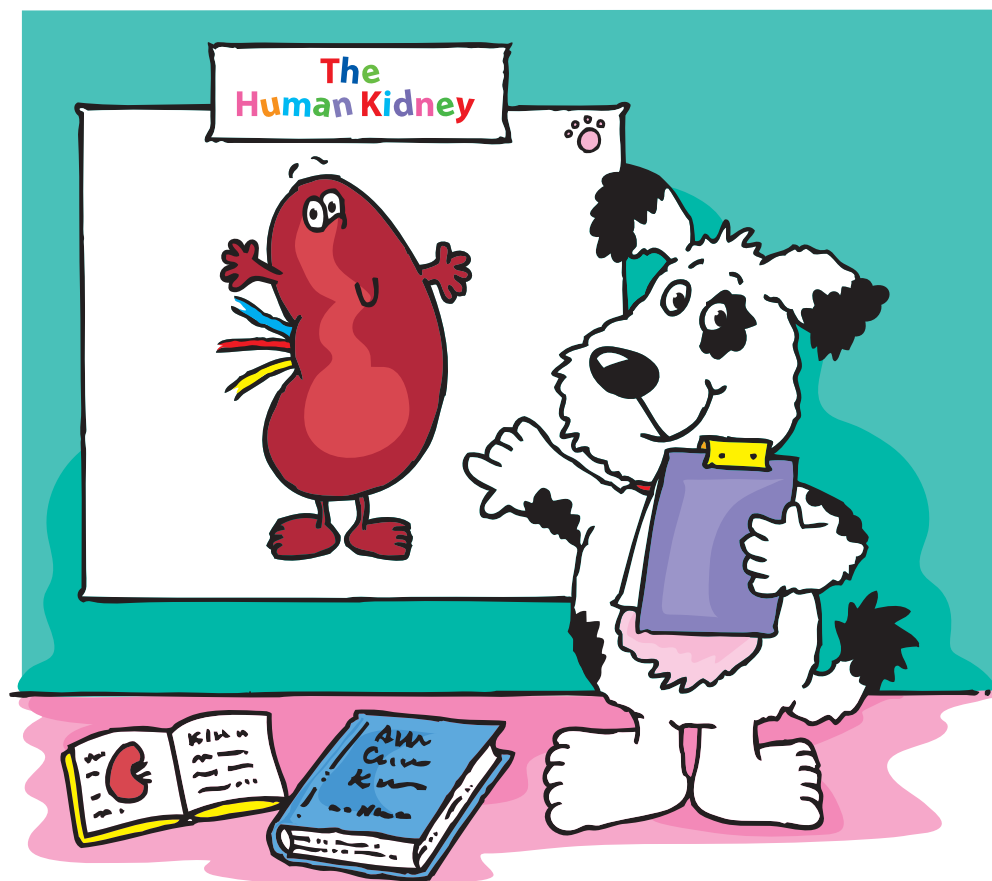
The book is intended to support you in explaining your kidney failure to children. We suggest you read this book to children and use it as a guide. You can replace any words for more familiar words that you and your children are used to hearing.

Young children are often confused and worried when a loved one has a serious illness and we hope that this book, with the narration from Dougal the dog, will help them understand more about what is happening.



Hello, I'm Dougal.
I'm going to be your guide through this book.

We're going to find out what kidneys do and what happens if they don't work properly.



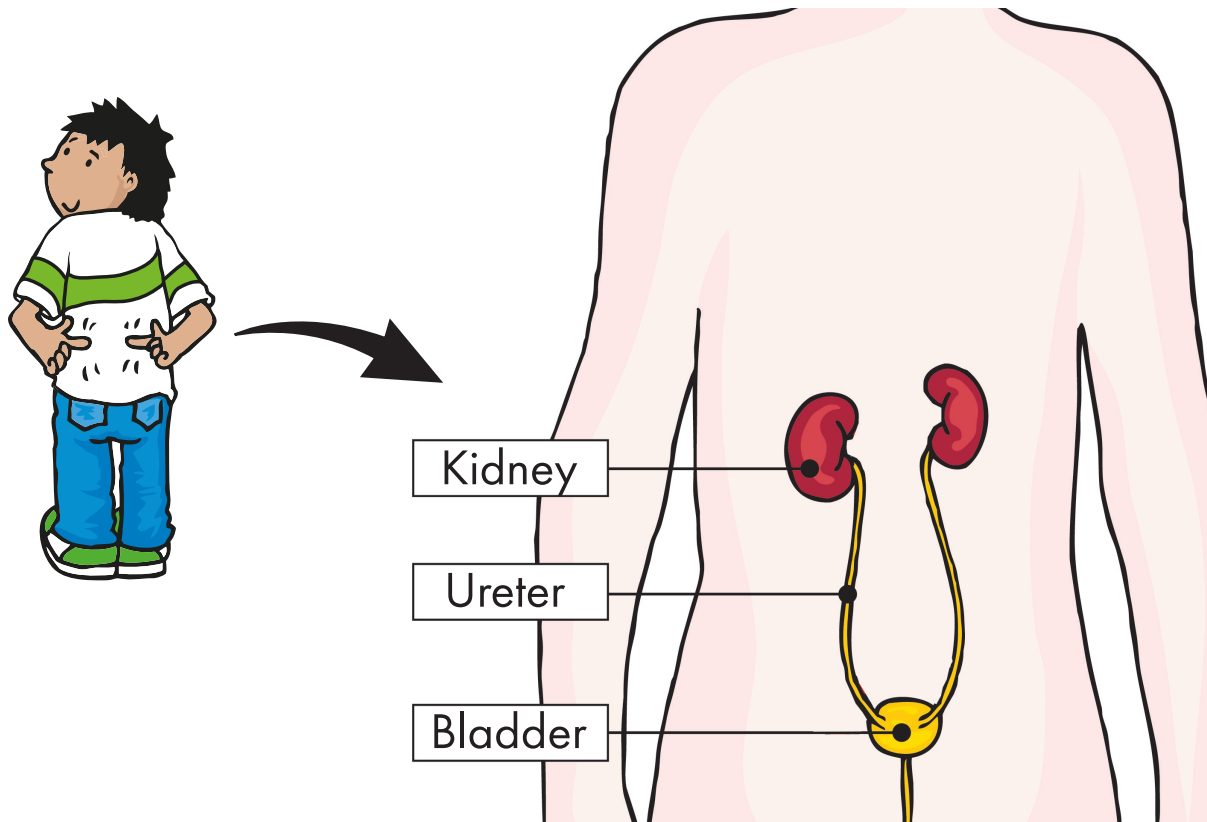
I'm also going to tell you about a few people I've met who have some problems with their kidneys.

Perhaps you know someone whose kidneys are not working properly.



We will talk about different treatments later.

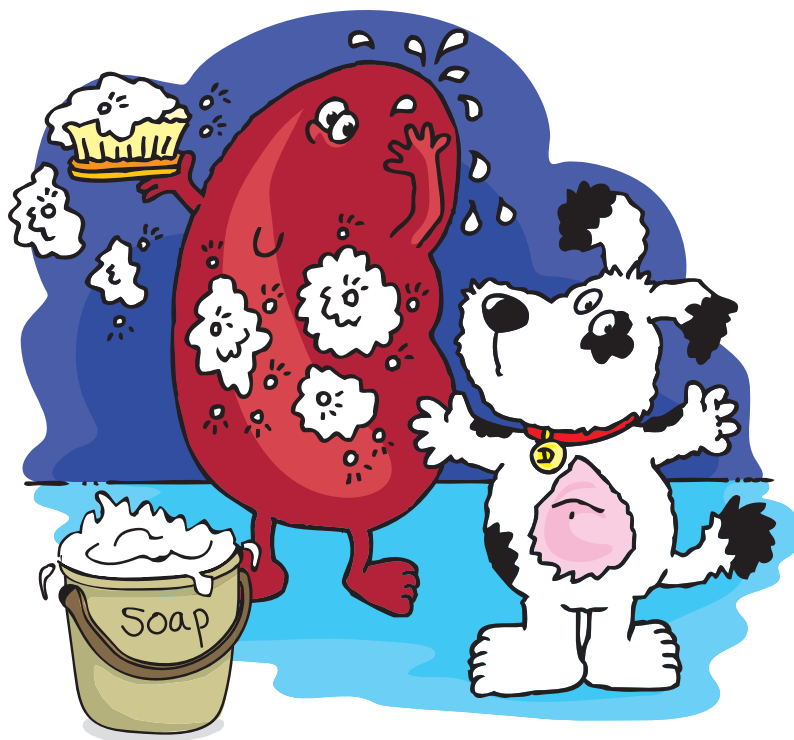
Kidneys are found in your back. People have two kidneys in their body but they can live very well with one.



Look at your hand and try to make a fist. That's the size of one of your kidneys.

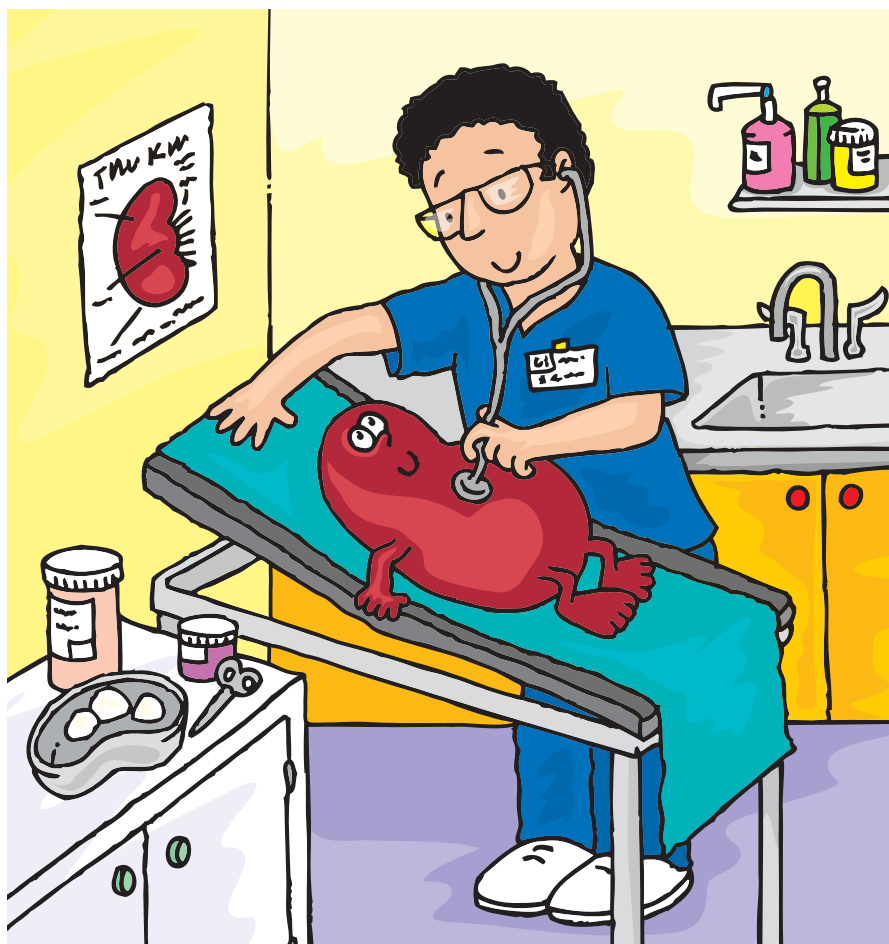


Kidneys work hard to clean your blood. They turn the waste and water that we don't need into wee.



This drains to your bladder where it stays until you need to go for a wee.

When kidneys don't work properly, it's called kidney disease. You might hear it called other things like kidney failure or kidney problems.



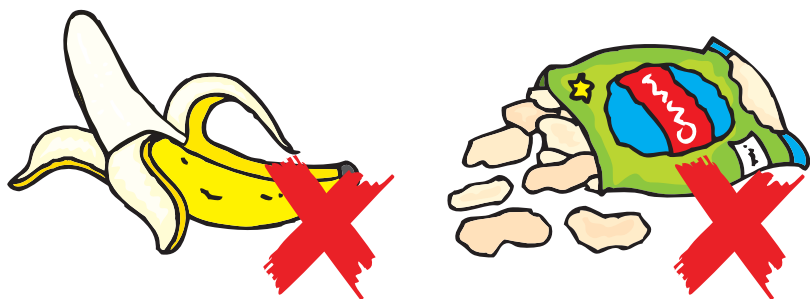
Kidneys can be sick for a long time before they stop working.

Kidney disease isn't something you can catch like a cold.



It isn't anybody's fault, it sometimes just happens.
It can happen to mummies and daddies as well as
grandads, grandmas, brothers and sisters.

This man's kidneys don't work properly so he needs to take some special medicines.



Also, he can't eat some of his favourite foods as often as he'd like to.



Sometimes people with kidney problems get really tired or feel poorly.

This means they can't always do some of the things they want to do like playing games with you.



Feeling poorly can also make them feel sad and sometimes even cross.



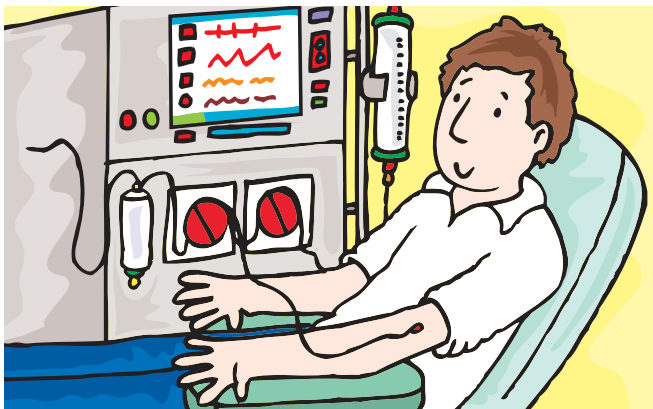
Even though they sometimes feel unwell,
they will still have lots of time for cuddles.

Kidney disease can be treated with something called dialysis or a kidney transplant. There are two different types of dialysis. One is called haemodialysis and the other peritoneal dialysis. Let me explain.....



Dialysis = 'dy al..is..sis'

Haemodialysis is when a person is attached to a machine that cleans their blood like a washing machine and removes the waste.

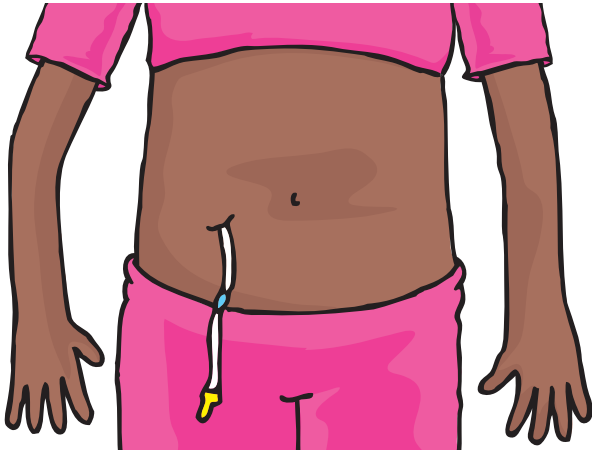


Their kidneys used to do this before they stopped working. This can be done at hospital or at home.

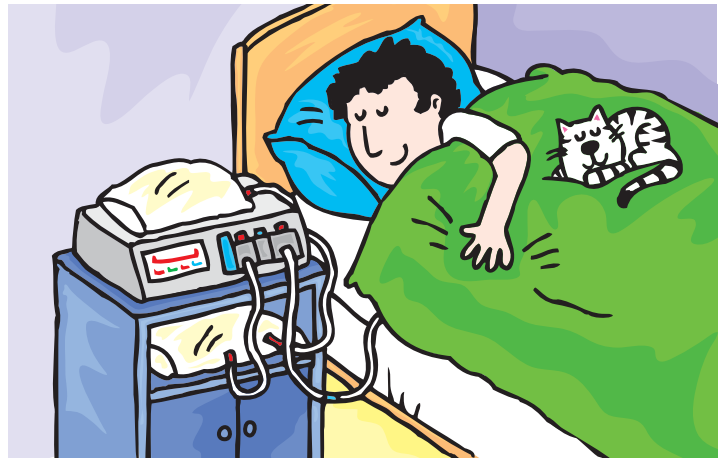


Haemodialysis = 'Hee mo...dy..al...is...sis'

Peritoneal dialysis means a tube is used to put fluid into the tummy. This helps clean the blood and when the fluid drains out it takes away the waste. This is what the kidneys used to do.



Peritoneal dialysis can be done during the day or when the person is sleeping at night.



Peritoneal dialysis = 'per it on....ee al....dy al is.....sis'

Having a transplant means you have an operation to get a kidney that works.



You can get a kidney from someone who has died who doesn't need their kidney anymore or someone can give you one of their kidneys as a gift.





Sometimes the person with kidney problems will need to be away from home to go to hospital for dialysis or to have a transplant.



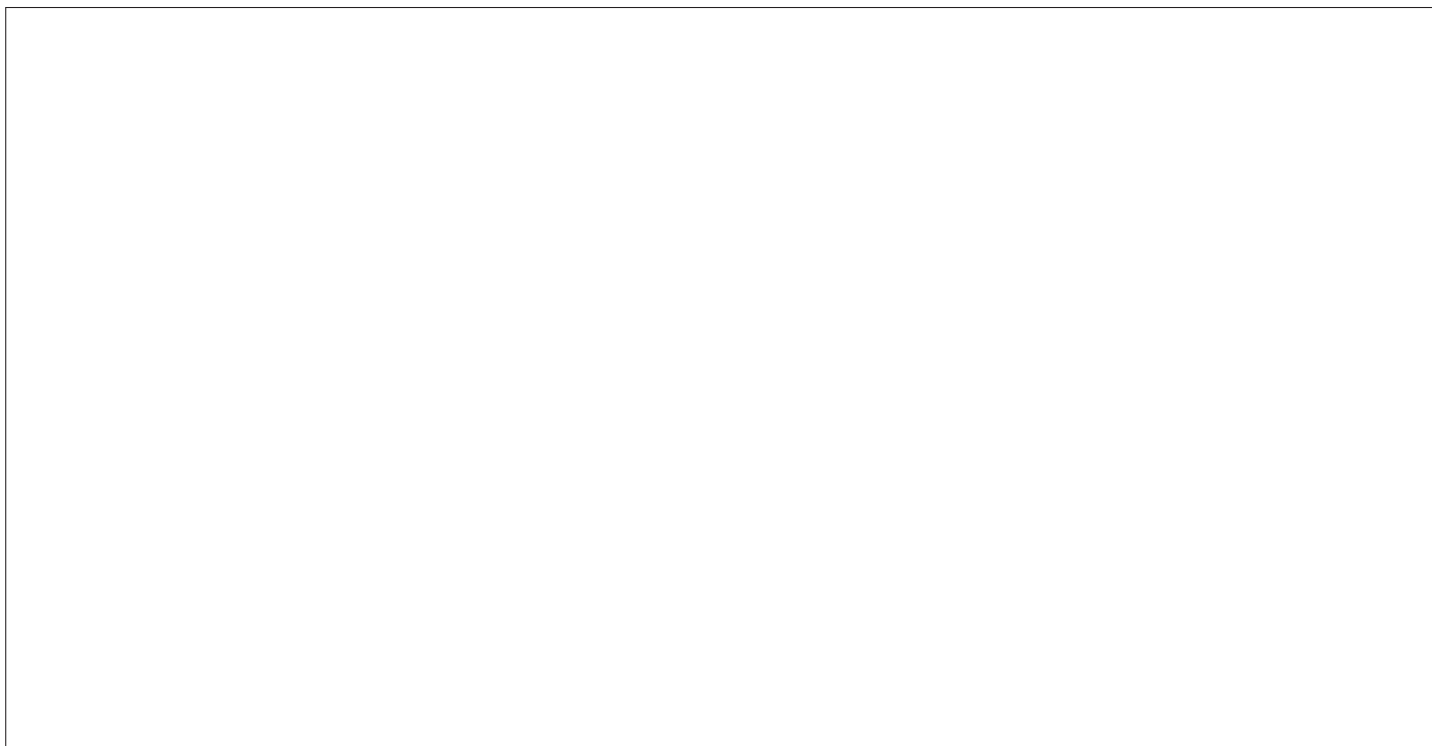
Although you might feel sad if someone you know is in hospital, remember that they are being looked after by the doctors and nurses to keep them well.



Even though some people have to go to the hospital for lots of appointments and treatments.....



Did you learn lots of new things today? If you have any worries you can always talk to someone in your family or even your teacher. I have left an extra page for you to draw your own picture about kidneys.





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For further information see www.gsttkpa.org

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www.guysandstthomas.nhs.uk

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