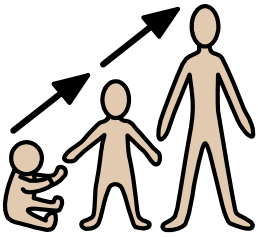
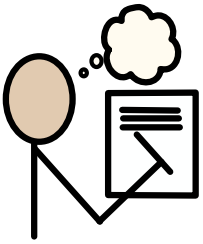


Growing up, gaining independence: families



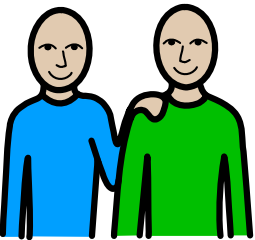
Your child is getting older. One day, they will leave GOSH to go to a different hospital.



We want to help you to get your child ready. We will work with you to help them learn.



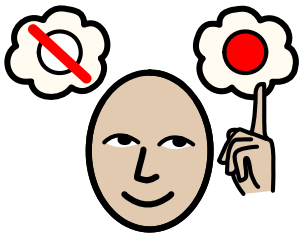
We will show you how to talk to your child about their health.



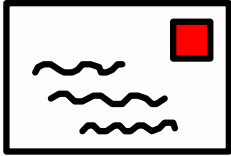
We think it is good for young people to see the doctor without their parents for some of the appointment. A member of staff can go with them if they want.



When your child is 16 years old, the law lets them make choices. We will help work out if they can make decisions on their own. We call this 'having capacity'.



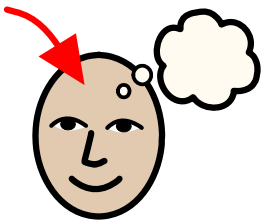
If they can, your child will be the main person to decide about their health.



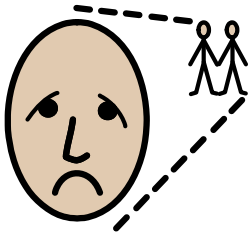
The hospital should send letters to your child instead of you.



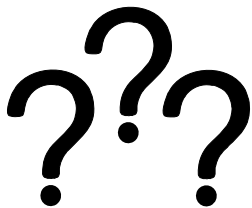
If they can, they will decide who can see the information GOSH keeps about them.



Your child will have lots to learn. You can help them with lots of things.



We know you might feel sad when your child takes charge of their health. This is a normal part of growing up. You can help them get ready.



Please ask us if you have any questions.