



# COURAGEOUS PARENTS NETWORK

*Supporting families of seriously ill children*

## Shining light on the dark and difficult places

PARENTING A CHILD with a serious, life-threatening illness is incredibly challenging. It can feel overwhelming, even impossible at times. Parents worry about their child's future. They worry about their family. Courageous Parents Network is a safe space where they will find validation, guidance and perspective from experienced parents who understand, as well as resources developed by professionals to help them cope and get through each moment.

Courageous Parents Network is a free, online community-building platform to share with families of children living with serious illness. CPN offers:

### CONNECTION with families facing similar challenges

- More than 300 videos and podcasts of parents sharing their experiences, from diagnosis to family life inside and outside the hospital, fear of regrets, decision-making and more.
- Blog written by parents, for parents.
- Social media community.
- Private, online discussion forum.

### GUIDANCE that meets families where they are

- Perspectives from providers on many of the questions families ask.
- Content and tools created, selected and adapted especially for the Network, including a framework for decision-making and information on palliative care.

### ACCESS at the family's own pace

- Open 24/7, to provide support outside medical settings—for example, upon leaving the hospital and in the middle of sleepless nights.
- Content presented in a non-prescriptive format, so that parents can enter at any point in their process.

### SUPPORTING PROVIDERS: Complementing your service with carefully vetted insights and tools

- Content created and contributed by families and providers, with oversight from professionals who serve on the CPN Board of Advisors: pediatric palliative care doctors, social workers, directors of family care programs, a professor of theology, and a psychologist specializing in anticipatory grief and therapy for children with serious illness and their families.
- Videos available to be used as a teaching tool in hospitals and other settings, by professional staff and/or CPN presenters.



## ABOUT COURAGEOUS PARENTS NETWORK

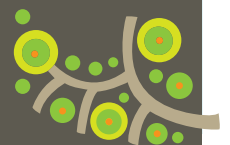


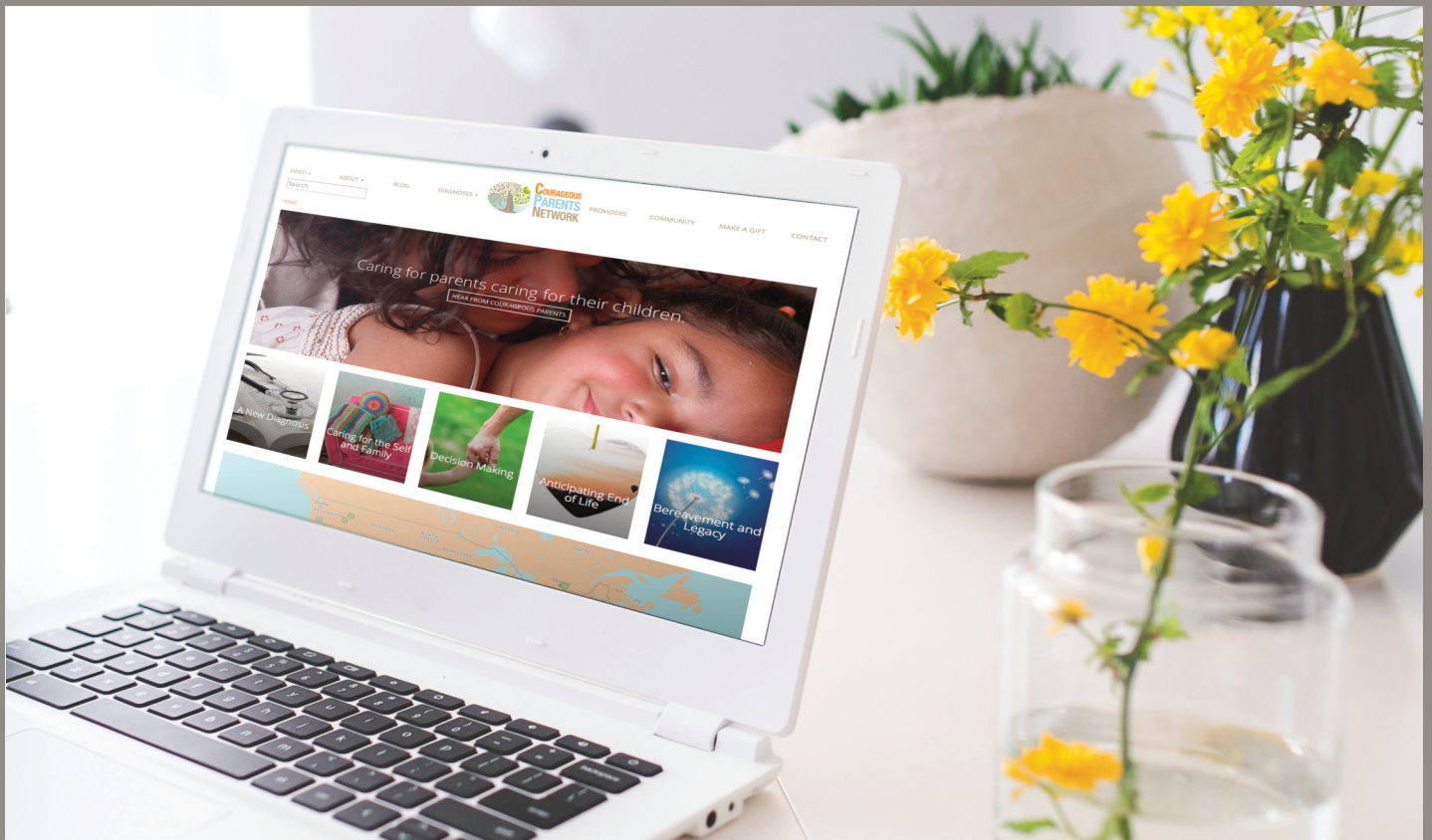
Courageous Parents Network is a nonprofit, 501(c)(3) organization founded by Blyth Lord, an advocate for families and promoter of pediatric palliative care since her own daughter's death in 2001. Drawing on more than 20 years of experience as a television producer, she produced an award-winning film with the American Academy of Pediatrics that inspired the creation of the parent and family videos that are the heart of Courageous Parents Network.

A growing number of parents and providers work with Blyth, contributing to the Network and continuously evolving its value to families and providers. An experienced Board of Advisors guides the Network's activities, as does a Board of Directors.

For more information visit:

[CourageousParentsNetwork.org](http://CourageousParentsNetwork.org)





## CourageousParentsNetwork.org Topics

We constantly add videos and topics as we learn from our network.

### A New Diagnosis

Control • Coping • Finding Support • Religion and Spirituality •  
Timeline • The Beginning • The Hospital •  
Working with the Medical Team • Goals of Care

### Caring for the Self and Family

Making Memories • Other Children/Siblings •  
Self Care • The Marriage

### Decision Making

Decision Making and Palliative Care • Fear of Regrets •  
Medical Interventions

### Anticipating End of Life

Anticipatory Bereavement • Questions and Arrangements •  
Imagining the Future • Talking to Your Child about Their Wishes •  
Transitioning: Home, Hospital, Hospice; When the Time Comes

### Bereavement and Legacy

Bereavement • Identity as a Parent • My Child's Legacy •  
Transformation and Meaning-Making

