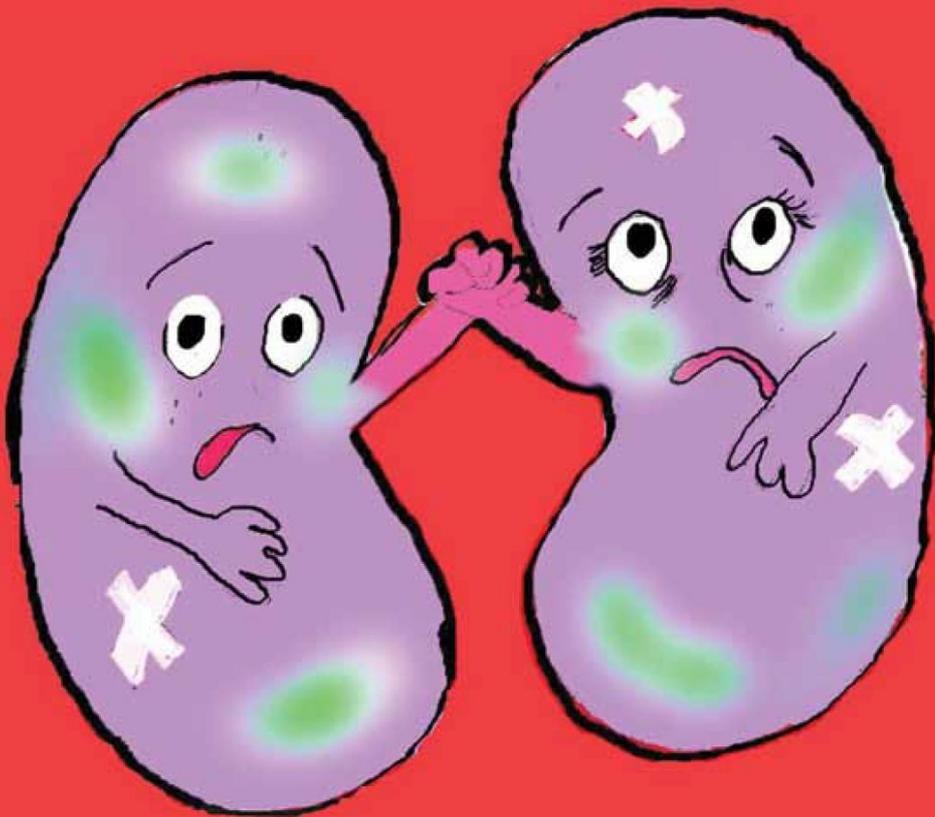


# **Where's your kidneys Mum?**



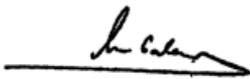
**A story book for children  
of parents with chronic  
kidney disease.**

## Introduction

All patients with kidney disease requiring dialysis will readily agree that the treatment takes up a substantial amount of their time and is invariably a topic of conversation in social circles. Many of my patients talk of having learnt of the intricacies and demands of the treatment along their journey on dialysis – often times shared with their families and friends. All of them have shown great courage and fortitude in the ways they have coped with the demands of the treatment and gone on to live fulfilling lives.

Whilst educational material on dialysis is abundant and helps in the process it is largely targeted at the adult audience.

This booklet deals with some of the issues about dialysis from a child's perspective. It is illustrative, easy to read and throws light on important basic issues related to dialysis. The narrative has drawn upon day to day practical problems noticed by the author Wendy Faulder, during her work at the Department of Renal Medicine in Canberra and will assist parents and grandparents in discussing the treatment in a social context.



Girish Talaulikar  
Director of Renal Services  
Canberra Hospital  
Australia

## Where's your kidneys Mum?



“Hey ma, I’m ready to go....,” said little Caleb as he struggled to tie his shoe laces. “I always seem get this wrong mum, can you help me please?” Caleb asked, but mum didn’t answer immediately, as she was a little out of breath.

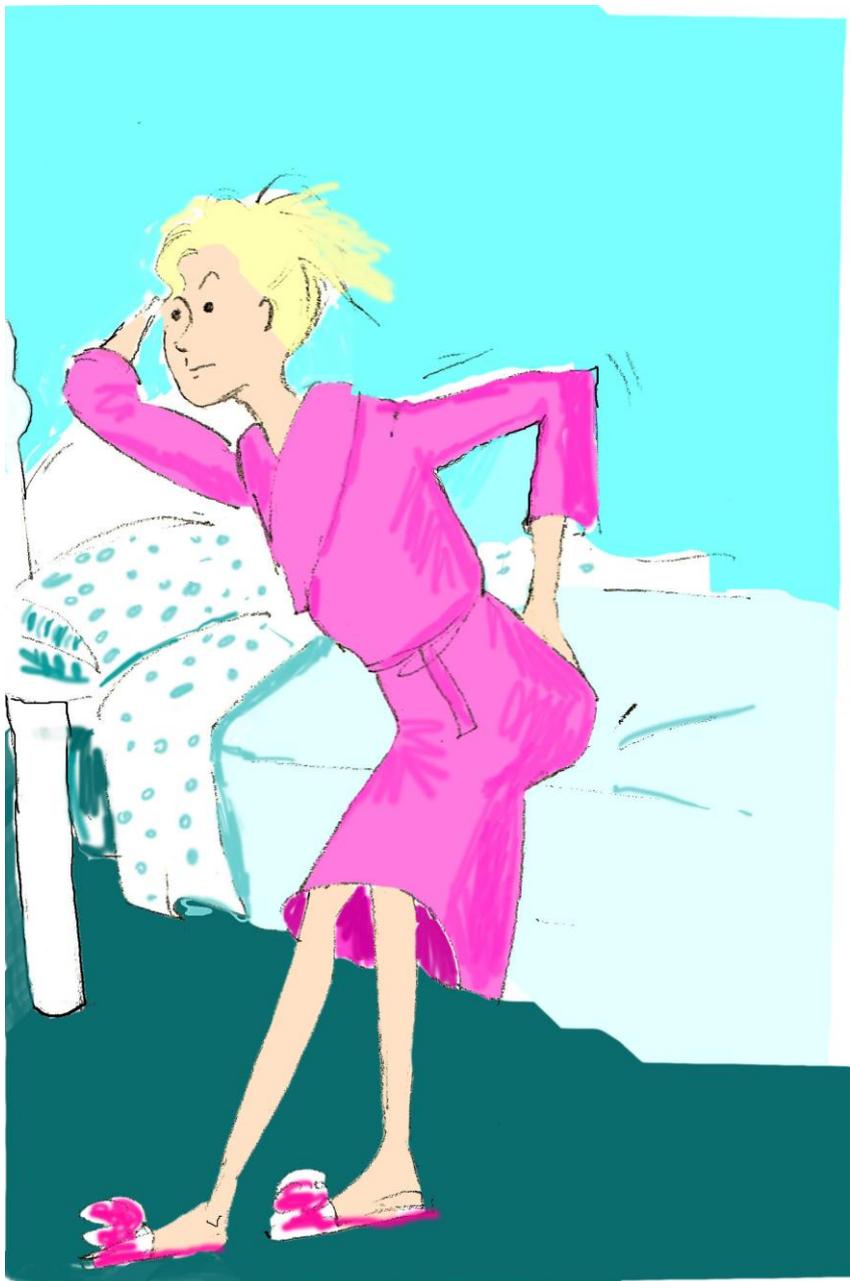
Caleb’s mum, Jane Miller was very proud of her two kids, Caleb and Millie. Caleb was seven and Millie, five. Caleb was pretty smart at school. Millie had not yet started and talked of nothing else.

“Hang on a minute Caleb, I’ll be there to help you with your laces in a sec,” she shouted back down the stairs.

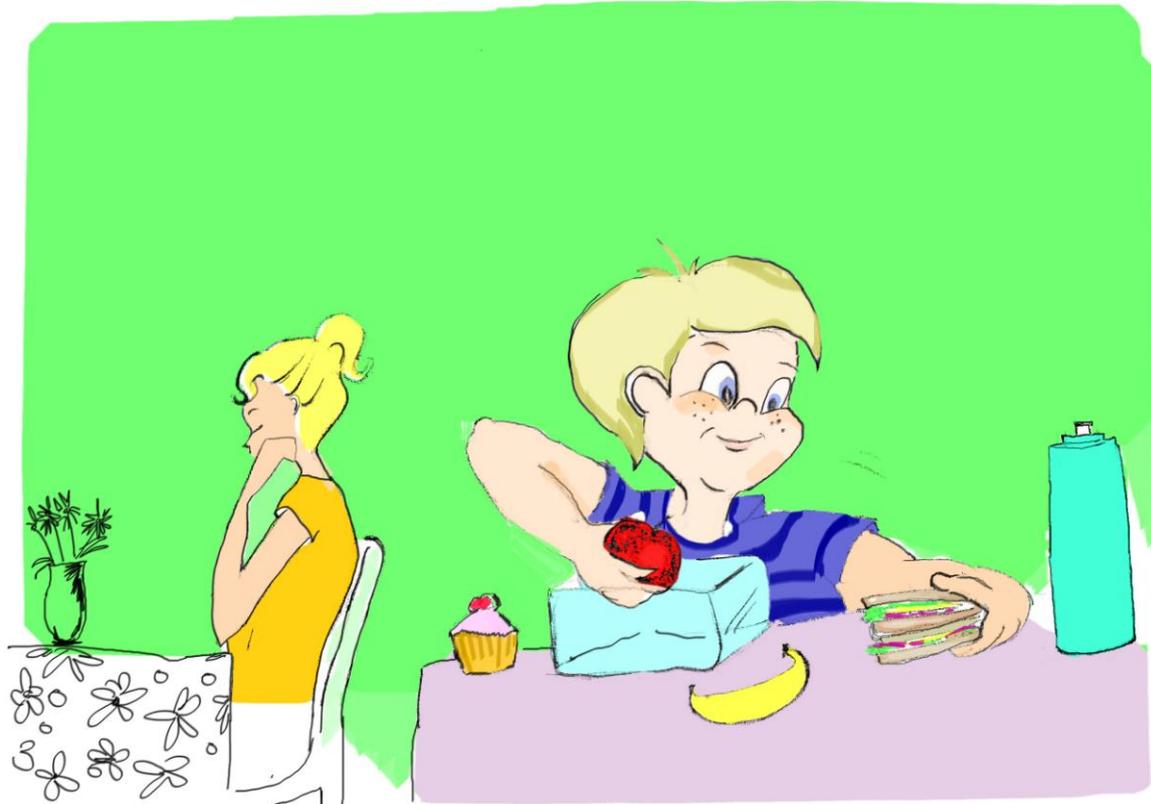
For more than two weeks she had been feeling uncomfortable in her lower back. She was short of breath felt very tired and had no energy for anything.

“I really should go back to my doctor”, she thought to herself. The last time she visited Dr. Walters, he told her she had high blood pressure and that was not a good sign. Dr. Walters prescribed some medicine for her, but she didn’t believe anything was wrong with her and didn’t take the medicine that the doctor had recommended.

“I’ll make an appointment today,” she thought again to herself as she pulled herself off the side of the bed with difficulty and made her way downstairs to help Caleb with his shoelaces.



After helping Caleb with his shoelaces, Jane patted his head fondly and watched him pack his lunch into his school bag, which she had prepared the night before.



“Aren’t we such an organised little family?” she said in a happy voice. She closed the front door behind her children and walked them to the car, to take them to school.

The school was just around the corner. They would quite often walk to school, but she didn’t feel well enough to walk today.

Later on that afternoon, Jane, together with Millie, went to see Dr. Walters. After examining her, Dr. Walters said he was concerned that she might have kidney disease and he wanted her to have some tests before her next appointment.

The following Monday night, Jane and the kids sat down for a perfect evening meal, spaghetti bolognese with double meat sauce, covered in parmesan cheese, Caleb’s absolute favourite.

He loved sucking the spaghetti up one strand at a time, which made lots of noise. The sauce dribbled down his chin onto his shirt and trousers and floor.



Fortunately the family puppy, Rex, was always on hand to lick up drips from the floor and often gave Caleb's toes an extra lick which always tickled.

According to Caleb, Monday night's spaghetti was the best meal of the week.

During dinner, Jane spoke to both Caleb and Millie.

"I must have a little talk to you both. I haven't been feeling well lately," she said finishing a mouthful of spaghetti.

Caleb looked up, concerned, sauce on the side of his mouth and chin.

***Buy this book to continue the story***

Funds raised will be donated to Canberra Renal Outpatients' Services ACT

Contact Wendy Faulder to purchase a copy of this book on 02 6244 2046 or email [wendy.faulder@act.gov.au](mailto:wendy.faulder@act.gov.au)