



New! Teacherzone

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For teachers, childcare workers, sports coaches, and anyone else working with children.

Got a child with a bleeding disorder in your class or group?

1. Don't panic – a bleeding disorder does NOT make you bleed any more or any faster than usual. You will have time to get help.
2. Talk to the parents. Find out the facts - the child could be very mildly affected and only need treatment after surgery or an accident. Get an individual care plan filled out with what to do in an emergency or if you think they have a bleed. The Haemophilia Society can provide a template.
3. Talk to the haemophilia centre if you are worried. A nurse from the centre may be happy to come and talk to the class and teachers about what haemophilia is.
4. Don't treat them any differently from the other kids. It's good for children with bleeding disorders to run about and mix with other kids. Although they should avoid some sports like rugby, keeping active will strengthen their joints for later life. Singling them out can also lead to bullying.
5. Be aware of the signs: children of any age may not want to tell you if they have a bleed, because they have to stop playing and get an injection. The area might feel warm or swollen. Look out for limping or avoiding using a part of the body. A younger child might cry for no other apparent reason.
6. If you think they have a bleed, get them to rest and elevate the area if possible. Get help as soon as you can.
7. Small cuts and grazes: should respond to normal first aid methods.
8. What is serious? Any head injuries, joint pain or swelling, deep cuts, or injuries to the muscles and soft tissues. If they seem dizzy, confused, or throw up this can also be the sign of something serious.
9. NEVER give aspirin or ibuprofen to a child with a bleeding disorder as they increase bleeding.
10. Get hold of some information from the Haemophilia Society and make sure everyone in the school, including office staff and PE teachers, know how to look after the child.

Worried about bruises or injuries?

If you feel worried about bruising on a child in your care, always follow your organization's child protection policy. However, it's worth bearing in mind that unexplained bruising could be the result of a bleeding disorder. It might not even be diagnosed yet.

This can be upsetting for all concerned, but it is better to be mistaken than put a child at further risk. If more people are aware that bleeding disorders can be a cause of bruising, we can help to raise awareness of these conditions.